Adapted Podcast ([00:00:00](https://www.rev.com/transcript-editor/Edit?token=aZHPOAAONXFy4keKBsA9P0Wjs4NuGO7_mLEqvTO6AuMY4Rpygkhl4ksTkFxlgRKP2gu4rcZjaPfS2i9QQv3Hnqn-BJo&loadFrom=DocumentDeeplink&ts=0.75)):

Content warning for child killings, genocide, emotional child abuse, and suicidal thoughts. Welcome to adopted podcast, season six, episode 12. Starts now,

JaeJin ([00:00:27](https://www.rev.com/transcript-editor/Edit?token=G7hON-_m4RQB1nS_jgCOJnie1VI6n4NrXvG-0HXLhcZHRdJIkxUjE-6estfKujfgYMlBf3Da0Lpixp-TqYACkAeTwps&loadFrom=DocumentDeeplink&ts=27.06)):

Feel the sun riser from below. I keep running. I keep running to a place where no one knows.

Adapted Podcast ([00:00:36](https://www.rev.com/transcript-editor/Edit?token=8qMNdjQlQiUJneEIaKuqwoSqBb5fzf1khGFupp3JAzSoYUicOmUg1By4dBURh05Egah9DEO0Q3IB-1qhgxB_1sSvX4g&loadFrom=DocumentDeeplink&ts=36.63)):

This is a podcast that centers the voices of Korean intercountry adoptees

([00:00:41](https://www.rev.com/transcript-editor/Edit?token=KDZ3VJVGH_uN5QB_zWv-EpRN7b1by4_hjC5T0FvLdGNI0OBn94HGCtR2XLVbT-dgwl4J7z3Y-lOSbwE7spg9dYvMGyc&loadFrom=DocumentDeeplink&ts=41.7)):

Adopted people are the true experts in adoption. I'm Kimmie Lee, and I was adopted from Korea. Our voices have often been silenced by adoption agencies, governments, sometimes our adoptive parents, and a society that wants only a feel good story. Our lives are more complicated than that, and this is our takeback. You might have noticed, but I took a week off, not deliberately, but I recently went out of state on a trip to connect with friends and, uh, have some much needed social contact. We all need to take a break sometimes and change our routine, and that's exactly what I did. Thanks for your patience for waiting. Everything

Aneyah Elmore ([00:01:24](https://www.rev.com/transcript-editor/Edit?token=DcuJUI3Nv8152xSOMDgwi0vbkABI-xAdZxsr5jTy-Gn2EpEvVxrJy-rzei6GLUnYl_Md__tIMYPWmSYaP6Xm3eVVLjs&loadFrom=DocumentDeeplink&ts=84.15)):

Was going great to this one little incident, and, and, and then all of a sudden it was just like excommunication.

Adapted Podcast ([00:01:32](https://www.rev.com/transcript-editor/Edit?token=7Ultbu5E_OhuVsJmtBzuAG1QDug-RYj70gyBTsT96rzHNJjqSQ62sEC52trpmyBZR3GyDrXlcwJOjLNFJmWrBDZAdro&loadFrom=DocumentDeeplink&ts=92.31)):

Another reason for this delay is this next episode. It is heavy and it comes with a lot of pain, but Anya Elmore has adapted and has not only embraced her story. She's a fierce protector of it. Here's Anya.

Aneyah Elmore ([00:01:54](https://www.rev.com/transcript-editor/Edit?token=LOn67aQHCFO6-gAsKBF0TmaFiF_Emj9pVev-qpesNTA8CvoDeHLpbCwoS_kXSxpwAQXO0ESiVzWvJ5wre-bb_-H9U4Q&loadFrom=DocumentDeeplink&ts=114.96)):

My name is Anya Elmore. I'm 56, and I live in Bowie, Maryland.

Adapted Podcast ([00:02:01](https://www.rev.com/transcript-editor/Edit?token=OL9ELTBARAr5uBT_yq4besAd4a1q-jEPtbfl4ciR82jo_4dohsqH433uOfiTPiTE4SsfjkDwzt6hWdf1Djq0A49TVNw&loadFrom=DocumentDeeplink&ts=121.08)):

So, um, Anya, why don't we just start with what do you know about, you know, in Korea before you were adopted?

Aneyah Elmore ([00:02:09](https://www.rev.com/transcript-editor/Edit?token=olglNfhSdPSrf-T9KslW4D08zEmKM5SPXI7QWFkKuZ-A6eaJ9dp4wvcshJ4ElRBEdV_avJ8uk-5HtH5nzMxaW8_KcE8&loadFrom=DocumentDeeplink&ts=129.36)):

I'll be honest with you, um, there's only one little very vague memory because I was adopted at three and a half. And the very vague memory that I have is being at the airport, getting ready to go in the airplane, and I was crying and I was holding onto who the, the female that was holding me was crying. I was holding onto that, I was afraid. And, um, I just remember that little scenario. That's it.

Adapted Podcast ([00:02:49](https://www.rev.com/transcript-editor/Edit?token=BS2B_FR3f3sn2Zw0E9jw-fdYKGVDIPedT6b2110lQqloMD8WNh383Vw5sgaQ5iJcpV0xjYSf5R4yaRCMHEIcwcxpTmg&loadFrom=DocumentDeeplink&ts=169.02)):

Okay. And I know you're reunited, right? Mm-hmm. What have you learned more about the circumstances about

Aneyah Elmore ([00:02:58](https://www.rev.com/transcript-editor/Edit?token=HOcFriLvMcVgj0A92ibxyGjUmabPticsB8yFRZIbAGDwYPYmYR-49UbuXkaEJBtBqunzgth7NyPc4LfRzQFecGvDESA&loadFrom=DocumentDeeplink&ts=178.05)):

I have and, um, the circumstances was that my, um, biological father who was in the military, um, he was a soldier in the military. He was young, they were both young, and, um, he was a black soldier. He, they wanted to get married. Um, he tried to, and um, right before, I guess that they were going to finalize things because they did go get some counseling and see some people, and he got, um, deployed. He got sent away to, um, Germany and then to, to fight in Vietnam. And, um, they lost contact. So she just, this was right before she had me. So she was by herself. She, uh, waited to hear back from him. Like I said, he's in Vietnam, fighting in the war and the jungles, wherever they lost contact. And, um, she never heard from him again. She thought that he had died in Vietnam.

([00:04:06](https://www.rev.com/transcript-editor/Edit?token=EsZEW33MzzKS_Ixh52Q1PKnv75JOU76oNj3QgVABMoKHEhw3OBbjQ34FcaU8QGtBxSe5RUkXfpC_r4aiRj-M5Tgpn5U&loadFrom=DocumentDeeplink&ts=246.55)):

And so, um, of course, you know, for young women around that time in the sixties, of course it's taboo, you know. And then from where I'm from, it was extremely poor, um, young son, extremely poor. So it would've been very difficult. And me being mixed, it would've been very difficult life for her as well as myself. So she, um, placed me in the orphanage. And, um, she actually, at that time, I was a year and a half and she spoke with them. I thought I was only like a couple months old for all of these years. I thought I was three months old, dropped at the doorstep. That's just my story. That's what I had been telling everybody. And come to find out that was not true. I was a year and a half year, uh, that was a year and a half. And, um, so I knew her.

([00:05:01](https://www.rev.com/transcript-editor/Edit?token=8fRTqy-o01DfN9XIRH8W9HrU7kRGNQm_bPXLHFTjNtKR5Uso0SS6Ed7lk-OE-YuT3LGgqjS_JNlro-qRYw7D_seMKUI&loadFrom=DocumentDeeplink&ts=301.18)):

I had a relationship with her and a nurse that was taking care of me. And, um, she took me the year and she told them my name. I was actually given an American name cause I was like, I was excited when I was first thing. What's my name? What name were you given? Was Annie <laugh>? Annie? I was given Annie. But what happened during translation, because I guess ya is something that they put on the end of every child's name. And so when they did my paperwork, they just left the ya because it was Americans who did it, the camp Casey. And they left the Y on there because they didn't know. They were just like, oh, this is what they're calling this child <laugh>. And that's what, so it will evolve from Annie to a, so, and where were you born?

Adapted Podcast ([00:05:56](https://www.rev.com/transcript-editor/Edit?token=NLnmYl8cGTPcmuQOdWVY4grP-Cd_pa3j_FUo8BuOS7e-3zdA_PAMXqOyElnvmXu1BYZaYiPNRra2VOZproITTmNbL7s&loadFrom=DocumentDeeplink&ts=356.84)):

Were you, you born around like a camp town or?

Aneyah Elmore ([00:05:59](https://www.rev.com/transcript-editor/Edit?token=IosusJBaBXGPeWHLp8LmzA-HS52ye3OqL1srIrBUfgGmEqFFKqjuiDLzfVZO7l67ojTCwTwpCerlX7wXrLQNNTa5N2k&loadFrom=DocumentDeeplink&ts=359.84)):

I was, yes, I was for a camp Casey, around Camp Casey.

Adapted Podcast ([00:06:04](https://www.rev.com/transcript-editor/Edit?token=cJdYFk8ozCowOzx0m0J8TV5VyIzPej64s_q7_ZKHg84rQ2pYLzTf_OfXP1jF79kU_8rfrlqY9b9ovmZMP1r2g_ugUBU&loadFrom=DocumentDeeplink&ts=364.79)):

Okay. And then who facilitated your adoption? Was it, um, you were, you were brought to an orphanage? Was it your, sorry. So many questions. Um, it's okay. Did your mother intend for you to be adopted or did she place you in the orphanage intending to come back for you?

Aneyah Elmore ([00:06:20](https://www.rev.com/transcript-editor/Edit?token=a5GdqzkQPRzDoSrptA0SLfHLfu1zULxsDaLqo-nxCQQ2ta6trORVeXKz78nmpywmUpYRtbHKtbwvNUFhImkXI0Iys6g&loadFrom=DocumentDeeplink&ts=380.75)):

No, she placed me in the orphanage, um, intending for me to be adopted.

Adapted Podcast ([00:06:28](https://www.rev.com/transcript-editor/Edit?token=b4mEeDF2HxCfIeJYNaNZdsbhJjqXW_6qa0jzRq1Oms-XXX_n6pKT72SA4imo_PPi80DVsoROLt5Q0tGR7p8VtzWbYAo&loadFrom=DocumentDeeplink&ts=388.37)):

Okay. Yes. And, um, so what, in your paperwork when you're adopted, what did it say? Did it say anything about your story and was it false?

Aneyah Elmore ([00:06:39](https://www.rev.com/transcript-editor/Edit?token=q_pO7l0D7pRdBi7lJIE36bGfKSGhX6115Vhr30hpXwNhlIPuTYYyKVhiEJWiHfSHzJZIsaFnN7G7wa5Mh3fbKi0ahzM&loadFrom=DocumentDeeplink&ts=399.08)):

It was all false. It was all false. And so for a long time I was, well, I knew it was false when I was young, um, because when I looked at it, I, it said that both of my parents were deceased and, well, no, that's not the reason why I knew it was false. I, it was false because both of my parents had Asian names. I'm like, I am not full Asian <laugh>. So, oh, so they

Adapted Podcast ([00:07:06](https://www.rev.com/transcript-editor/Edit?token=lhy9OXKlrlPCWyalCsFJJT6ZlY8toxvumGG0Xf2U6cUcTVfFBxiCdylHtKF4mtKx1lbpbd8QZW7adqDBdxF_vFaSFvk&loadFrom=DocumentDeeplink&ts=426.8)):

Actually had, they actually had names of your parents Yes. In your adoption paperwork? Yes. And they were Asian names.

Aneyah Elmore ([00:07:13](https://www.rev.com/transcript-editor/Edit?token=u3gROstxQap984is0tD330ON3UqOAkcghTGSlWr0sWIa4qxOk2iL0uWtrCY8Q_3iqRDj7z8hJ7p4fobmNsqLVsBuMHg&loadFrom=DocumentDeeplink&ts=433.22)):

They were Asian names. And then actually I was given an Asian name of W y I E. And um, so that was allegedly my first last name. And then I had, was given another last name of Lee. So like I said, my paperwork was really, really, it was a mess. And so when I had to, years ago, when I found myself applying for this and applying for that, and they would look at my paperwork, I remember I applied for the police department and, and you know, you had to go through a background investigation. And I remember them looking and like, well, who are you? This name is, you know, there was so many different names in all of my paperwork. And then my social security, um, card. And then I had my name changed, and they were like, exactly, who are you? So I had, I faced a lot of issues regarding my name, and that's a part, part of a large part of somebody's identity, um, for many, many years.

([00:08:18](https://www.rev.com/transcript-editor/Edit?token=tXPDnlu-YgrqpRuY5l2WdhhaZ4gJxJs_weGMN5_fJIPFL_zPlOF_OnhP9leOdXI2wiWQEz3CU6BD2seWPkLs5NmaRPM&loadFrom=DocumentDeeplink&ts=498.62)):

Um, people not pronouncing my name correctly, because it used to be spelled differently. So I used to have a hyphen in it. The whole thing was a mess. And then I had an American name, Anne Marie. So for me, I really had this really big identity issue, starting with the name. So that's why when I first met her, I was like, what exactly is my name? I was excited to find out what my Korean name was, all to be let down <laugh>, let down with this, um, plane, plain American name, Annie. Like, could we not be more <laugh>, you know, creative, you know? So it's like, okay, so here I am, little Orphan Annie <laugh>.

Adapted Podcast ([00:09:07](https://www.rev.com/transcript-editor/Edit?token=DZ2JSEDq9BznA8hVgRVaEHQOaNUj3wEjvm9NIJLHd3pv0LPa9-k4R_WaY8JDTpxHGh3NEgXyEv9dSvMquJCTx_cKzAY&loadFrom=DocumentDeeplink&ts=547.98)):

Oh, wow. Yeah. Um, and then who facilitated your adoption? Was it the military or Holt?

Aneyah Elmore ([00:09:16](https://www.rev.com/transcript-editor/Edit?token=zKiv6qs0IfuN-LAbaZTrbiZHonhAXn_IeZirU0x6wqsWNW0uQ_868QvhNnS_NT8saB3N-TACUIX8_DC7GYh2bnHGfA4&loadFrom=DocumentDeeplink&ts=556.59)):

It was not Holt, it was not, um, Korean Social Services. It was, I believe the military.

Adapted Podcast ([00:09:24](https://www.rev.com/transcript-editor/Edit?token=W1VPtMUI_KqsQ6m-_y5t-erbc4LoVnHaFQDnuqJP60NdTJ5o7Zmy4Y6T6a_byzp_SM2jFvU5tRDBsgVBX4O-_eSO--Y&loadFrom=DocumentDeeplink&ts=564.25)):

So, so like a private adoption?

Aneyah Elmore ([00:09:26](https://www.rev.com/transcript-editor/Edit?token=DPpkZ7IlTfitAei_jpZtdtHZurFreJGbZA_vK9q8aROb-RkxB77gKAPMvbstOKyQJvctPHE0PJsstvR1fwxgM4NlcOE&loadFrom=DocumentDeeplink&ts=566.19)):

It was a private adoption. And that also is kind of disappointing because, um, I know that they have the, uh, the crib mates on, um, the crib mates on Facebook. And I can even be a part of that because I'm like, well, wait a minute, I'm, but all because I didn't come through, um, Korean social services. Yeah,

Adapted Podcast ([00:09:48](https://www.rev.com/transcript-editor/Edit?token=hH-5P_AjnpZenJoUoX5TFiQWvYJbN1rxf695MnC0EXOX3C5WQVS3NK_NoGgi9Ufs16MeMSxJ0ZfnuZlhfrIfMPhyb9E&loadFrom=DocumentDeeplink&ts=588.66)):

Right, okay. Mm-hmm. <affirmative>. Um, yeah. So how does a, a private adoption work?

