



THE SIX CHANNELS

Channel One – THE GROUND LINE

Where you came from → who you are today

TAMMY LEITZEL · THE TWELVE PERFECTED BOUNDARIES

You didn't build yourself from nothing. You got a body, a family, a place, a start. That's your ground. Good or rough, it's what you were given — and it's supposed to hold you up, the way the ground holds up a house.

There is a line running from your ground to you. Things travel on that line every day, whether you notice or not. When the line works right, life feels steadier. When it doesn't, life gets heavy in ways that are hard to name.

This page shows you how to check the line.

WHAT'S SUPPOSED TO TRAVEL ON THIS LINE

Support. That's it.

Think of a grown child and a loving parent. On a good day, the parent's love comes up the line like this: *"I'm behind you. Go live your life."* The child feels held, and free at the same time. That's the line working.

Here's the one rule: **support comes up the line. Orders don't.**

Your people get to hold you up. They don't get to run you. A house sits *on* its foundation. The foundation doesn't tell the house what color to paint the kitchen.

THE THREE WAYS THE LINE GOES WRONG

1. THE LINE GETS SHUT OFF.

What it looks like: "I don't need anybody. I made myself."

Somebody so ashamed of where they came from that they won't take help from anyone — not family, not friends, not even a kind neighbor. They hold their whole life up with their own two arms. It looks strong. It is worn out.

Shutting off the line feels like strength. It isn't. It's carrying groceries with no cart because you're mad at the cart.

How it feels in the body: stiff, gripped, tired in a way sleep doesn't fix.

2. THE LINE LETS EVERYTHING THROUGH.

What it looks like: You're forty years old, and a parent's voice still decides things in your head.

You pick the safe job because the old voice always said dreams don't pay. You stay quiet at the table because that's what your family did. Nobody's ordering you around today — but the old orders never got checked at the door. They just keep coming up the line and running your life.

Support was supposed to travel this line. Not commands.

How it feels in the body: you hear an old voice come out of your own mouth — and it doesn't sound like you.

3. THE LINE RUNS BACKWARD.

What it looks like: The child holding up the parents.

The child who calms the parents down, smooths the moods, keeps the peace at every holiday — and has been doing it since age nine. The ground is supposed to carry the child. Instead, the child is carrying the ground.

A foundation goes *under* the house. When the person on top is holding the foundation up, the whole thing is upside down — and upside down always costs.

How it feels in the body: braced. Watching. Strong for too long.

WHEN SOMEBODY BREAKS THE LINE ON PURPOSE

Sometimes the line doesn't just go wrong. Somebody wrongs it. A person with no ground under them is easy to move — they'll grab any hand that's offered, even a bad one. So people who want control go after the ground first. Three old tricks:

The shame trick. *"Where you come from is trash — and so are you."* Say it enough, and the person shuts off their own line. Now they're alone, and alone is easy to steer.

The debt trick. *"After all we did for you."* Now every bit of help comes with a bill. Support turns into owing, and the line runs backward — the child pays and pays and is never paid up.

The ground trick. Rent so high there's nothing left. Land priced out of reach. Take the actual ground from under a family, and there's nothing for the line to carry at all.

These aren't bad weather. These are cuts, made by hands. Knowing the difference is half the protection.

DECIDE NOW, NOT DURING THE STORM

Here's a plain truth: the worst time to figure out what to do is while you're falling. So you decide *before* — on a calm day — and you write it down. Like a family that picks the meeting spot before there's ever a fire.

If your line is shut off: “When I catch myself doing it all alone — stiff, gripped, worn out — I stop and let one person help me with one thing. Being helped is not being weak.”

If old voices run you: “When an old voice starts deciding for me, I say out loud whose voice it is. Then I ask: is it true? Love can come in. Orders wait at the door.”

If you're carrying your people: “I can love my family without holding them up. Their weight goes back to them — kindly, but back. What I owe them is love, not my spine.” (If you promised to carry them long ago, when you were scared and small, there's a practice in this work called Taking Your Name Back — the Rescission: a kitchen-table way to close a deal that fear signed in your name. It has its own page. Take it slow, and take a witness.)

THREE SMALL MOVES — SMALL COUNTS

1. **Stand on the ground once a day.** Feet flat, one slow breath out. Feel the floor push back up. You are being held right now, and you didn't have to earn it. Thirty seconds.
 2. **Check one hand-me-down.** Pick one thing your family passed you — a habit, a rule, a fear. Ask: *Is it true? Is it mine?* Keep it if it holds you up. Hand it back if it bosses you around.
 3. **Ask the one question.** *Am I being carried by my people — or am I carrying them?* If you're carrying: set one load down this month. Just one.
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HOW YOU KNOW IT'S WORKING

You can love your family without obeying them. You can take help without owing your soul. You can stand in your own history with soft knees.

And remember the scorecard: getting better never feels like calm. It feels like more choices.

Honest fence: if your ground was cruel — violence, abuse, being left — this line carries heavy freight, and a good counselor is the right crew for that dig. Walking it with one is strength, not failure. Nobody should dig alone what took other hands to bury.

Nothing is wrong with you. A line got shut off, flooded, or turned around — and lines can be fixed.

*This is Channel One of the Six Channels — the lines that connect everything in a person, where every falter can be found and fixed. The other five — the Door Line, the Fire Line, the Give Line, the Home Road, and the Yield Line — are walked in **The Field Guide**, coming soon in print alongside the books at tammyleitzel.com.*

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