



Meliss Sturdy's Validation from her daughter Linnea from Alaine Portner



Linnea/Alaine Portner

Thank you so much to Helping Parents Heal, for helping me with healing from the grief involved from the transition of my daughter !

My lovely daughter Linnea came through in one of the reading's last night, February 10th with Alaine Portner.

Her nickname and her FB page say's Lin, which is the name Alaine identified her with. Her father Robert, his name was also identified by Alaine, as Rob.

To elaborate on the message, my daughter had body image issues and suffered with an eating disorder for years, which I hear isn't unusual for ballerina's. She was the sweetest child ballerina, who danced for several years, and was a tea doll in the Boston Ballet, Nutcracker.

In Linnea's twenties she joined a punk band and had fun colors dyed in her hair, one side of her hair was shaved and decorated with purple leopard spots. I thought, no worries, it'll grow back. Alaine said, I never pressured her, which is true. Alaine mentioned the date of mid November as significant, it's my brother's birthday.

I looked back into our communications , my brother and I . And I identified that on Nov. 14th I sent my brother a video of my daughter, Linnea, playing with dogs. This is when Linnea's inspiration, helped us to decide to get my son a puppy, to help him heal. Soon after the mid November conversation my brother delivered, a chocolate lab. puppy to our home, for my son. I now recognize the meaning of my message from Linnea that was given to me last night as, Linnea wanting her family to heal from her transition! Alaine, also conveyed that Linnea wants her father, Robert to heal from his heavy grief and suggested he hear the February 10th message from her, on the Helping Parents Heal zoom YouTube video.

I'm so very appreciative for the message, it brings comfort!

~Meliss Sturdy

Please click [here](#) to view Alaine Portner's YouTube from February 10th.