Aneyah Elmore ([00:09:58](https://www.rev.com/transcript-editor/Edit?token=PaKJ_NIvqcKZpi8q2V6xaEkf-F-Y5agThWvuLWf2Mvd61odwJOnNUJFJ6qSZbWQDWZWYtLWWoUVncfQr1SxGp0q5ui8&loadFrom=DocumentDeeplink&ts=598.11)):

Um, I'm not exactly certain why it was private. Um, I think because my adoptive father, um, he was actually head of the orphan council at our orphanage, so he was a, um, it was a group of American, so, um, soldiers that volunteered to work at our orphanage volunteered to, you know, bring, they brought food, um, you know, they played with, uh, the kids, they brought clothing. And, um, so they kind of like sponsored the, uh, um, the orphanage through the, uh, the military. But my father is big, my adoptive father is big on volunteer volunteering, so I don't know if he started that or that already existed. So because of that, um, he had a great relationship with the head of the adoption, um, the orphanage. And so him, and I know one other Korean adoptee, and her adoption was also a private adoption. So all of my paperwork, I believe, was done by somebody at Camp Casey and through an, um, attorney in, um, in Maryland. So it went through kind of, I saw that there in my paperwork. Some of the paperwork went through the, the courts in, um, where my parents lived was drawn up by an attorney who happened to be one of our neighbors growing up, <laugh>, one of our neighbors. Um, so it was all drawn up by that attorney and taken through the courts and, um, you know, where my parents lived, that county. Um, but I think it was all on the Korean side, drawn up by Camp Casey. Mm-hmm. <affirmative> the military. Okay.

Adapted Podcast ([00:11:55](https://www.rev.com/transcript-editor/Edit?token=gUs73obPSyqQRGGwGIhRZsmEebQ_h3nRDU3E6gNKdEhzA4AvBtccYzV7hiDyZ8dqUig1-SjbRJgO1mK3_xJkA_pTkgk&loadFrom=DocumentDeeplink&ts=715.99)):

Yeah. What started your own Facebook group? Or, or with the title of your orphanage? Oh,

Aneyah Elmore ([00:12:01](https://www.rev.com/transcript-editor/Edit?token=JiWcNueLHNof1OT5CocmzBDmqSSSVQqQeFJ45DbFAeoMGnGhH63YtPtlHmbimP1wvE3dGZ5knkPwR1uPVl3SY4KBino&loadFrom=DocumentDeeplink&ts=721.21)):

We have one. That's how I was able to reconnect. Oh,

Adapted Podcast ([00:12:04](https://www.rev.com/transcript-editor/Edit?token=zzy9BvZAryzt0nSVz-5PD0XWSOr6mr5MfQmwFFk7eZptHdwNJ6ModxYKZgOEavuk03-Oe1Woz4oxpXM6uJpV5zbUh2E&loadFrom=DocumentDeeplink&ts=724.84)):

Oh, okay. So you, you started one or

Aneyah Elmore ([00:12:07](https://www.rev.com/transcript-editor/Edit?token=RzbCc3PatzD528Cl4W-Tc3zmiCtEFI7RSNcxs8SeOGm-jxKWq43VJh0tN6ElmSXm-xtwPBbWS6Q3VEsEUrlG_euTjZA&loadFrom=DocumentDeeplink&ts=727.03)):

Some how I, how I reconnected with them was that for many years I looked for, you know, when the internet started, <laugh> started, um, for many years I had looked for information on, um, my orphanage and never found anything. And then just one day it was, I remember it was Christmas day and, um, I was just like putting in yk and then all of a sudden, or maybe something like that, Korean orphanage Yang j and all of a sudden, boom, my orphanage popped up and I said, get outta here. And I was so excited. I'm looking through it and I see pictures of me I've never, ever seen or had or, and I was just, oh my gosh, I was floored. I was crying. Um, and, uh, I saw that there were other comments from that other adoptees had left, you know, because they had seen this, um, website too.

([00:13:07](https://www.rev.com/transcript-editor/Edit?token=qDQtiBwyr-lDZWAoaFT5DDJm3YE03RFO1IXLwJjPcyKANFbjyLEsiZVH-PjT_Suv8Ba8zvvOCMSiV8M9cFPlBg4WwhI&loadFrom=DocumentDeeplink&ts=787.18)):

And the website had actually been put together by a soldier, a volunteer soldier that was served the same time, same year, same time with my dad. So my adoptive father told me that my responsibility was to calm the babies. I would go around, I would kind of rock them in their swings. I would sh shush them, you know, like, calm them down. I'd whisper to them and he said they would always quiet down. So, and he used to say, you're a mother and I've got seven kids. I was a nanny. So that's just kind of like, I guess innate

Adapted Podcast ([00:13:48](https://www.rev.com/transcript-editor/Edit?token=ydJxCWpLeqnDuEEXeLDEOIBqzTL4w1Lr6dlIqv2oGEkwIngFLeo9lAlCrjdo7My-Fl2NtKbkXWOataAq_yrnZNt_Yn8&loadFrom=DocumentDeeplink&ts=828.76)):

You, and you have no memories of being at the orphanage.

Aneyah Elmore ([00:13:52](https://www.rev.com/transcript-editor/Edit?token=O-s6JkrhgGHkwdAK-86aloKrMH8dB4eOWT_vM7wI-ulo8WAxlWnGWT-QAl-cm8PuXxypXCoNJsGfoL5uhHL_ifUi5R8&loadFrom=DocumentDeeplink&ts=832.54)):

No memories at

Adapted Podcast ([00:13:53](https://www.rev.com/transcript-editor/Edit?token=FvJbUDhzWp61DVwXqSP-OF3_w5inNVIt7ZU-wXhIc8M7batd8J9RmZaD32__ia9NqUvJCm2vaJpuOVm7PUc9vvK95lM&loadFrom=DocumentDeeplink&ts=833.83)):

All. Did any anything pop up to you when you saw these photos?

Aneyah Elmore ([00:14:00](https://www.rev.com/transcript-editor/Edit?token=6icoM3txYEMH4n9FR8bbNGHfvOE4eUIlFiqWedEH0YqSWJWoo-zl95TBrzpQbY68CTxDsoPs1ztVPei3L-_EHmnUocQ&loadFrom=DocumentDeeplink&ts=840.22)):

Nothing, nothing popped up. But, you know, I had organized a zoom with, um, my sole brothers and sisters and, um, because we all were kind of like chatting away kind of on the, because not only do we have a Facebook group, we also have a messenger group. And so we had kind of like text back and forth on the messenger. And so one day I was like, Hey, let's do none. We organized a Zoom meeting. So when we hopped on the Zoom, it was like, Hey, you know, seeing one another for the first time. But I learned so much on that first zoom, and because there were older adoptees that older CADs from my orphanage that re had, and the memories were so tragic, it was horrible. It was tough listening to the memories they had of our orphanage. And I was like, oh my gosh, maybe that's why I blocked it out.

([00:15:08](https://www.rev.com/transcript-editor/Edit?token=H_c9u2hxZCP89ZGYYzMsa4wvqTXFCicDkfYiZ3J4z5Wek5tyJ-9fJehdcEokikFFq0iskZCj1q09AAIYEuYhrDyJGsc&loadFrom=DocumentDeeplink&ts=908.57)):

Um, because there were a lot of tragic things and, um, that happened from the orphanage. And, um, a lot of the, uh, cats that were there are, are have severe trauma issues. And I had trauma issues stemming from my, you know, being abandoned from my mother. Knowing her, I was like, oh, okay, well that explains a lot. You know, why I have these rejection and abandonment issues. It explains, I wasn't separated from you at like an infant. I knew you, I had a relationship with you. And, and then it explained also why in these pictures, I seem so distant from everybody and just kind of like in this every picture, I'm looking like a deer in headlights, um, to, we all had similar, oh my gosh, it mirrored our adoption stories. Now I'm hearing, okay, that all of these Korean adoptees had these horrific experiences, these adoption experiences.

([00:16:21](https://www.rev.com/transcript-editor/Edit?token=xUuuK6AKtXRLp1pKOhLYKQiuMm8DzJ3d85olnG5ZsTZzT4cV6Y0E-KJ4ukKytSgx8i06PRQV0HZ5ofTX-dzl9_vERB4&loadFrom=DocumentDeeplink&ts=981.47)):

My, um, OMA spoke to me on the phone not too recently, about a, a week or two ago, and she said that she was watching television, Korean television, Korean news, and that the, they were saying that the Korean government was saying that all of these, um, CADs were, you know, migrating back to live. Um, because they had these horrific, uh, adoption stories. They had these really bad issues with their, um, uh, adoptive families and that they were, a lot of them were, um, had be separated themselves from their adoptive families. And that's when I was hearing that in my group, I was so surprised how many people were, what's the word that I'm looking for, um, estranged from their adoptive families. And I had gone through that same experience for 10 years, but my, um, my sisters and brothers here, they were, they were all estranged from their families. I said, my God,

Adapted Podcast ([00:17:48](https://www.rev.com/transcript-editor/Edit?token=i2bn-2oLYFV_BK-AUfhI9lXsXXOfbTJvnPbIako37DfIktnUnI6j9ZDx6TOAIqSRQj-bhVJO327xSH33l-9GYf1JqBQ&loadFrom=DocumentDeeplink&ts=1068.2)):

Like, let's say many people were in that call. And what percentage would you say were estranged?

Aneyah Elmore ([00:17:56](https://www.rev.com/transcript-editor/Edit?token=JjvAVLr7VTehIZNppjIxooU1YIT5fgkptjwqE3qSnIALbdef83e--avPFNEq0J16JYU1HX4qtTHdboq5vqOHCN0llvU&loadFrom=DocumentDeeplink&ts=1076.49)):

Um, I would say at that time, um, there were, at that time I believe there were six of us at, and then a seventh one joined on, now there's nine of us. They were all estranged. And I was, you know, here I'm thinking, okay, maybe this is just a westerner thing, you know, maybe this is just a US thing. And then, um, at that, at that first meeting, um, there was, uh, one other person, and he, our brother, there's only one brother right now that participates in the call, and he is from Belgium and or Germany when it, Germany. And I was so shocked to hear this is the one that started the group that was, you know, adopted as six months that he's estranged. And I'm like, wait a minute. You're, you're over in Germany and you had this, this white family, and you're estranged

Adapted Podcast ([00:18:58](https://www.rev.com/transcript-editor/Edit?token=iaA3CFm0wLUbF6800qM6iQgn3Q44bDxx1D0w17_5vs35MHPKWHdRCRtamzGypv5U8sB7_IKdzv4a-BrtkMjeswtltjY&loadFrom=DocumentDeeplink&ts=1138.71)):

Anya. Do you think it's having also to do with the fact that our adopted parents just did not know or understand that they were adopting a child with trauma and how to, you know, that maybe they weren't screened properly to be, um, able to care for a child with trauma?

Aneyah Elmore ([00:19:19](https://www.rev.com/transcript-editor/Edit?token=_gFkBN1zdZsnm448Liir8ncSglelX7zx_ibjt2N9Zi__YOmt1b0KZ1Cuze7kDex01AeLXmbTiGm9fe9j5XjsbIuv91w&loadFrom=DocumentDeeplink&ts=1159.74)):

Um, oh, absolutely. A, absolutely. That's, you know, well, the first thing is, uh, that, but I, um, I'm eventually gonna write a book on this, but I, I, I'm a, I'm a strong believer that our thoughts create our reality. So when you take a a, a child that's in the orphanage that feels abandoned or rejected, that that's gonna be what we attract, that we're gonna attract these parents that, um, will somehow or another reject us in some form or fashion, or the fact that because we have this trauma, okay, fight and flight, the fight and flight response system, all right, this fear, this fear of rejection in the orphanage, not being picked, not being selected or whatever, that we're gonna continue that fight and flight response system until that cycle is broken. But now a addressing the parent parental issue, because my parents are prime example of not understanding, not being prepared.

([00:20:28](https://www.rev.com/transcript-editor/Edit?token=Xu6cyeZxO1q4JU5wrKUHSbqUUymNRw564_D4dx6EyaSICvHrR2fqi9hJfV8WhTv6eUag5csH2Lz5VX-cKVnC0omY1Q4&loadFrom=DocumentDeeplink&ts=1228.2)):

So for my parents, my parents, um, and they tried, okay, they tried. Um, but I, my mother, and it seems like everybody had mother issues in my group. Everybody had mother issues. Once again, that's the rejection and abandonment coming from, you know, the, the mom. So, um, I remember my mother when I first came over, I remember the first day, by the way, I came to the us I remember meeting my mother, which is odd. I don't remember anything at the orphanage, but I remember my first day in the us. But, um, my mother was not nice to me at all. She was wicked, wicked. And she, she was mentally abusive. And here I am an innocent child. Okay? I didn't understand it. I, I don't know what her issue was. Maybe she was going through a menopause, I have no idea. But I came into a home where they had two other adopted children, US children. One was black, the other one was mixed. She, um, he was half black and half white. Anyway, I'm saying all that to say that child disappeared. The the boy,

Adapted Podcast ([00:22:04](https://www.rev.com/transcript-editor/Edit?token=AOwggKmtoE-hWuOOWxL5JUhX-gchx5eAwkkaqAErnzYGR-9BgUoxvWj31HelqRHuBEuTRfKItT37M2kRqa0RpqRmP9E&loadFrom=DocumentDeeplink&ts=1324.3)):

You mean the one who was mixed race?

Aneyah Elmore ([00:22:05](https://www.rev.com/transcript-editor/Edit?token=j8crpOTKfJcDpnK5iLacSwtfeZt9cNPy4mrY0sp9lwxvx4zKxZA88ZC6oLYlyUpfQlNHr8wElafC8aMUrRb8zRNmfxo&loadFrom=DocumentDeeplink&ts=1325.95)):

Yes.

Adapted Podcast ([00:22:07](https://www.rev.com/transcript-editor/Edit?token=6nrG2_q01BgFOyQWubaBkp3C1nZCqqG6OsHWhfRGG_Fjf1g7GnWFX7GQi86BnhEu8sKEgIZ-X_vD0r6LCddbOraUPW4&loadFrom=DocumentDeeplink&ts=1327.24)):

He, he, he left her family.

Aneyah Elmore ([00:22:09](https://www.rev.com/transcript-editor/Edit?token=ccXzeAtcRRDf89HawEBt4Prrd9h4mLXAqb2bXth9gCqWhLwf8O6JF5FnAQ00Pzee-dCS6DkZgUcfjMDN62i5NG9ZDK0&loadFrom=DocumentDeeplink&ts=1329.07)):

My, he was younger than me. We were, this was about, maybe I was four. And I remember my, my father leaving with him in the car and them driving off, and that's the last time I seen saw him. He was taken back to, I guess the orphanage. So I had for some reason, another that fear in me, but, and cuz my mother always say, sending you back to that place, you know, um, all types of things. But my parents started put, we once started going to group counseling. That was difficult. My parents get angry. Um, so, you know, we really couldn't be free to say anything. And then I went to private counseling, group counseling with other kids because, you know, yeah, this trauma issue, but it wasn't really, really addressed as trauma. It was not addressed as trauma. Nowhere that I remember in counseling was it addressed as trauma. And then at the same time, I had issues with learning. Now I discovered as an adult, just last year, I have, um, attention deficit disorder. And that also is a result of trauma.

Adapted Podcast ([00:23:46](https://www.rev.com/transcript-editor/Edit?token=ikx4qOMcoOz4WHrrOzfw6fY94t6d_QowCYANmYjhJWZ-4aBlQEP969GRHYR0d6Q_z5vT2J73f9RpNhc88MeUbEi3rXI&loadFrom=DocumentDeeplink&ts=1426.4)):

What was the diagnosis at the time about you? Was it that you were

Aneyah Elmore ([00:23:52](https://www.rev.com/transcript-editor/Edit?token=J8Is4GKe1ZB9gSDb2-YZ6ZKPDXAiu05eJcVS6azaCAHj3RmscSocSWMWaekGJcylDpZFQOZKyIhpxUumL5n4B_Clwb4&loadFrom=DocumentDeeplink&ts=1432.7)):

Autistic, were troublemaker? <laugh>? The diag? There was no diagnosis. The diagnosis was that I was just some type of, um, looking for attention. And that was coming from my mom and dad. I was looking for attention because I started being rebellious. Okay. Um, I did, I, I think that at, at one point I just started, you know, ooh, a shiny thing. And my mom, you know, I was forbidden to go in my parents' room. My sister was allowed in there, but I was forbidden. So I'd, you know, like sneak in there and I'd see some shiny thing and I'd be like, oh, let me take this and put it in my, you know, my room or hide it.

Adapted Podcast ([00:24:30](https://www.rev.com/transcript-editor/Edit?token=JIVAD99dQbMJdtO0KRuP1b0GVAEopuMF_VhvKMxET0HHY9jdVrXoTjeO9FX4viMZZH-yDABMasmdxMFEI2FBYKCppGc&loadFrom=DocumentDeeplink&ts=1470.78)):

And So they already had labeled you a problem child or,

Aneyah Elmore ([00:24:33](https://www.rev.com/transcript-editor/Edit?token=bT8PqQty8yXIhcHQcHZ_aAuZHHkSg25a8B5n53qhu0qjhqChCzKscVuK1uyr4oroV9wlmXYQylB2zHEWYZwtPPThmck&loadFrom=DocumentDeeplink&ts=1473.78)):

Yes. Yes. So that's what I became exactly. That

Adapted Podcast ([00:24:40](https://www.rev.com/transcript-editor/Edit?token=oNXChmkSrs59dXxsqoRqssTX8PzUj8MAr-kNNZartV01vUBMpYj0n1asfwfgplUF0HghfoHFxmz45NoMZoRCbm1PjUE&loadFrom=DocumentDeeplink&ts=1480.46)):

Your parents, uh, were African-American?

Aneyah Elmore ([00:24:43](https://www.rev.com/transcript-editor/Edit?token=zrOKJPr02_rwnHZlaJUgMpHrDNAE30gj-iROXO6gopGeRjtmoFUlXQaluTwW8hUkLm9bdrBO3e1ivodDtK8Twk-2VEM&loadFrom=DocumentDeeplink&ts=1483.58)):

Yes.

Adapted Podcast ([00:24:44](https://www.rev.com/transcript-editor/Edit?token=1iq14PTjQEz97MFX7LSTT9beNHFbFzQZAhjDFtQRDtnw73fPvQZN1TP7ZqlGMCn3OtA0OZx2hKb8AtuP353_X9otFt0&loadFrom=DocumentDeeplink&ts=1484.21)):

Okay. And they adopted three children. Were, was it an infertility issue, do you think?

Aneyah Elmore ([00:24:49](https://www.rev.com/transcript-editor/Edit?token=3ixc2L0UBNXZR_6_sSNaEwbMeX1588jwKIC2C8hultC2OJG0Kv_1nrcGiFZES-bl5VchjH1vVFkoo3TfhiQeSXJ4uow&loadFrom=DocumentDeeplink&ts=1489.19)):

Yes.

Adapted Podcast ([00:24:50](https://www.rev.com/transcript-editor/Edit?token=6wM6eQL9CR5cfWmTA1f8nQueO47yonshz1vrectHVu8PRoh3QkgchZ48okpl87_vV_q-7k7cqn63SDD6PczRUIMnZWE&loadFrom=DocumentDeeplink&ts=1490.35)):

Yes. And was it your mother's wish to even adopt?

Aneyah Elmore ([00:24:56](https://www.rev.com/transcript-editor/Edit?token=E-HNKmAuVjzLGBVUr_vPsXdQcyeFjFxpQFlqIakWOMRydeWggmd9ywQXbRmmIeHMQCZrPaHFvpBqYQkzq_tMW8agaM0&loadFrom=DocumentDeeplink&ts=1496.72)):

Remember I told you my dad was over there, right? <laugh>.

Adapted Podcast ([00:24:59](https://www.rev.com/transcript-editor/Edit?token=_2HOTKDL2h1w-Dw6mOS-YEEwsGz1w0ULP8pWkeqOz6qmR3eWbsjnnlPd6L4gLlatqEUequgQrV0UT-gzLf2quwUtP1U&loadFrom=DocumentDeeplink&ts=1499.05)):

Right, right.

Aneyah Elmore ([00:24:59](https://www.rev.com/transcript-editor/Edit?token=66tTBNeeFGOHGaYHsX0NgPN7fnHsT5ClOc5OJQlYtKkmY06vrxs7ocMcmlmir2l44rFOibgnjhqmVPUubAklIYUBV7g&loadFrom=DocumentDeeplink&ts=1499.78)):

So he chose me. And then come to find out I was not the first choice. It was a boy that was the first choice. And that really hurt my feelings when I found out I wasn't the first choice. I think what the thing was that they said pushed me off on him and was like, you know, maybe I was cheaper <laugh>. I dunno, I think I heard something to that aspect that maybe I was cheaper.

Adapted Podcast ([00:25:22](https://www.rev.com/transcript-editor/Edit?token=2ajxFsKxDUf0uxOi06YW-J4breo708f58cAct0fWhOfkEwpEqnSYltpIzHcTBABitmN2PjVpwrnyeChVhKlq_blRxI4&loadFrom=DocumentDeeplink&ts=1522.91)):

It's gotta be devastating to learn that you weren't the one that they had wanted.

Aneyah Elmore ([00:25:29](https://www.rev.com/transcript-editor/Edit?token=rUAqteh3Vdf7yMXbfxP36aSJECE9NTCSXOMD9uYfo3b8kVQ2PK7mjeQLT_fyJm-q6OMGl3x1fYXZ7OvD5fQ8ss3WLHE&loadFrom=DocumentDeeplink&ts=1529.33)):

Yeah.

Adapted Podcast ([00:25:30](https://www.rev.com/transcript-editor/Edit?token=9EzNKIyR_tIHahhztpgf76CV-fyQqgQWWe43LmPU-r0-cqcDcMwl5GK0NYYWCR8SAybiMHCFiCCyf8SUUYMtP7w6suE&loadFrom=DocumentDeeplink&ts=1530.02)):

What, what happened with that other child?

Aneyah Elmore ([00:25:33](https://www.rev.com/transcript-editor/Edit?token=2AkCnBjHJcA5OBPzNt6UqJmL8wJesnyLkFaFzgRpzj4UGhodFW5usSBBzf6FwKjOS0JTFpqZaO_dWGqMiJhuqOqQWIA&loadFrom=DocumentDeeplink&ts=1533.83)):

I have no idea. I I absolutely have no idea. Um, there were, like I said, there were some, there was some things you could cut this out if you want to, but you do realize that, that, that there was a genocide going on with mixed children, because that's one of the traumas, um, that from our orphanage, that there was a genocide against mixed children because there was an order. And, um, from what I understand by the group that's doing the, the investigation

Adapted Podcast ([00:26:05](https://www.rev.com/transcript-editor/Edit?token=cX-sxK0mZ0SzPNEnxh27PISyoIaiw2RFFulg9QIJkGGQ7PLheflCEiKyodkaojjhAp_bsVpSvShWXnU5tlVhG9bLmaI&loadFrom=DocumentDeeplink&ts=1565.42)):

TRC cases.

Aneyah Elmore ([00:26:06](https://www.rev.com/transcript-editor/Edit?token=S6EBWouQnhMPL55jMEikCaSSDJqDfqZgI4yndp2t6ftW2YEi0tpskeoPi6MWSpS-GTVNTs3YZ1xdafdCLAAoNnTb0vs&loadFrom=DocumentDeeplink&ts=1566.68)):

Yes. Okay. That they said

Adapted Podcast ([00:26:08](https://www.rev.com/transcript-editor/Edit?token=XBWHlnlEaJAVjM6l0_eQeJgKy-onLYtASekymAgo_ilRWYWLx78HoGp_tR2DVVDqHWAeYDeRJdrfsfiWytMeKgyJxgg&loadFrom=DocumentDeeplink&ts=1568.88)):

A Truth and Reconciliation commission.

Aneyah Elmore ([00:26:10](https://www.rev.com/transcript-editor/Edit?token=nzXp9rpcscnwEgvc5p3YJibqj7okkpfvotA9nK_VNQAAxP3O9OvRpRiptfYYyBzqroy1jODKGovOVzm3v0pvF6CADuw&loadFrom=DocumentDeeplink&ts=1570.83)):

Yes, yes. They contacted our orphanage and they said there is record proof that there was genocide against mixed race children and that there was a command. Um, they, they, I've got the text somewhere, but they called it something I forgot. But basically they wanted a homogenous society, not a mixed society. So all of the children that were came from am, um, American soldiers, they said they were to get rid of them at whatever cost it was. So a lot of them were drowned. That's what actually started the diaspora. That's what actually started the, um, Korean adoption, because it was get those, get rid of these kids. That's when they started shipping them out, you know, putting them up for adoption, um, killing them. Um, from what I understand, there's mass graves. That's what the truth and recollection, um, committee, the young lady said that were mass graves.

([00:27:18](https://www.rev.com/transcript-editor/Edit?token=9fl-Ho67BuuEBbyXmwyW7fY2kd5OU9PZkX35si1dFq_C6XPRDKEb46gUFhSy2RxOa5U3HosL2CHSS8PjtDivC97bu30&loadFrom=DocumentDeeplink&ts=1638)):

And I was shocked. I mean, I just recently found out that there was, you know, all of that. I knew that there were, we knew that, that this was going on, but I didn't know to what extent. I also know that in my orphanage, there is a mixed, uh, she's, she's, um, blasian black, a um, black Asian like myself. She's older and she suffers severe trauma because she would see them being killed. Them, you know, the soldiers coming to our orphanage and shooting them. And she was afraid because she was aging out. And, um, so she, she remembers the last boy that was killed that they came and like, almost before dawn, and they would come and they sh shot this, this boy in the head. And, um, she remembers that. And she was, I think she remembers that particular one vividly because, um, she, she was starting to age out. And so, um, she said that there was a priest that came and spoke with, um, the head of her orphanage and begged, no, no, when her adoptive father came, the priest was there and begged him to take her out of the orphanage. She said, he said, you don't have to per se adopt her, but take her out of here so she can have a chance to live.

Adapted Podcast ([00:28:45](https://www.rev.com/transcript-editor/Edit?token=CZBjskR24pOnOyxPOgFMiEcbrEdXfvgUd8_26N1Wa4fc4g39A6WzaVJPuOMugiPODy6mePUubaVMdi05P4egSeP63UA&loadFrom=DocumentDeeplink&ts=1725.81)):

Wow. That is shocking. So this adoptee was an eyewitness.

Aneyah Elmore ([00:28:54](https://www.rev.com/transcript-editor/Edit?token=_r4KX_kxveB4FSSrKXOh7gk1E4_Uu3sOIRAdypXE2rlcV2AlDcY76gx6TrJUFFUsoPNuAJGv7BFKGAedKuo3aR10Wx8&loadFrom=DocumentDeeplink&ts=1734.03)):

She was an eyewitness. And so the Truth and Recco Reconciliation Committee, they wanted her to testify, but she's too traumatized to. Um, and when, when they came to our group and asked, and when, when they shared, this was just so recently when they shared with me everything, when they verified and they said, we have proof of this, and we had these mask graves. Let me tell you something. I broke down. I remember just having this, oh my gosh, I cried. I was so upset. I cried and cried. I remember for her, and for like two days straight, I just cried. And my daughter, she said to me, she's, she's like, mom, we can't have this. You've come through so much with your trauma. And she said, you right now are experiencing, um, survivors, survivors remorse. And I was, I was experiencing, because I realized, yeah, you're right, that I was, I was having survivor's remorse.

Adapted Podcast ([00:30:11](https://www.rev.com/transcript-editor/Edit?token=Nh3hyVnSdZyVEsUpkPn-hJmXkNxjHDt3rnvx6xyTWuAP_MdxgvFS-dGXRrQ8ef4MUVIUBN-DfvKp2a6BHa25Uk0MNL8&loadFrom=DocumentDeeplink&ts=1811.92)):

Oh, that you felt guilt for having survived it when others did not.

Aneyah Elmore ([00:30:15](https://www.rev.com/transcript-editor/Edit?token=KHVAqcCZxEi8kDEEKzzs_Sp4cmaWGOSA-fKnAE_dAX8pvy1v3XU_wtUSLRJ_E60kFVmGZ5_dlstu8ApRNPIawn8b4jE&loadFrom=DocumentDeeplink&ts=1815.91)):

Yes. Wow. Yes. And, um, sh uh, and so I would, when I, I couldn't allow myself to go down that.

Adapted Podcast ([00:30:33](https://www.rev.com/transcript-editor/Edit?token=Ir363dzBxCjOreaMqP1aDz72XbgS1uuTl0dAGtFnuap2HPgJMAvo77jhRui0h5CUJP9Mp38eChmaiXEXXqZb90NwoVo&loadFrom=DocumentDeeplink&ts=1833.49)):

Oh,

Aneyah Elmore ([00:30:34](https://www.rev.com/transcript-editor/Edit?token=FW7f7708Ye0onK7ylxThfd8JbKiAHEhiC2QWZhqoY-_xDGS156Q-Ec7pfDYkfY5OUeJktGLzKEJeKYyCkfpeoaJzrj0&loadFrom=DocumentDeeplink&ts=1834.33)):

Yeah.

Adapted Podcast ([00:30:35](https://www.rev.com/transcript-editor/Edit?token=Z1v3RShYp5hcmgEGm-7uovZoiv23vD1X-842HDxdoxZyjFbsMFRoua7zTwWBQMvqCTL3Ez96ZcOZKXOPn_KM5g4jsV0&loadFrom=DocumentDeeplink&ts=1835.5)):

Are are you seeking, do you have, are you seeking counseling?

Aneyah Elmore ([00:30:39](https://www.rev.com/transcript-editor/Edit?token=5M2sIrLnJVAQefEl1oEGhtk5sGfeXd8H_peywB4AfrGWHrFOqGTrDMlB07JYxU_09JKo8viHCFQnLbKXcT5y3oypSnI&loadFrom=DocumentDeeplink&ts=1839.55)):

No, I do a lot of meditating. I'm not seeking counseling, but I do a tremendous bit of meditation.

Adapted Podcast ([00:30:46](https://www.rev.com/transcript-editor/Edit?token=ZuSvPOMHFd2sdzX5V3Qz7fJnQp1qmLW4eSQty7apBXT8wHzlKTC4odp7Z-tyB86O1kAqmfgRlEo0-5tdxkffZm4zoVo&loadFrom=DocumentDeeplink&ts=1846.93)):

What kinds of things do you do?

Aneyah Elmore ([00:30:50](https://www.rev.com/transcript-editor/Edit?token=2jO5qfvnNTzcluoEecS-MFL7gEjmU6hP_reW1FfDbznv1KdflWdCAoAUuMz35mdnQrvYx9cBowESSe9ZOWUBZOW0A-0&loadFrom=DocumentDeeplink&ts=1850.41)):

Um, I really work on my healing. I just had a really traumatic experience with my, with my alma, where she ghosted me again. And that was really, that's just recent, like this week Mm. That I had. Yeah, I had an experience with her, and this was part of my healing, and I realized this later after she did this. But you, she wanted me to make up the story or something, something or another where something is, they were, she wanted me to validate some type of story that I was born in the US versus Korea. And I was like, I'm not getting involved in that. I'm gonna stand in my truth. And my truth is, I was born in Korea. I am a Korean adoptee, and I am n if y'all wanna have that story over there, okay, that's fine. But if anybody asks me, I am not gonna lie about my identity. I'm not nothing about it. Because once I start lying about my identity, then it becomes also my age. You know, because you came over to the US at such and such a timeframe, I'm not gonna do that. And so she got upset with me because I was gonna do this interview.

([00:32:21](https://www.rev.com/transcript-editor/Edit?token=xK-Jvs-NVlSul8oNDaz9j8tryTQ49Wwug_a2i7wOT60ruLBvDJtSDUEvLpd1o_Xz4d2r38iACBkiHw4RQfoTQ2sEfPU&loadFrom=DocumentDeeplink&ts=1941.34)):

Oh, right

Adapted Podcast ([00:32:21](https://www.rev.com/transcript-editor/Edit?token=nvJNw0PqqXpRTpX8ZKcV429LqNzmpB4HbWe6AKQVtl37pUUbR8GytBpkQoo7rXElH926c1BX8136KXDoTk0e06hVmTQ&loadFrom=DocumentDeeplink&ts=1941.73)):

Here. Oh, talking with me.

Aneyah Elmore ([00:32:23](https://www.rev.com/transcript-editor/Edit?token=Sbvu2AX3pK2IbggNkQk8OhpNlb7XGttvMeV6goNfBm2jH9iRE6fYn8dCrGMJsWHe_3r_zdkwbxbdPyQxzuaPNejNZKc&loadFrom=DocumentDeeplink&ts=1943.62)):

Yes. And she got upset with me because she was like, she doesn't want, you know how the Asians are just very, very proud, you know, and, and all of this. And, and I said, listen, she wasn't listening, didn't understand. And then the next thing I know, I mean, there's this back and forth. I'm crying. I'm saying, it took me so long to even reach out to you because I didn't even know if I was gonna be accepted by your family. And this all boiled onto rejection issues. Anyway, so I'm saying all that to say that sh she didn't call me. I, I called her back. I said, listen, I gotta go cuz she really upset me. I was crying. She really upset me. And I called her back to tell her, listen, I love you. She didn't pick up the phone for several times. I called, I said, okay, didn't call me back.

([00:33:23](https://www.rev.com/transcript-editor/Edit?token=320otN5ov03Zpjy2MpC3MrWpo1669DKLWkgyRrdXO8ER5Ohkx6wS437GGwh33o5i2iiTyrMTmvAnMz1A_9MQmPFYgwU&loadFrom=DocumentDeeplink&ts=2003.3)):

Didn't call me back, didn't call. I'm sitting here waiting and I'm so going through these. It, it, it all came out crying for days, crying for days going through these abandonment issues. This woman abandoned me. This woman has turned her back on me and rejected me. I was, I went from being so upset and disappointment to angry, like all these emotions. And it was all the finally orchestrated because it was like part of my healing and, and it was a purge. And so I remember talking to my daughter and I just, you know, I'm like talking to you like this, kind of like, you know, all of a sudden I just bust out crying. And she said, let it, let it go. Let it release it, release it. And I understood at that moment, because I'm very, very spiritual and I understood at that moment, well, I knew bef prior to that, that I was going through a purge.

([00:34:33](https://www.rev.com/transcript-editor/Edit?token=zZsbN2ekKqdtiOh1letm8a7dorc7qcNGUIIq8rLLs2DbiW2YFOago7wqdQ2RWcirSThLHwYFk1zjd_smqJ8WSZSvdPA&loadFrom=DocumentDeeplink&ts=2073.44)):

And I knew cuz she said, release, release. And these were emotions that I needed to release. I needed to let go of this because I had so much fear in me. And I've been seeing for a while in my meditation and, and in my prayers, Hey, release me of this fear. I've had this fear locked up inside me since I was a child, since I was a child, probably when my oma dropped me off at that orphanage. I've had this fear. I grew up in my house fearful. And so it's just like releasing this fear of abandonment, this fear of rejection, just releasing it. And it was a great, great healing experience for me because I remember being in meditation and this older version of me, I saw this, this older version of me went to the little girl in the orphanage. And I remember the dress and the pictures, the dress in the pictures was the same dress that I brought to the us.

([00:35:45](https://www.rev.com/transcript-editor/Edit?token=noNynRLjFnVhxgkCZc8XH4pvV4dj9WbyFEoKKpTvgk7yn3CWnT24-pDRNv1HN68A1YGA7BG2kdKHO1v9oraSmWZv_1c&loadFrom=DocumentDeeplink&ts=2145.87)):

And I remember going to her, I had this vision going to her and hugging her and holding her and telling her that I was gonna protect her and that she was safe and she was loved. And at that moment, my, I understood my mama issues because I had the issues with my adoptive mother and now my, my biological mother. And I understood at that very moment that this version of me that you see right now at 56, that I'm the mama. I'm your mama little girl. I'm your mama. And you know what, I'm gonna love you unconditionally. I'm gonna protect you. I'm here for you. And it was just amazing, most amazing experience.

Adapted Podcast ([00:36:37](https://www.rev.com/transcript-editor/Edit?token=-LsN_8WkP5xeGRuoVxM5yDHumqLqSBhbaG9bphOxhvQc4mt0uZn9QDaP1p2PoNCzi-MEV4aDp4fB8sMfllvu9C9rR-Y&loadFrom=DocumentDeeplink&ts=2197.8)):

You know, Anya, I think it's really powerful that, that you came to this realization that you had to be the mother to that hurt child. I went through something similar myself that, you know, l looking externally for these other quote unquote mothers to give us something that we need and weren't getting, uh, you know, and being, feeling rejected by external sources. It's, it's like a pain we live with. And, um, kind of taking that back for ourselves. That, that you could be that person Exactly. To show up for yourself.

Aneyah Elmore ([00:37:13](https://www.rev.com/transcript-editor/Edit?token=mnDCQK5-u58iY0CSQB2b4xeLvtJF-922GAH6K71F1m-In-3UNeZPiq-5ccV9lgIZPZFIp8ghYwqloMxlTDmnk_idinM&loadFrom=DocumentDeeplink&ts=2233.59)):

Exactly. I was the nurturer, the protector at that very moment. I realized it, it came to this aha moment when I saw that vision. That's why I said that this whole thing was divinely orchestrated that, you know, the abandonment issues came up. And I'm sitting here, this part of this purge, the purge is important, <laugh>. And, and, and, and I, I realized I saw it. It was just like, I'm going to nurture you. I'm gonna unconditionally love you. I'm going to protect you. And, and yes, and it came to this, yes, I am my, the own divine mother, you know? And it was like something I had been always looking for externally. And it comes from within. It's amazing. And now, now I remember driving this down, riding down the street this morning, and all of a sudden I felt this fear creep up into me. And then I heard that little voice within me. And it was, it was the mother within me that was like, relax, relax, relax. I got you. I got you. And not only was it the mother in me, but I saw the older version of me and just coming and comforting me and like, relax, relax. And so my, my response system, because the response system is so important, is now shifting

([00:38:48](https://www.rev.com/transcript-editor/Edit?token=B8Z2aJG7dlKCyc60s3smoAA1le-1QIwipCExcl6f9fDHYcqiliLEWGB5ojDusxb4W9ySR4JFAIOwcg4Ipx9lK6IwcGs&loadFrom=DocumentDeeplink&ts=2328.61)):

And, you know, that fight and flight response system is shifting and the fear is lifting.

Adapted Podcast ([00:39:44](https://www.rev.com/transcript-editor/Edit?token=_tyGkH3PrcVI7nRGtnXsuIaKZTOWNk2xP_zyE4Jk7SNlVYkLWYdB3yDMSTYudICkPreCylQDH9iZofMyWj1LMSaTCBw&loadFrom=DocumentDeeplink&ts=2384.68)):

You know, I think it's so, um, you know, powerful as well that, I mean, I'm, I'm, I'm, I'm very sorry if I this participating in this interview or this, this chat with me, um, caused, uh, you know, some conflict with your Oma. Um, but I think it's also, um, really powerful that, you know, you grew up without knowing the answers to either identity and where you came from, and simple things like your name and, um, all of that to grow up with not knowing all your life. And then now you're in the knowing and someone is saying, no, we want you to change your story. I really applaud you for, I mean, I can understand and really empathize with you for, um, just that you can't do that, that, that, that the truth is more powerful.

Aneyah Elmore ([00:41:01](https://www.rev.com/transcript-editor/Edit?token=bZuUI7xaxVEsmZ70tPgUPUqGSCL1dJg-EG9sBwz3lNRLc2F8UCYUfZDpZLQ370zXgwM4NU37CCCMOnnZdXHgjuSRGA4&loadFrom=DocumentDeeplink&ts=2461.36)):

It it, and it is. And I, I, I had to, I had to say to her, because it was, you know, why do you have to do this? And why do you have to do that? And, and I finally, you know, I was like, look, this interview has nothing to do with you. This interview has everything to do with me and my community. I have an obligation to my community to help them to share my story and to help them because they are, there's a lot of us that are traumatized. So period, I am going to, and I let it make, I said, listen, I've been doing, doing interviews. I've been speaking out openly for the last 10 years, and I'm not gonna stop. And I, and you better get used to it because it's gonna get even bigger than this. Okay? I'm just really getting warm up.

([00:41:53](https://www.rev.com/transcript-editor/Edit?token=2IlWrm2K5IkE2ObBCRroeVQCLwhr7SaX8GKrZISSqHgZBALRTUF1yT5MjWBXraatRbvkqGC0kYpw1hY6wE38o5BPu_Y&loadFrom=DocumentDeeplink&ts=2513.09)):

You're getting, you're getting warmed up. <laugh>, I'm getting warmed up. I was like, I'm writing a book. Why are you gonna write a book? I'm like, you have no idea. I said, I, I was born a big, a big thinker. So I'm just getting warmed up. Nobody's gonna stop me. This is who I am. I'm 56 years old. You just coming back and let me tell you something. This is who I am. Period. Like it or leave it. And, and, and, and I spoke about shame, being ashamed of, you know, being ashamed. I'm like, listen, I've made mistakes in my past. Okay. But I have given myself grace, all right? As a teenage mother, all right? A, a high school dropout. I made a lot of mistakes. But guess what? Those were learning experiences. I'm not gonna be ashamed of them. I've given myself grace.

([00:42:48](https://www.rev.com/transcript-editor/Edit?token=0Xvifez97dfzInq0GHwlJIph17hgQUCGHkepPFXFdplMPJHX1KZFdQUScre8HayxtaTgfK5KWGi5G45eL83C6jsOEQk&loadFrom=DocumentDeeplink&ts=2568.11)):

And every one of those experiences, they have built my character. I love myself, love every single mistake that I made. I love it because you know what? Every hardship, because they have built my character. I'm, I am a strong woman. I am a courageous woman. And this is who I'm, I'm not going to lie about who I am. I'm not. And you know what I've learned also from this experience, I also learned from this ex experience that I don't need to cover up for anybody else. You know what, guess what? You didn't treat me nice. I used to cover up that family secret. Not anymore, because that's part of my story. Cuz I realize I'm not the only one. All these other cats out here, alright? They were not being treated nice by their family too. So why hide the truth? Why am I going to hide the truth to protect you? No, guess what? My parents too were also alright, uh, mentally and verbally abusive to me. My father apologized. I have one parent who hasn't yet, who hasn't yet. My father is humble and apologized. Him. It's like I could have been a better parent. I love him. I love him. I grew to love him. I to love my mother. Okay? Don't get me wrong. I love my biological mother, but you know what, I'm gonna reset them boundaries. <laugh> with her <laugh>.

Adapted Podcast ([00:44:28](https://www.rev.com/transcript-editor/Edit?token=Wq20RZdNI9pD42VlreUL1jHLqH1eXafgzIaC4E46s61jHSkhGxHkEylmtrdJ_7ffGjNEhbZuhH6SIKk6UwbBxxe8hxM&loadFrom=DocumentDeeplink&ts=2668.34)):

And we were talking, you're talking about your adoptive family with the

Aneyah Elmore ([00:44:31](https://www.rev.com/transcript-editor/Edit?token=oANzzV8v0SwU11StWLWUZeJ9NDDq5x0vVW0Tc1SQcGcL4UDHyUYde_LHE9aRzWnceJMNPkw35tBR1HmmtAgic8v9kqc&loadFrom=DocumentDeeplink&ts=2671.23)):

Yes. My adoptive family. I love my father. My father is my hero. But I had to grow to that. I had to grow to that. I had to forgive him for many things. And we, you know, that, that time that I, I became estranged for them. That's when he realized all the fault and mistakes that he made. And he, when I came back, it was like a different person between the both of us.

Adapted Podcast ([00:44:55](https://www.rev.com/transcript-editor/Edit?token=r3sdnI5-knsW5gPWxpFWW4JoTH2A-2ao9WvsX_PZydjySZgjrlRZXhx0Lkhr0PDDq1Y_WvAKzvbe6Ot_1OZ6IRi5sEc&loadFrom=DocumentDeeplink&ts=2695.77)):

But it was only possible because he acknowledged how he had treated you, right? The abuse.

Aneyah Elmore ([00:45:02](https://www.rev.com/transcript-editor/Edit?token=tCidOvsRIioDabya_8VyOu2KFNHAPMPhUDcUfQ3uuJfMLYVurhEFvlIgj6iK-fEpMaKRNB7JSMVam-vjz5KJviNMRHs&loadFrom=DocumentDeeplink&ts=2702.78)):

Yes, yes, yes. My mother calmed down. And I think because my dad kind of sets, you know, like disappointment. I was like, she's the reason, you're the reason why she's gone. But, um, you know, I still love my parents, my adoptive parents. I love my adoptive parents. And even with my, my, with my oma, I told her, I said, listen, I'm very forgiving. If I wasn't forgiving, you wouldn't be in my life. And neither would my biological father. I'm a very, very, very forgiving person. I love, I love my family.

Adapted Podcast ([00:45:54](https://www.rev.com/transcript-editor/Edit?token=2XbkR9oDRMmQW-Um2I8b0dwi55HHjprgAsiv2YG9ncLBa-MXkDk8nmJO06GrHkZDh2SxVcb_jvu76TZ08bcDlav8UKg&loadFrom=DocumentDeeplink&ts=2754.66)):

Um, I wanted to go back to one thing you were talking about before, and then we can go into your family, um, more. Um, when you said there was the, uh, uh, what did you call it? The, um, the racial

Aneyah Elmore ([00:46:15](https://www.rev.com/transcript-editor/Edit?token=p5wcowPxfRqP8oDpLZYjAukQdh244kZ0u_92ygOfXxk2jW_DiW45HklFUdKRgNcD2rlGH3_sN6g8seaFPv84d66tIIk&loadFrom=DocumentDeeplink&ts=2775.69)):

Oh, the genocide

Adapted Podcast ([00:46:16](https://www.rev.com/transcript-editor/Edit?token=iNITuEK4g2Ody_LzyDNCiwwamqmzkQh875dE_ooMMpB79ioNyMwFirey3_3s1qQjgx9gwehKiXCP__myWh_u6uX4r64&loadFrom=DocumentDeeplink&ts=2776.92)):

People. Yes. Genocide. Yes. The genocide. So that the years, well, the genocide was happening. So is it, who was, who was killing the children? Were they orphanage? Were, was it the c was it the Korean military or the US military?

Aneyah Elmore ([00:46:31](https://www.rev.com/transcript-editor/Edit?token=lfAGBPrttgN8gKHO9nmN8BisfrVzuLVwxOiblMn-eLNzAgASW-Uv1WJ3viocgy8kpsGn5tK-3i_XGap5mL2pbwn1IFc&loadFrom=DocumentDeeplink&ts=2791.95)):

Um, the, so soldiers, the Korean soldiers. Korean soldiers.

Adapted Podcast ([00:46:37](https://www.rev.com/transcript-editor/Edit?token=Xd4sRyswBSFB3_fOPlfcuPd6mBQYds8JsjQRQvQV0e_af5DZny04QxN1lo4hwqlg73rulEKJIiptE6ipwtR0hS9Yx1g&loadFrom=DocumentDeeplink&ts=2797.95)):

The Korean soldiers. So they had been told by their Yes,

Aneyah Elmore ([00:46:42](https://www.rev.com/transcript-editor/Edit?token=pEpWjPrzZqrIEg9BTkU90YzbLNnB_N3T_hI13_PAGniJqo0ROqKleDyHlaCTiGtnlNRoFvQ4Fwumur1Gua1Eh_W6H9Y&loadFrom=DocumentDeeplink&ts=2802.36)):

Yes.

Adapted Podcast ([00:46:42](https://www.rev.com/transcript-editor/Edit?token=T8dSbjRYrCcMmjQ_J9ihfIpi-otSAe70shjWr_ScghSm5grV-2CigdnZVfy9aaGfKtTVm26t5RRjgSXQTrcdNhls4gc&loadFrom=DocumentDeeplink&ts=2802.99)):

Government or the state that they had a mission to carry out, to get rid of. Yes. I e kill.

Aneyah Elmore ([00:46:49](https://www.rev.com/transcript-editor/Edit?token=O63NWkwISlJ4a3YlX8Qx6CkmQGowWes4_dphu-TJRfx_-dJ5l1O-D3rSh8XUa-98mMLjsdfGND3_W3_eV9FsyvQYv_I&loadFrom=DocumentDeeplink&ts=2809.98)):

Yes.

Adapted Podcast ([00:46:50](https://www.rev.com/transcript-editor/Edit?token=By1GZRiXX6u7sobN-ldhpHs4oRnqDpz6eE8TyaCzpvD3Luls09Kajc4WQZRCpnReh9jeJbawNG_ubBA8QP2myuu0bZg&loadFrom=DocumentDeeplink&ts=2810.37)):

Uh, mixed race children.

Aneyah Elmore ([00:46:51](https://www.rev.com/transcript-editor/Edit?token=Pq_isGuM_7qH0yvWw3oJUqSAqxpomlwSS2yoPLRN4ZsWf-rhm-xXOADZENMQw_eRQCVTNQEsuumUpkhT8vLGX33HNCA&loadFrom=DocumentDeeplink&ts=2811.54)):

Get rid of them. And it was almost like, I don't know if it was, um, people were turning a blind eye. It, I don't know. But it was that order, um, the what's that organization? Ts

Adapted Podcast ([00:47:06](https://www.rev.com/transcript-editor/Edit?token=wqQUjKzgMP--cKf06EdHkk3eXNSAczn7yat63OgstWN4NdgJqKKU1zU3TsUNiNrR8mkDgMnZM8L58Jm5bere_c2wT9M&loadFrom=DocumentDeeplink&ts=2826.36)):

Oh, the Truth and Reconciliation Commission. Yes. T R C.

Aneyah Elmore ([00:47:09](https://www.rev.com/transcript-editor/Edit?token=UqTWmzj7W0TV6QHOJR4nd5fRUHKfbDgxgLSpEtID22c1wUbX_VWVTW4MseF7OZaJeVbdnq8UGHF7AqNVTIB7UZKWaqE&loadFrom=DocumentDeeplink&ts=2829.28)):

Yes. T r c. They have a lot more information as to who it was and what the, what the name. There was a specific name for the, the, the to C carry out the mission, A specific name.

Adapted Podcast ([00:47:26](https://www.rev.com/transcript-editor/Edit?token=m7W63e5f-rI6K0cRiX-TVF_wcMw2A0jNRSDvLc9pzI_K0oNseGOWAPmU1QemXrvonTiUyRI8U_QrjRjtLRNN0mybaoI&loadFrom=DocumentDeeplink&ts=2846.58)):

Okay, so it was a state ordered mission.

Aneyah Elmore ([00:47:30](https://www.rev.com/transcript-editor/Edit?token=EN_Ym1JRBh-lIKbh9p5L_Krhf1F2OQj74XHOPgw7zcabHbzX3R9-gao1KTD_LA-YKEq3Ukm4ZscZQQS0yQo_1nY_bmw&loadFrom=DocumentDeeplink&ts=2850.1)):

Yes. And it was like, get rid of them, don't care what you do with them. It was like, throw 'em in the ocean, do this, you know, get, get 'em out of this country. And so that's, that's what they were doing. And, um, yeah. Yeah.

Adapted Podcast ([00:47:45](https://www.rev.com/transcript-editor/Edit?token=SpWs0g9lPnOQQV5aal5O6Kevp7DRgnhaaHNyLTqtl1QEf5MwUyTtPW5hcnn0bZuM-Mv-dR0AarqzxQTMo7LlkpqLHQs&loadFrom=DocumentDeeplink&ts=2865.64)):

And then I, the other question about your Oma wanting you to just recently want to tell a different story about, about how you, you know, came to be. What do you, why would, would it be more favorable for her, for the story to be that you were born in the us?

Aneyah Elmore ([00:48:06](https://www.rev.com/transcript-editor/Edit?token=EfFYbuj5v_AyhgjZbmNKJas8EP_TqRsjiUgS1ObB67bzSUUH1qpACp7Nhh8xtei9CSdgaA26xwcZdeRy_olEcLxVUSo&loadFrom=DocumentDeeplink&ts=2886.81)):

I think it was more favorable for her to, um, so she wouldn't look, uh, so I don't know. She would, she her pride, you know what I'm saying? Sh that she would look older when she had me. But no, because she took, she just told my cousin what age she had mean. I don't know. I really don't know. It's just weird. And then she said she didn't make up that story. She said that her sister did. I don't know, the whole thing is really, really confusing to me. All I know is that, but you know what? Her family does love me. You know, from what I understand, they're so happy for her cuz she's the only one that didn't have children. There's six of them. Okay. They're so happy for her because she's the only one that didn't have children. And they're like, oh, so excited to meet me and see me, and that I'm not coming with a lie. <laugh>, I'm not, I come up with the full truth because I am so proud of who I am, you know? And my niece, not my niece, my cousin said to me, I wanna learn more about your community. I want, I I had no idea that your community had so many, um, issues with their adoptions. And she was like, she was crying. She was crying. And she says, I need to learn about

Adapted Podcast ([00:49:40](https://www.rev.com/transcript-editor/Edit?token=O4MXTWYYeiXJik5AanmVC7U0bUL9iTmSYQKVVdJFQQOfV-B7-SuyHWJQr3IZbDufwhyoauIs1tAsBTWwrsowF6RZEHQ&loadFrom=DocumentDeeplink&ts=2980.06)):

This. Which, which cousin? Your a Korean cousin?

Aneyah Elmore ([00:49:42](https://www.rev.com/transcript-editor/Edit?token=A1N-m0a2iJHWfEa77OuoqfQaxSpybUrl-nDmmVmdOkh4FM0mQwS46y1O0ztPgTMOS8e-vIIylpT-6E-RQHvfC15y5wo&loadFrom=DocumentDeeplink&ts=2982.52)):

Yes, my Korean cousin. And as a matter of fact, when she found out about me, she had no clue that I was mixed. She, she didn't know from months until she saw me. And then she was like, oh my god, you're mixed <laugh>. Wow. Um, but um, yeah, it's, she, I, she said I wanted to know more about the Korean adoptee community, and I thought that was so sweet. It was very endearing. So why am I gonna sit and lie and say I'm not that I wasn't born in Korea? Why <laugh>? No. People are gonna find out the truth because I'm talking just like I'm talking to you now.

Adapted Podcast ([00:50:21](https://www.rev.com/transcript-editor/Edit?token=I74-lEIsdlV8YtxQRYvsHpt2JKmE-BkcIoMgHG-TN-sDTxLcaau-khQKvl3xNuRw3EMvr_Qgm2KlbaP670MtQzhSMIs&loadFrom=DocumentDeeplink&ts=3021.55)):

Okay. Um, okay. Take us back. Anier. You, you were, you arrived at three,

Aneyah Elmore ([00:50:31](https://www.rev.com/transcript-editor/Edit?token=LdUYu1kyszLrDqRS7IPjPz-54D5II_Fxr5FU_pERnQdH0dmZC1h3QkXPS0ZMQFZA1YRxxQMxv31s9WSV2fzmbJLvOG8&loadFrom=DocumentDeeplink&ts=3031.73)):

Three and a half mm-hmm. <affirmative>. I arrived here in the three and a half.

Adapted Podcast ([00:50:34](https://www.rev.com/transcript-editor/Edit?token=j4uNzF5IphYOo80R9xVtGorA6p-XhKCXMUq-lE7oKYz96KMI3fQ8ABTpt1k2IEmFKbmtL2rztfHfr3fYqQGROkWO56g&loadFrom=DocumentDeeplink&ts=3034.38)):

Where where did you land?

Aneyah Elmore ([00:50:36](https://www.rev.com/transcript-editor/Edit?token=CH2nVG9aYJ2IH3JifL9H3NuhCg9XCURU_JZ450NhY0XnBaFW0wjoiUckeuipxiy4ezt3VRxzNYM1sm-_uEXMxALChmU&loadFrom=DocumentDeeplink&ts=3036.86)):

Um, in Maryland. Not too far from where I am now. Okay. I smacked 15 minutes down the road. Oh my, uh, my dad was stationed at, uh, the Pentagon. And um, so we lived right outside of Andrews Air Force base. I grew up kind of a military bra rat. Lemme just say I didn't travel, but I, um, my dad being an officer, we did a lot of things on base.

Adapted Podcast ([00:51:02](https://www.rev.com/transcript-editor/Edit?token=MbP9r3hmFTcVb2ZhX3HG4Zz_rzSfPvgool1yUG_jOSaxnU1uKeW6_k_nBSWCtqfVv3gykaeUgF1o93hcdIiP2Ul1ELk&loadFrom=DocumentDeeplink&ts=3062.55)):

So he was kind of high up. Maybe

Aneyah Elmore ([00:51:05](https://www.rev.com/transcript-editor/Edit?token=lgqrAo1RBykl6z9AuL_C6lZIJX1J_4azt9Gl_8GYtm01hSDjgXDCmINDYafPYw0pR9TK-AeXlPZlBkhOGi7a-suHbt8&loadFrom=DocumentDeeplink&ts=3065.18)):

He was very, very high up actually when he retired. He was, um, right below general.

Adapted Podcast ([00:51:11](https://www.rev.com/transcript-editor/Edit?token=vsonS3cOEl3bjWo6WrbP0MZqeCBk3rUPHmsQT-lSubKOeNfWQqjV4aaN4sJfN6GBVRkbuowCyfQ3H6ssRN1SnyScc4Y&loadFrom=DocumentDeeplink&ts=3071.24)):

Okay. So the military, the Pentagon was kind of like over the shadow of your family, like very much there in the presence mm-hmm. <affirmative>. Mm-hmm. <affirmative>. And was your mother a stay-at-home mom or did she have a career?

Aneyah Elmore ([00:51:25](https://www.rev.com/transcript-editor/Edit?token=XC6cAGwYNij9XWtLGhmfKuJ6pz9ZCZuRzuHl8_ghtZuPM-5oW6VwDvg73swBe12BJLKNheliP8xMeGaODum_Z9YeHOk&loadFrom=DocumentDeeplink&ts=3085.43)):

Yeah, no, she, her career was US <laugh>.

Adapted Podcast ([00:51:28](https://www.rev.com/transcript-editor/Edit?token=TXO1qFW2kgnD6RNpmHmwCOZ14DCnjSFpuTaowMaF7zuzSCV1oDnVlK5-nxCEBPHXrdFyzESYc1aKjx9SvpF882wyqVQ&loadFrom=DocumentDeeplink&ts=3088.58)):

Oh yeah. And that is a prayer too. I don't mean to reply. Motherhood is not a career. It is a career too.

Aneyah Elmore ([00:51:34](https://www.rev.com/transcript-editor/Edit?token=unUpNAFdfNpeKrnRIR3bnmaZAOVI5EyQkR-N1N70Y4cLGkjaz9HGo8vZvlrTQJm15IY4YSlQ-vm2nMgUoS2yX32_Hik&loadFrom=DocumentDeeplink&ts=3094.55)):

Yeah. Yeah. Her career was us because, you know, even though I had this like childhood that I explained about, I will say this about my mom, because my mom, let me tell you, pH she was, she, she may have had all of those head issues, but my mom, she really was that career mom. I mean, she was the chauffeur, she was this, she was that the chef, everything. And Emmy tell you, we were in charm school. We, I left a privileged life and I had to tell my adoptive family that. So yeah, you know, first I painted this really good picture, you know, the picture that I told you, you know, because I didn't want them to know what I went through. And then I had to add some things up in there, you know. But no, I did live a privileged life, but it was a difficult life.

([00:52:22](https://www.rev.com/transcript-editor/Edit?token=y-t9Iu2uJShVlOIb8LBNN8djxYeyNNn_Dyjt-LxBYhPN1wpynuvlAwIeqqSirlina3fdekG_BM4QRtQKlvN-mCHW3BY&loadFrom=DocumentDeeplink&ts=3142.61)):

I, I wanted to a couple points, um, commit suicide, run away. And as, as a matter of fact, that's how I left the house. I ran away. But, you know, other than that, you know, I was in ballet, I was in orchestra, I went to private schools, um, went to officer's club on base, you know, all of those things. They, and I went to counseling for years, you know, they, so that part of, you know, I did live kind of a very privileged life, but it was difficult. It was difficult mentally, you know, with the, um, um, my mother talked about me like a dog, you know, she didn't sh and, and then I was in my sister's shadow. Um, you know, my sister excelled at everything. She was an adoptee, but she was, you know, adopted as like an newborn. So she has a different adoption experience. But a lot of, uh, there was a, from what I understand, there wasn't a lot of food they had. And that explains a lot of the food issues that I had coming here. And the other orphans from my, uh, um, orphanage, they had food issues as well. You know, just

Adapted Podcast ([00:53:38](https://www.rev.com/transcript-editor/Edit?token=OlUrWZP_mzrevJRLrh72BwHzaa5x1uDU-iOwMAGRCGb7MeI-JZwmbkvKHpkPKRUJyNSK0FVFrbItp8ToXlQ52D20-lM&loadFrom=DocumentDeeplink&ts=3218.55)):

What were your, what were your food issues? Oh

Aneyah Elmore ([00:53:40](https://www.rev.com/transcript-editor/Edit?token=8ZK8cwoFNwSMH8FctVCx044K3CT7rJj9phq36M63pq_0wmw_sv3CDRZQQJdGFaeAqYTPkpa_IzSt3WM9l7MNw3igrag&loadFrom=DocumentDeeplink&ts=3220.57)):

My gosh. I ate, like, I just came out of prison. <laugh>, <laugh>. Like, there, there was no food tomorrow, <laugh>. And then I would find, find stuff on the floor and out in the store anywhere. You know, I'd pick candy up off the floor and eat it. And this is stuff that we didn't orphanage, you know, we'd, from what I understand, just so hungry that we would eat whatever it was off the ground. Bugs. Um, flying dragon flies. There were three people that had this story of the flying dragon flies. They're just like, what? Are you serious? Everybody had the same story about being hungry, the older kids, um, the eating bugs, you know, eating, picking stuff up off the floor, eating it. I used to do the same thing when I came here. It was, I was gross. I was disgusting. I would do the most nastiest things. And

Adapted Podcast ([00:54:36](https://www.rev.com/transcript-editor/Edit?token=hmpP2TZtBT43PcdeLeTaE8SIkdxIBBc1t7xcWWy-0JwQ3o9eJo-EqVFZEGdTltPI0RrSoIBDWj_uVngVaDIbW33kuyo&loadFrom=DocumentDeeplink&ts=3276.18)):

Do you think maybe that was one of the things your adoptive mother judged you about some of this behavior?

Aneyah Elmore ([00:54:42](https://www.rev.com/transcript-editor/Edit?token=QzTLdpwNL67VU4g00f-p85-_Tr9wzI8SobNMmDf3-dG6FuNzUvIhg9nTXDAtlTuazlFC7I6jW-F6599gyZdIspLtaY0&loadFrom=DocumentDeeplink&ts=3282.79)):

I have. I, I really don't know. Yeah.

Adapted Podcast ([00:54:45](https://www.rev.com/transcript-editor/Edit?token=XqWfOLZO7zTJX5c1hiZMUi3-o-wwi7tkLlIwTbqyjwzPUiW1DsIob_w1VrapEHI2w4uVQrLkH8ktARIZz3z7tcAwe3U&loadFrom=DocumentDeeplink&ts=3285.8)):

I don't know. Okay. Well, let, tell, tell us a more, what was that home life like? You talked about being mentally and verbally or emotionally and verbally abused. What kinds of things would

Aneyah Elmore ([00:54:59](https://www.rev.com/transcript-editor/Edit?token=yWi0JJnuuJcjYBDrd-vnHdMh6i2CUM7arTTSgHxB9ECfdbvyrjr7etlHWC2oqPA-l8dwmRf8DCZbiLpaNFaenspmOg8&loadFrom=DocumentDeeplink&ts=3299.8)):

They do? Okay, so with my, with my mother, I recall when, when incident were, um, I was in kindergarten, so what, that's four, about five years old. And, um, I remember asking her, you know, what can I wear to school? What should I be wearing to school today? And so she sarcastically said to me, or I'm five years old, I remember this, she sarcastically said to me, well, she didn't say that sarcastically. She told me to go put on what I came here with, came to this country. And so

Adapted Podcast ([00:55:35](https://www.rev.com/transcript-editor/Edit?token=uFfsi7D_7aoV2eHL5W91lG9Wv7Vf_R9smZrL4q4Rsxurrh0USalvkl53-VkLKU2IBg3fZfG9yh3LPY3entIL4ZEMKAA&loadFrom=DocumentDeeplink&ts=3335.61)):

Why?

Aneyah Elmore ([00:55:37](https://www.rev.com/transcript-editor/Edit?token=v-FfyT2_L2Ts4uGEMf3L9WExNRl3gtp4ZR0d-4NsgdMbZSIiYZFAflvyITKbsiLk_z5g34ffVSnt193_Ti4CAt4CGXY&loadFrom=DocumentDeeplink&ts=3337.36)):

I don't know.

([00:55:39](https://www.rev.com/transcript-editor/Edit?token=9K9fHuWqDjGRk0TiPZ833KtDGxV2nx3Knco71MsaSbGs5NzApBeFRA5nilzAeLdklhS-8c8VFdyonkCZJqgXYPjOK-k&loadFrom=DocumentDeeplink&ts=3339.21)):

And so she said, go put on what you came to this country with. And so I went upstairs and I put it on, and, you know, I came here three and a half. I'm five years old now, and they were high waters this little, because I came with two outfits, a dress and another little, um, outfit, pants outfit them. Those pants were high waters on me. And so was the, the shirt was the sleeves were, you know, high. And so I came downstairs, you know, kind of dressed, ready to go to school because I thought she was serious. She got so angry with me, I mean, furious with me and, um, dragged me back up the steps to change. Um, she used to talk about my facial features, told me my face was flat as a pancake. Like somebody rolled over it with a, um, you know, one of them steam rollers. And she would laugh at my, you know, my facial features. And, um, I remember one time, and I've heard this through other adoptees that, oh, my mother was a prostitute. And, and

Adapted Podcast ([00:56:50](https://www.rev.com/transcript-editor/Edit?token=ei9-c6tqdMvQMwR3Dxs_NFn2uEW1WlEIdncBj5IB7S8MDBxBPGUK7TUHU8erbdIsuBDPQgJX1Qaw_pqoXbw_EA4H92w&loadFrom=DocumentDeeplink&ts=3410.26)):

Oh, that your mother would tell that story? Yes.

Aneyah Elmore ([00:56:53](https://www.rev.com/transcript-editor/Edit?token=y1vqtdBsE0gCxI99pbm4iSTWVOyw_6RezuiNEkY6tCPYl0jE1e7rJYAvqeMqvaT19ye7ofQ9QjtlKdG4aWzZthf2ZfE&loadFrom=DocumentDeeplink&ts=3413.11)):

You know, but my alma wasn't, um, but yeah, your mom, she either said was, or it was one of those was a prostitute or, um, was probably a prostitute type of thing. And that she didn't want me and that, and threatening to send me back all the time. I wish I could, but I can't because whatever, um, that it was a whole lot of just, oh my gosh, I remember one time she dragged me down the steps by my hair and turned on the oven, threatened to put me in the oven and burned me up. Yeah. And I was in elementary school and like I said, five years old, what did I do? What could I possibly have done so wrong to be treated like that. It was awful.

Adapted Podcast ([00:57:46](https://www.rev.com/transcript-editor/Edit?token=nJ0Jr4s2sojghnX4T4UqL8KWTWDDykwYnC8MPms4QWhBbgTGNwE5mB07t40q8_fprprQPtdb91zDOOeSK-8-csGp1xY&loadFrom=DocumentDeeplink&ts=3466.63)):

Well, I'm, I'm sorry. I mean, I I I'm sure that's just even just the icing or I mean, just you broke, just broke the surface on probably what your experience is. Um, did you grow up with a positive feeling about your Asian identity or with all of this kind of,

Aneyah Elmore ([00:58:09](https://www.rev.com/transcript-editor/Edit?token=iHRlk7gMuubFKw2zgPwNb74m_GYQKmK_HKoU3XEOEVYAKPiOkS_VpApboqtGn8dJw0OV6Ga8n-4GAUQuxyBS-2AZokw&loadFrom=DocumentDeeplink&ts=3489.31)):

Uh, I was always making, no, no, I was

Adapted Podcast ([00:58:12](https://www.rev.com/transcript-editor/Edit?token=rZsd1JV3AnyrbFmy_oIPufbO0K4GgXW26D2eovQ6axfjTsXEQOyjQ5QGckChEIKDZUTyTiQQLr0CF7YxB9JNNOAZKco&loadFrom=DocumentDeeplink&ts=3492.94)):

No. Cause making all these comments, you know, if you have your mother making these comments about Korea and your mother being a prostitute and your facial features being not attractive, you know, I could imagine you grew up just not wanting, you know, hating this, this Korean, your Korean side. Absolutely

Aneyah Elmore ([00:58:32](https://www.rev.com/transcript-editor/Edit?token=TZkKKqNh7uVa3T5llyNUCXBzcN-W_JAk7DiHZvNmDWDZOL-evhpSPjHWxqP7Xfnpe9JTD1RSlOQHF0Tz2OgnaSpetXs&loadFrom=DocumentDeeplink&ts=3512.89)):

Not. And then not only that, I lived in a, uh, a black community and, and let me tell you something, a middle class black community, these kids would always tease me and say racial things to me all the time. All the time. And, um, you know, Bruce Lee's sister and all these horrible things to me. But nope, I was always proud. Always proud. And you know, where I think that came from, I think that came from my father. I think my father was the one that was proud of me being, um, Korean always. And so he, I got that from him. So I was, nope, nope, I was always proud of who I was.

Adapted Podcast ([00:59:21](https://www.rev.com/transcript-editor/Edit?token=xdf6Z8gP6hxfXtGNZxevVG5edlLxZWa-YkFUfHxUxxNxCYbDiLfMo20jCcPiJwwEcH03iXHvBv5D-bjtBWxESMlBxNQ&loadFrom=DocumentDeeplink&ts=3561.96)):

<affirmative>. And had your mother lived in Korea or was it only your father that was over there?

Aneyah Elmore ([00:59:26](https://www.rev.com/transcript-editor/Edit?token=-y-ZAbCg3WR0iDJ9iF72RP8FM444Lb4nh6LMNN_p8Ziw95Yv9DooKFVPXIDu-mqS-5SW2I6Ewn6hYitAV-dIfajkws8&loadFrom=DocumentDeeplink&ts=3566.18)):

My adoptive mother.

Adapted Podcast ([00:59:29](https://www.rev.com/transcript-editor/Edit?token=L1PvuaB5AcA6u-mIBAPjN7uVHvv_cdiK1MHlZpXqai4ks3pcmxGaMIkS4EXtmNw9FjyDNGVtIxspEuXAat69xvor3gc&loadFrom=DocumentDeeplink&ts=3569.24)):

Adoptive, no, no mother.

Aneyah Elmore ([00:59:30](https://www.rev.com/transcript-editor/Edit?token=pl9U-HYaOzQTvnHbb30sj_yXkPOANoPf05AwQOpKOnyzSizLLkup9Ycc2Bio1M48yL1JhD8e9VNUpPTDoBbxwGwmGJ4&loadFrom=DocumentDeeplink&ts=3570.26)):

Yeah. My, when my dad was, um, commissioned over there, my, um, adoptive mother was in Maryland taking care of the two other adopted children.

Adapted Podcast ([00:59:43](https://www.rev.com/transcript-editor/Edit?token=Mfa9eHWV1a82jyYT8D9OZ_aTZNYbH54Hpdje-CyL42eBcNugqW5pnnht6UFoYCOaXqpRokUUOzUMtrItu5o1zNX-0tE&loadFrom=DocumentDeeplink&ts=3583.34)):

And so that, that strikes me as maybe, you know, the fact that your adoptive father had lived in Korea and had that experience and that your adoptive mother hadn't. So it was just sort of in her head what she imagined the, the kind of, you know, false things she imagined about Korea. She would just try to, um, project onto you. Yeah,

Aneyah Elmore ([01:00:09](https://www.rev.com/transcript-editor/Edit?token=YRNHJ5ZZfm2-AqVSRhYAwv9bPpNOPGwT2t5gOCsKYLactlX7M7euGS84qrgU6OJxLzDUNmsYaRgj7Nf601bNEe_H8yI&loadFrom=DocumentDeeplink&ts=3609.82)):

She was just, oh, no, I, I, like I said, she didn't like me, um, when I was a child. She's grown to like me. She's grown to love me. Um, uh, and I know that,

Adapted Podcast ([01:00:23](https://www.rev.com/transcript-editor/Edit?token=5cvsv5YMTJ7KB8tDb0EqXh2JkgcMUKDKaCgIZLxssd61o6Xb4jtuVbQt5JCJ7iI1zG48nHQuma3-BLQTm4nx0yt4kN4&loadFrom=DocumentDeeplink&ts=3623.23)):

Hmm, you didn't, yeah, you didn't feel loved to

Aneyah Elmore ([01:00:25](https://www.rev.com/transcript-editor/Edit?token=WplU5Jn0yVi6MZZ245J900jkW39qoehfywKB61IEYidddBayg0vwS5yKNXXgaHwq40MJDueU76dNVBmOF8WBK_JbiNU&loadFrom=DocumentDeeplink&ts=3625.63)):

Me. Oh my God, no. No. I didn't grow up feeling loved. And I, at, at times I was like this woman jealous of me and my relationship with my father. She, she tried to always make, get me in trouble with my dad, um, all the time. But, um, no, my father, I, people always ask me, well, how old were you when you knew you were adopted? I always knew I was adopted. I always knew I was adopted. I always knew I was, um, Korean. I always knew all of that. And my dad is the one who was just like proud and, you know, oh, bringing home cans of kimchi and are, um, things of kimchi and my mother like, ugh, that's stinks. You know, making these comments. And I loved when he brought <laugh> kimchi. And I have this distinct remembrance of kimchi from Korea. So I'm very kimchi finicky. If it doesn't taste like kimchi that I remember in Korea, I don't like it. <laugh>

Adapted Podcast ([01:01:24](https://www.rev.com/transcript-editor/Edit?token=CjdjlcsxmjB8CxtLS2XOyo8fVhkAN92LOw52YASx8pmAJfxlBwrTqykd7CGP7b7ut4yQbcQGlBG0MoLBr2xxB610s_o&loadFrom=DocumentDeeplink&ts=3684.44)):

Doesn't cut it. Well, and that's maybe something, maybe your mother was jealous of the fact that you and your father shared Korea. Yeah.

Aneyah Elmore ([01:01:34](https://www.rev.com/transcript-editor/Edit?token=64NAtCaQ9Ko7dhPgtzPi7-T2HW33Hs0LWHttTKsRftRKQZaMqTAoPnBlXSMvCbNJ2qRTwJ8ojKU2KL9H_iBTebjtxqU&loadFrom=DocumentDeeplink&ts=3694.28)):

Yeah. I

Adapted Podcast ([01:01:35](https://www.rev.com/transcript-editor/Edit?token=edpmzH2tQAV66OT6ekS_285EeE9J80DQppAv9KhczbunBuBgmaIYjOm12ytp-KT0R9Loaxsr5D1hvgm5jqP2qlgx3aQ&loadFrom=DocumentDeeplink&ts=3695.84)):

As

Aneyah Elmore ([01:01:36](https://www.rev.com/transcript-editor/Edit?token=hhvOoakyAlxB7uXcMbs6d7Yaix2hADjDFThXVEBomeX6ce9T6XbrUI3SJooSVTAEzQLhoDdLdftIy41sXXI3zv6ZVvQ&loadFrom=DocumentDeeplink&ts=3696.19)):

An experience. Yeah. But you know what? I don't think she wanted more than one child. And, and you know, it might have been kind of unfair to her that maybe my dad wanted, you know, the three or more than the one because she's just, even now, she's just fine with my sister <laugh>. I'm basically a guest. I gotta schedule an appointment to come over to the house. And if I'm, if I'm late, I get in trouble.

Adapted Podcast ([01:02:07](https://www.rev.com/transcript-editor/Edit?token=Pw1M9vUcohTMgmvz4e3Cf3ymSifqnSGTtwBiti8voQ0da8_YjuEMYqq_i4nxI2tuqRZ3j-BPwvj7PHgeY-93WlciMNg&loadFrom=DocumentDeeplink&ts=3727.52)):

How did you reunite with your Oma?

Aneyah Elmore ([01:02:10](https://www.rev.com/transcript-editor/Edit?token=0_cRRBNl8OqvbAZbbXMt_h9FUFwt1PmdvBAgXym0exVbAmAd1Tj6FiYV8KuQqQeGFSrruBu2JRot44qnvprU15J6-YU&loadFrom=DocumentDeeplink&ts=3730.88)):

Um, for many years I wanted to find her and then all of a sudden I came to this place, um, on my healing journey that to a place of understanding, well, I don't need her to complete me, so I don't need to go find her anymore. I don't need her her to complete me. And then my husband was like, nagging me, nagging me, nagging me. Are you sure? I think you should go find her. Cuz he wanted a Korean mother-in-law, <laugh>. And so, um, the, so one day I was like, okay, you know what? Maybe sh she needs me to complete her. Let me just go up and reach her. And so I found a television show called, um, relative Race, and I contacted them. I had enough information, by the way. And the reason why I had the information was my DNA n was on Ancestry. And my first cousin found me on Ancestry. And so he texted me through Facebook Messenger and was like, I'm your first cousin, blah, blah, blah, blah, blah. And so he didn't wanna speak to me, he just wanted to text. So we exchanged all these texts and it was a great conversation through the text. And

Adapted Podcast ([01:03:24](https://www.rev.com/transcript-editor/Edit?token=L4kFhXKIgZUvpA9hf4BXV6EBDqoDouUVeKsYYrf3ufl2GnDeXjTOW3OqHEivLIBCcnCrWLvSpfQ0YGb3I4PzNeaioFA&loadFrom=DocumentDeeplink&ts=3804.15)):

Was this a Korean American or Korean? Yeah,

Aneyah Elmore ([01:03:26](https://www.rev.com/transcript-editor/Edit?token=y6tXGMzpqy1mbIlwADFHKq5hx1kiiQLIepj3ydkQVdQUPFzPNJdqIpXILArOCSuUsqopsIMQ5UPcCFOtC_VsBDz9U70&loadFrom=DocumentDeeplink&ts=3806.85)):

He was Korean. He was Korean American. He's, he's half white. And the reason why I say that is I think that full-blooded Koreans okay, that I think there might be this thing about knowing we're not gonna do the DNA thing because there were, on my ancestry registry, there was like 5,000 people on my dad's side and nobody on my Korean side, right? Nobody. And so, um, anyway, he, um, told me my mom's information and my aunt's information, all of their names and everything. And he was like, yeah, she lives over here in the Bay Area and blah, blah, blah, blah, blah. And you have folks out in la. And I was like, oh, okay. But then he goes to me

Adapted Podcast ([01:04:12](https://www.rev.com/transcript-editor/Edit?token=if0o_Sv2UFLrY98CFKh0n6X8xpSJn78yDCr0E_-raVrKvI4iWe66DCRlKIFfbiwq_PKYnZOykCiHlsvJtVb594bMII4&loadFrom=DocumentDeeplink&ts=3852.81)):

And how did he figure out who your mother was? I mean, did he ask around or did people, did people remember?

Aneyah Elmore ([01:04:21](https://www.rev.com/transcript-editor/Edit?token=_SnxtBh1bvtMDc-GOoYOpXF-2a_k6n71Jj6PZe_Jd58n-y_wa2AtU39Fhx5nXXRM7uXreX3EgjT5N2gPn60cxI0qvLc&loadFrom=DocumentDeeplink&ts=3861.18)):

No. Oh, no, no, no, no. He kept me secret. He, he said he told his mother, but he kind of figured it out because he was like, you're how old and blah, blah, blah. And he wanted to know more information about me. Like, it's this black girl <laugh>, right? I've never, I've never seen her, I've never, what is going on here?

Adapted Podcast ([01:04:47](https://www.rev.com/transcript-editor/Edit?token=dbl6OiL2YyZLHlfdyY77pal7SmOfmvn6h37kvngTdcL9kuGt_ZdmMYuC-qEdMMyfaQsWzQ3O5PqkZkD0fyApPG2yaK0&loadFrom=DocumentDeeplink&ts=3887.49)):

So he figured out who your mother was on his own.

Aneyah Elmore ([01:04:49](https://www.rev.com/transcript-editor/Edit?token=vjv3_wIJe09MH1tXO951r9P3-r4350Jy43YtFJJO3STvFeTsl-9QvoXaAX_jqaeceiQLw6yf8VeSE8b8J9sb_Ui2sak&loadFrom=DocumentDeeplink&ts=3889.85)):

Okay. Yes, yes. He figured it out. And so, like I said, he ghosted me and so I couldn't figure this out. He wouldn't gimme any information and it took none and I couldn't figure out anything. So here was like five years later, I contacted this show and I said, here's all the information that I got from my cousin, cuz I had her name. Not that my biological father gave me a picture of her and gave me her former Korean name. And so they found her and reunited us. What year

Adapted Podcast ([01:05:26](https://www.rev.com/transcript-editor/Edit?token=SzDZPmu579w-lUKlH0JHE5WKlKOpdL9GmSknMQ-R4j6P9B3skq5zsoG6xK3j1gIHD5Z-3uyJwt3qLruU0N2NgdpMJZg&loadFrom=DocumentDeeplink&ts=3926.37)):

Was

Aneyah Elmore ([01:05:26](https://www.rev.com/transcript-editor/Edit?token=siImaI7LZlzNT5VCt8JFYpos7snHyUeiKNsgroydKeWvNGqanlR5SnuOQ1iU8zQk9V_aTzXcx0Dd4d7MJdb4sn1pDF4&loadFrom=DocumentDeeplink&ts=3926.49)):

This? But she didn't wanna be on the show. What year

Adapted Podcast ([01:05:28](https://www.rev.com/transcript-editor/Edit?token=IJ9OjPED-jZzINDiTJwPBGaFoAo4iGtsOq2OpDZ41SlUY3aiiD75yw2Dg_lHeUMpAx_JA7FyO05pwK8Tz1SptNKWJf8&loadFrom=DocumentDeeplink&ts=3928.15)):

Was this?

Aneyah Elmore ([01:05:28](https://www.rev.com/transcript-editor/Edit?token=5SI-ILA4tGCfw-ML452_N6gPWuRx8y7XQt715-OZnt04SCnvDPujEpDS89hlscuTEoe98gU0MEqVNf2JlUxCUixd-XE&loadFrom=DocumentDeeplink&ts=3928.9)):

This was last year, April of last year. April. So it's not even been a year.

Adapted Podcast ([01:05:35](https://www.rev.com/transcript-editor/Edit?token=xmWchv50D1dIiQvtKNrrQXbReAWqZwSsT2niipoHebXnaohMXJqVz8SQ3DV3Xi3OTMLd_b8DPHYaICEM7HRB_ID5Fpo&loadFrom=DocumentDeeplink&ts=3935.68)):

So they found her. Yeah, they found her. No, she didn't wanna be on the show. Then

Aneyah Elmore ([01:05:42](https://www.rev.com/transcript-editor/Edit?token=UdqjVDOg8kGi4QxchFEVAB_XrBtvnFwk1pJKWeDlYByEvUl7y_6cDkL6nNf3vJy8VijBk714cCnyVXfeNXaHCFQfKcI&loadFrom=DocumentDeeplink&ts=3942)):

What happened? Yeah, they, they tried to beg her, beg her. And then finally they called me and they're like, listen, we found jma. I was like, what? And they're like, yes. And she was really sweet and blah, blah, blah and cute. And we flew out and met with her and tried to ask her to, you know, we took her your picture and everything and, and the video that you did. And, and, and she was crying. Her, her sister was there and they were crying together. And, and, and, and she, she don't wanna be on the show. All she wants is you. She calls us like all the time saying, Hey, you know, I wanted to speak to my daughter. I wanted to, I don't wanna be on the show. I don't wanna be on a show, just want her. So, um, they're like, we don't think it's fair to, you know, to keep her from you. So, and she called me and called me every since every day.

Adapted Podcast ([01:06:37](https://www.rev.com/transcript-editor/Edit?token=owN0fWbTiuuL7-r6qPOdWrLQmuP5hVGYiJswLH5-_EeFnONYB7Y61gmtuFIphTVPeoHa12XX7tOPxHUdwQdal06JrMM&loadFrom=DocumentDeeplink&ts=3997.09)):

On what day? Do you remember what day that was that she called you?

Aneyah Elmore ([01:06:40](https://www.rev.com/transcript-editor/Edit?token=gZ1cSiCaf-LRPNs3JRH3J8EwKh9nSeKRCvRtY6zivHm_LI4rkmj_iHvtpWczrzZfgL4MjRffkJUNziuBqEesx0gqZkQ&loadFrom=DocumentDeeplink&ts=4000.96)):

I, it was at the beginning. I don't remember exactly what day, but it was at the beginning of April and I think she was at my house two weeks later. She flew out to my house two. As a matter of fact, not only did she actually delayed her visit because she found out my biological father wanted to come up and see her. So here was all of a sudden, now it wasn't just me, it was my bio bi, my biological father was coming to, so they met at my house and my, uh, my, my stepmother, everybody was reunited at my house. Pretty amazing. <laugh>.

Adapted Podcast ([01:07:20](https://www.rev.com/transcript-editor/Edit?token=YCsapOpC1kwNlutO_vuIPVeXCNBmOecC9fP8SwPXG8njOWDVKABc8GzzeRMgR2Al8F6PBZzS8vk8qwcYJXNWXMqgEeU&loadFrom=DocumentDeeplink&ts=4040.89)):

That is amazing. But how did you find your biological father?

Aneyah Elmore ([01:07:25](https://www.rev.com/transcript-editor/Edit?token=-Oz5V26BqwTtfbeQ6y9QN4gZ_5PcpJlbpsFP6k1e9hLIlPzvEo0Fym6DkoJ0_90hstdGIbb-fCCYEHcdtcd8IeKmg98&loadFrom=DocumentDeeplink&ts=4045.66)):

Another television show, <laugh> through another television show called, um, this time next year, um, they found him because I couldn't find him through my, uh, d n a, um, the one of my first cousins just to match up with him. They, they didn't know who even their parent was. So, um, the detective, his name is his name, because I'm saying this because he found, I put two other, three other queen adoptees in contact with him, and he's, they found, he's found their family. So his name is Jay. Um, and his IG is birth parent Finder. He's on Instagram and he's on TikTok and YouTube birth parent finder. And he's been successful in finding three other Korean adoptee families. So, but he was the detective for the television show and, um, he found, he found out he real quick <laugh> who my dad was.

Adapted Podcast ([01:08:31](https://www.rev.com/transcript-editor/Edit?token=np5e7y1I_yK6MOeiXlt8C5k7JZKCp6iyoqtjPtz9YH-Rrc58LC3lQK3fJGO5elTkN9PY7zMECMWf-11uNW1fnhs-gMU&loadFrom=DocumentDeeplink&ts=4111.37)):

Wow. So tell us, um, what was that first conversation like with your Oma? I, I imagine she spoke some English because she maybe just a little Oh, perfect

Aneyah Elmore ([01:08:43](https://www.rev.com/transcript-editor/Edit?token=6vpYSXFblyA4Lwftii8HXOV-CcTM9FMQhoMI_aMAY0WaQar8vQV3gGCYEwQDuCruiPdkolJClamcHXXYf0G0wrSAMfk&loadFrom=DocumentDeeplink&ts=4123.94)):

English. Yeah, cuz come to find out. Um, I, I'm going to still say I am the first generation immigrant <laugh>. I'm gonna say I'm the first generation. And the reason why I say that is I came here, we came here the same year in 1970.

Adapted Podcast ([01:09:02](https://www.rev.com/transcript-editor/Edit?token=1NuFgRk52QxoUKw89Df2if4NSS7PUHdLbytBDWr-MtOSJVqZBIlvJcyIYbiazKeUS_CfjkOpkruC4w6Fgq_ALnb2MEk&loadFrom=DocumentDeeplink&ts=4142.09)):

Oh, she immigrated to the us?

Aneyah Elmore ([01:09:04](https://www.rev.com/transcript-editor/Edit?token=-Wu5rSKH_UkwCMjxvgnYCkJVEXx9tHHACWzZq7XJxjj_NPzorG1IhW7kKftHNiuWLnv9rFQJiSv7U_NVgGY4QRgbDFg&loadFrom=DocumentDeeplink&ts=4144.82)):

Yes. Oh, she's

Adapted Podcast ([01:09:06](https://www.rev.com/transcript-editor/Edit?token=4sVKjxu0I2Hs9m7reyRoTpOjSMUQk5iTybPoABz75AgbDdRYao2A8qHuHl3Avi1bnFWXpJVugNqOBXuQSNtGD_YLnk0&loadFrom=DocumentDeeplink&ts=4146.63)):

Here. Wow.

Aneyah Elmore ([01:09:08](https://www.rev.com/transcript-editor/Edit?token=3XQdtAqju8J1zmWUR5tZJupyPFYQ7Shju3l5ULoXZ_rMeZt5PpVcsRNpUTlupdaZE4_AXqp6oM2JE2dYYr1oW4ope1Y&loadFrom=DocumentDeeplink&ts=4148.2)):

We immigrated the same year, but I came in February. She came like in the November, cuz she got married to somebody, um, two years or whatever after, um, she put me in the orphanage. So she f um, married a another soldier and immigrated here in this in 70.

Adapted Podcast ([01:09:28](https://www.rev.com/transcript-editor/Edit?token=_QX3AiIusZ0UUixAy7Qk6WlaXkBefvhw8Uk0jIIWCSt5droM6KVBBPfk90jJzLA3_g7whAp7_MIHdkQExHeWFc655-s&loadFrom=DocumentDeeplink&ts=4168.31)):

Okay. And never had kids. Never had She never had kids.

Aneyah Elmore ([01:09:35](https://www.rev.com/transcript-editor/Edit?token=2pyNtMezDgW6qfap0WiL_d1g93YW-Ib_9cJSAbVzfYZ4aIjtMKTeB9G7T5DIMcrsDFDuhY40eF_N2YOcdjybU6-b2IY&loadFrom=DocumentDeeplink&ts=4175.15)):

She was, she, she was, uh, I don't know, unable to Okay. After me, but, um, so she was like, my only child, yes. I'm gonna, you know, and she told me that is what made, really made the easy decision for her to say embrace me. She told me that. But, um, yeah, it was, it, it was surprising. But no, let me tell you something about her. She speaks English, but it's extremely hard to understand her. Cuz she has a very, very thick accent because she's, everything is Korean. She laughs about this all the time. Her television <laugh>, right. Her radio, her food, her whole community is Korean. So she doesn't speak a too much with the English community. So her accent is like super, super thick. I'm like, what, what did she say? Say that again. All right. Spell it <laugh>.

Adapted Podcast ([01:10:36](https://www.rev.com/transcript-editor/Edit?token=xLWHFv3L5ufI7YnEQdWf1K8Mn-auI_xHLNM3fWjznW_-nz-G7fwTt6WqbDq9a8L0bx4r-yhKKUOJZVspU9d2LCEvkhA&loadFrom=DocumentDeeplink&ts=4236.53)):

But Wow. To be able to communicate with her right, right away without a translator.

Aneyah Elmore ([01:10:43](https://www.rev.com/transcript-editor/Edit?token=c5pRFVOwGoS1tTjHGhZJOpoNXxFpA-s3HwdQSZdzrmE4qHpRifITjSV4j3G7p_yIYWMs7DkFJ6cGUgB6OV-ftVRPyVI&loadFrom=DocumentDeeplink&ts=4243.01)):

Yes.

Adapted Podcast ([01:10:43](https://www.rev.com/transcript-editor/Edit?token=EibLGWQc9tb02yUmiCh8-ZrZxlN8uhiM0ygSLPxPqL1NMhFLbVctF5Kv25pWk17DvgMbxTNGJHhO08Uyq9BSt-h6HHI&loadFrom=DocumentDeeplink&ts=4243.43)):

That's crazy. Um, so how long, uh, from when sh that phone call then, how long was it until you actually met?

Aneyah Elmore ([01:10:54](https://www.rev.com/transcript-editor/Edit?token=FQmjJqkME4Gbzu5iMIrAlenpHwOY1m_VXoeyqFfObQ10_W7OAe-O-XWr9MNNXZWfMnZmNL4TuJke-fR1dGTJZ5j3RK0&loadFrom=DocumentDeeplink&ts=4254.05)):

Two weeks.

Adapted Podcast ([01:10:54](https://www.rev.com/transcript-editor/Edit?token=j-mLjpvXVfEv_AaFpElybF0uwQg5SnOBChNu0AUCk-QR3TV1g6xqoVrHQRg-6S8KifPAjbxJ6_q2g-v2NhbGQukGfRA&loadFrom=DocumentDeeplink&ts=4254.98)):

Okay. So she flew to see you.

Aneyah Elmore ([01:10:57](https://www.rev.com/transcript-editor/Edit?token=BOn1zQ8ulcnTzrXl8VuMuOFUOBihBUjCfCe1UKhkPX3cgSfLG6My0dEP-KHZmzxVR1F4OzfmMTSlUAYfrzg-iSzc8gY&loadFrom=DocumentDeeplink&ts=4257.38)):

Yes.

Adapted Podcast ([01:10:58](https://www.rev.com/transcript-editor/Edit?token=Tw0LTG3XS4hyG3lao8f8vy51LP4IVVXw-wzgyxRXC7mudyorbO3ap5bqdH7O6FVKTctFeyrXUYfSbPQEM9XNRS8Zd20&loadFrom=DocumentDeeplink&ts=4258.13)):

What was that like?

Aneyah Elmore ([01:11:00](https://www.rev.com/transcript-editor/Edit?token=5XJLv2OwQR1EhEwYxq9OJVTEMH7t-ZXMUUJxFgd-b1qBgLDsCmHc_uwo04C3lKw7PBK4sQpffuTxdC38HTLRDj-7d08&loadFrom=DocumentDeeplink&ts=4260.62)):

Um, when I met her at the airport, because my husband was the first one who spot her, he is like, that's her right there, <laugh>.

([01:11:11](https://www.rev.com/transcript-editor/Edit?token=qo00xygt8pM8QbLIm2IlKaNuncr1b6e4_8cQ4pVp2V-9utfta7gLz_U70Gk-SYFTZTyBD9zZ2MkygrjLHVmrBLmnNRY&loadFrom=DocumentDeeplink&ts=4271.51)):

And I was like, really? Really? I wanna, I was scared to port approach this woman. Yes. And, um, because she wasn't the only Asian person that came off the planes, so we just kind of left, kept looking, but he knew that was her and I was scared. And so he goes up to her first and she's like, yeah, yeah. And, um, and so then I come over real shy and I think it was kind of like awkward at first, you know? And, um, it's kind of awkward at first. And, and then she came here and I think, I think what broke the ice, I think kind of was the, when she first came here, she just immediately opened up her suitcase and was like, I've got gifts for you. And they were a slew of furs and I they were

Adapted Podcast ([01:12:05](https://www.rev.com/transcript-editor/Edit?token=hvU9wtjNzfjfER-edS5vz-LpvJF3MK5djgW3j_TRi_HEyHxx-F0xcBRGWhP-M1rMPoZj_Yez7blQjG0Hza2ex9_i4jg&loadFrom=DocumentDeeplink&ts=4325.1)):

What?

Aneyah Elmore ([01:12:06](https://www.rev.com/transcript-editor/Edit?token=akZaoXKG_S1U9_tneFCEujdHR-gTJzdHK1zuboLiqCa9HL8-xOHuIy2zwmd9Dwcu_e7Rwmg4EaAY3c06uMvmkv6SYXw&loadFrom=DocumentDeeplink&ts=4326.27)):

A slew of fur coats.

Adapted Podcast ([01:12:07](https://www.rev.com/transcript-editor/Edit?token=EuuF1RjL3avAUkMMOvE4l2A_4SsVWnALw-jSBPyypC6RRcbMRZwKpuukAau-belT-vsHkjHrzQ_x6IA0TNqcGFkIhwg&loadFrom=DocumentDeeplink&ts=4327.48)):

Fur coats,

Aneyah Elmore ([01:12:09](https://www.rev.com/transcript-editor/Edit?token=Iqd3dDjccFU0_jA5toVzWX7SMD99vByKdmwBiudc9JqQ12r9wVDh1Gm5FrKcvlz97DXQ3uzpmN2dacEt4M-SVUA7mrQ&loadFrom=DocumentDeeplink&ts=4329.09)):

Yes. And I was like, what is this? What's going on here? And, and, and, and I asked, you know, like, it was a video. What is this? And people like, that's an a normal Asian thing. A normal Asian thing to bring

Adapted Podcast ([01:12:24](https://www.rev.com/transcript-editor/Edit?token=63pqRwI4POkiwxoYRS8rcNmDhyM9BvoyPano_R8tlrlxxNvdZjwv7M7aIELDnPSKuMrzSSiCrg2vjT8VE0hkMmtr8m8&loadFrom=DocumentDeeplink&ts=4344.48)):

For coats

Aneyah Elmore ([01:12:25](https://www.rev.com/transcript-editor/Edit?token=8h4iKaoi8V1C_iFhbijuZHV6_vTdQHSk5HwKRsDug2Z-CHrDpxCnDCTBGcK5UT-qASzFFwTx-j5d4zQ791tqw6nWbFU&loadFrom=DocumentDeeplink&ts=4345.14)):

And that No. To bring

Adapted Podcast ([01:12:27](https://www.rev.com/transcript-editor/Edit?token=CZkxm0a148o7D77-hSTfx1Zc2jjQ6zc5L0mARM0XXOdihwT-4C1BfDUoTLfFaFJqoXOq3mMekSVM4T3UnTpdBF6nJNc&loadFrom=DocumentDeeplink&ts=4347.63)):

Lavish gifts. Lavish gifts

Aneyah Elmore ([01:12:29](https://www.rev.com/transcript-editor/Edit?token=1-4ntm4ppTMYkP0FF_ks1BpbKNBQA7-E3dP4LtCAj2pYB1GgBo4b9fxO5Q-RcQ1UyYPxnoChmmJMchElgi-VSdbbhu0&loadFrom=DocumentDeeplink&ts=4349.79)):

To Yes. To their kids. And I was like, that's good to know.

Adapted Podcast ([01:12:35](https://www.rev.com/transcript-editor/Edit?token=odi0GrnFKNF1EcZd1jJ6ZyCcPOy93myNNa6qQwOtgF5E3zXfdZLZB7ipAiButrCDI9X_qKFRtJ43-D5AO4HWwEs5WF8&loadFrom=DocumentDeeplink&ts=4355.25)):

Do you think it might have been some of her? You know, I, I, I can imagine some guilt

Aneyah Elmore ([01:12:39](https://www.rev.com/transcript-editor/Edit?token=QFwDAcZ2gGRUXXwNXEu5g3jzTkbL9QwX1chPA3udVd8xl-Rs17IPAaLbL8PSRBiWt6VWxmw-BoNLoT3SnE74W15Mb48&loadFrom=DocumentDeeplink&ts=4359.6)):

Too. I was wondering that too, you know, because I was like, what exactly is this? And it was like, no, that's a normal Asian thing. And I was like, okay, well let me get, let me, let me, you know, be prepared on my end to be, I guess spending lavishly too. But, um, no, that kind of like broke the ice. And I think that's what it kind of was. So she wanted to, once she got back to the house, it was like, Hey, we're gonna discuss this. And, you know, over, because I think that's what Koreans I read before that Asians express love differently. They don't really say it outwardly. They do it through like food and,

Adapted Podcast ([01:13:23](https://www.rev.com/transcript-editor/Edit?token=ZSGPtQnS386yBEuOdf_mHm4Rj6vS7qjA4y_xE_wmiFV1CfgMkBDPxgSV0_Z87pzXZDQkv3MySZ2NukAj23LkPAo1D4Q&loadFrom=DocumentDeeplink&ts=4403.91)):

Um, like money

Aneyah Elmore ([01:13:25](https://www.rev.com/transcript-editor/Edit?token=RmMtySpe05bTHk8XjUZufiNLmfLjDlv_KJ6va6WlfakIzEJ6A0xU4uhRtr8Ls0A8PLFChv3OIpN5Aolr3T2jxzlGsRo&loadFrom=DocumentDeeplink&ts=4405.62)):

Yeah. And stuff like that. Oh, let me tell you something. She came to this house and she saw something different. She saw us hugging and we hugged her. We were all over her hugging her and hugging one another because I'm, I'm, I'm, I'm a hugger. So she saw a lot of that. And she became used to that. Even my, my, my, she met my, my, um, my biological fa father, excuse my stepmother. My stepmother. She was trying to hold shake hands with my stepmother. And she was like, Uhuh nude, you know, she from that south, no hug and gave her this great big hug. Yeah. So my, my cousin said, since she's been back, she's like, oh, that's what's different. <laugh>. <laugh>. She said, because she came back to California, all of a sudden she's like very, you know, holding hands.

Adapted Podcast ([01:14:17](https://www.rev.com/transcript-editor/Edit?token=C8SKG2Z9mRHRoxQxtrXAnNqwTi9JwjpKDW_sj5AZ6LwUkMzgdBv1qWz5SH6DP2MhKWdo1cOSfYnbBvsiKd75gEVtek8&loadFrom=DocumentDeeplink&ts=4457.98)):

She's hugged more hugging. Like affectionate. Affectionate. Yeah. Okay.

Aneyah Elmore ([01:14:22](https://www.rev.com/transcript-editor/Edit?token=sHR3FyFmcVvxNh1ROyXki1evacQEdOPig4yexrpIKoxQ9hJLfv2WpCckdsE-hAUA8Y8LuKUjKr8maZyekTgCn_EKM3k&loadFrom=DocumentDeeplink&ts=4462.87)):

Yeah. So,

Adapted Podcast ([01:14:24](https://www.rev.com/transcript-editor/Edit?token=836sQ7xS-3XSm8zrpzwsZboLj8-LilslQtU_i2LhuN_vne1po8yDZ0HZ_srpPSOj-vbz03ZhDPyVZvw6APEkgVOE-oE&loadFrom=DocumentDeeplink&ts=4464.82)):

Um, and how was it meeting your father?

Aneyah Elmore ([01:14:28](https://www.rev.com/transcript-editor/Edit?token=QF00XlM5kueJ-04bJlaG5YqewCZPGdduT4x7WeyfCoVjyIekZTtVmmFyZFqEnmkBq6nN72N1yT8sWiW3qPnOMmWMA1o&loadFrom=DocumentDeeplink&ts=4468.24)):

Um, oh wow. I cried. I cried. Yeah. It was because he was the first one I met and I just like bust out crying. And I never really thought about looking for him, never thought about it. It just never entered my mind. But he was the first, you know, that, that's how the family was the first that popped up on my, so I was like, okay, well he must know some information about her. I, not just her, what's my story? I need to know my story. And that was, I think the most important thing for me, meeting both parents was a parent was, Hey, tell me more about myself. You know, when was I born? What is my real name? So, uh, they're a little d few days off on my, the, um, the orphanage gave me February 22nd, but myoma says February 26th. Um, so now I got two birthdays. Maybe I get two cakes. <laugh>,

Adapted Podcast ([01:15:36](https://www.rev.com/transcript-editor/Edit?token=-qd4ixUxTykOYjxt-tDKPAqZdVrPBSYLl2bkTdwieiTZcmVyQQPuZpwc_JQuxRIfOzhXg303U7AxMWVlnD0E1xmNOX4&loadFrom=DocumentDeeplink&ts=4536.34)):

Why not <laugh>? So did your biological dad, he, did he know about you?

Aneyah Elmore ([01:15:44](https://www.rev.com/transcript-editor/Edit?token=42t-_D-wn_-ugJ2bA37_nKuEa9QHbLv_BO9yCLlq0MtFfsmr-6Gkl6r5BQYySIXP7a1dvaSb2qsjnpocOzjXTO7XQc0&loadFrom=DocumentDeeplink&ts=4544.62)):

Yeah, he did.

Adapted Podcast ([01:15:47](https://www.rev.com/transcript-editor/Edit?token=dtkrYbTd1zJAQOGuxlB-tlbL5tBDsBNNY-4SBhEhHiJMaJwaoPZYuYnIn2IfgPeZzsmqi2KhzjJRniBfjNQ31am3hiw&loadFrom=DocumentDeeplink&ts=4547.5)):

Okay.

Aneyah Elmore ([01:15:47](https://www.rev.com/transcript-editor/Edit?token=b1b2Kbnbkn0vyYJo90_Z3_yxTFyqEsqvO2IJscZ2q4SOLCr7k-5S1PiJtsuK2l1Ysn9-ivi3YJZsa0Aj_nliygAJ9Jo&loadFrom=DocumentDeeplink&ts=4547.5)):

Yeah. Yeah, he did. Um,

Adapted Podcast ([01:15:52](https://www.rev.com/transcript-editor/Edit?token=k05QRQAeB9H26fAva_3G1bpjjUTnyy5ivn2HNf_R8t8O_fGyOfiehDq-2La45P3btkUd_UOV6H5VuHTArOpfg_2rHi8&loadFrom=DocumentDeeplink&ts=4552.06)):

So there's that, there's something there too, where he kind of abandoned you too. Mm-hmm. <affirmative>.

Aneyah Elmore ([01:15:56](https://www.rev.com/transcript-editor/Edit?token=4RVvlm-5HM0gqob4lDzVHGcuCWBVPLLS9TPMw4YYW4J2F5_CCiPPb97AA-u1b-zNSBvnQM5VZ4_5mmw_BogW0Mly1k4&loadFrom=DocumentDeeplink&ts=4556.85)):

Yeah. Yeah, yeah. And honestly, the two of them really did. So Oma put me in the orphanage, um, um, I'm not gonna say the real reason why she put me in the orphanage. Okay,

Adapted Podcast ([01:16:20](https://www.rev.com/transcript-editor/Edit?token=LRMEx-xwQD9dwyaFWACG8arMGNYGkDf3V1lFN9oRBLlum6h0rkwDLpHPUfbpUpe6FyCk8IJHOHBvtP6IHqI-w7lrXSI&loadFrom=DocumentDeeplink&ts=4580.45)):

Okay.

Aneyah Elmore ([01:16:21](https://www.rev.com/transcript-editor/Edit?token=csW91jBTNxvI8fRgEeHQgLDYNWHgHsMJThhuDbUyg6czxiTWO4c0MaDjvetqScGblMDLBGMlW_aOykinCOY0iaccUgo&loadFrom=DocumentDeeplink&ts=4581.79)):

I'm not gonna say the real reason, but she put me in the orphanage. I'm gonna say that bottom line is it saved my life. And so, like I said, it is just, you know, it was much better. I, you know, for me to get be here her life. I can't even imagine what her life was like being young, being young and single, and

([01:16:53](https://www.rev.com/transcript-editor/Edit?token=agcP91qAgB_D39s2yI8t69nbFPZZbhEobIuUJ3adm9jqtBBlShliEuCk1eRhz_GdnMjabcl5L7FBiZ8ReomZmW7t5Oc&loadFrom=DocumentDeeplink&ts=4613.59)):

Her father be by the way that she, he, he was his name somehow or another got onto her birth certificate. I guess if you get married, you know that it goes onto like the registry. And that's what he saw his name and he was upset with her and was like, never wanna see you again. So, you know, but you know, in that it's a rough society when you are having children so young and you're unwed. That's why so many Korean adoptees, because these young women were not married and didn't wanna be disowned. So, but anyway, I just can't even imagine what our lives would've been like. Don't wanna imagine it. Don't wanna,

Adapted Podcast ([01:17:47](https://www.rev.com/transcript-editor/Edit?token=U2y9ehGAIxCw8hxQosnhJ9L8R9kyzEKLZMT7FHvC-3eGr9k0Mfo3QKArRHuEBcXojSMaXEiIUxeGG9vbcxsKUJ6pegE&loadFrom=DocumentDeeplink&ts=4667.78)):

So you've been in reunion with your Oma for almost a year and it sounds like it's been kind of up and down.

Aneyah Elmore ([01:17:54](https://www.rev.com/transcript-editor/Edit?token=JuOpMBzkHxUW7ErAeJ14vR3LaxnR1GKZGkzXVCwQicF_ZkxlXPK2Ll9Tfhw9nRLpA4WrAIbew2wU6z-R6ga9fE5H1DY&loadFrom=DocumentDeeplink&ts=4674.53)):

Everything was going great to this one little incident. And, and, and then all of a sudden it was just like excommunication, you know? And then, um, then I, because

Adapted Podcast ([01:18:06](https://www.rev.com/transcript-editor/Edit?token=AYe5MEbGTu_aRCCFdPNEsyRMU0VU6gbcohGdt7ADKxWSdB1VQOf1k4hUfvP47H_ZSzWdX2IZbPcGvUMlhliWt7ajucM&loadFrom=DocumentDeeplink&ts=4686.98)):

Of, because of this podcast or because of another thing,

Aneyah Elmore ([01:18:10](https://www.rev.com/transcript-editor/Edit?token=lvcSMgQLM7Qpv4LiBaF8xDAWvyoTtnI5nKEleCKHnwMV-yr9mcbJ7LJ0phrgLKcAcgLX4-jS9OemsF-jHHiWj76RI54&loadFrom=DocumentDeeplink&ts=4690.7)):

It wasn't specifically of this podcast, but sh when, when I spoke to her, she said that she was upset with me because of the podcast that I was doing the interview. And I said to her, that was a misunderstanding cuz you weren't listening. I said, this podcast has everything to do with me. Okay? And I told her, I said, um, you gotta understand something. I have a story. I have a life. And I've been doing, sharing my story for a long time now. You know, and, and you're gonna have to understand that if you've got an issue with that, that's on you. She turns her back on me because of something as simple as this or anything else. You don't value me. If you don't value me. We, we can't have a relationship because let me tell you something, I have come this far dealing with reject with rejection issues and, um, abandonment issues that I have learned to stand out for myself. I told you I had that experience and I've now, it's like growth and healing from it. And it's like, I'm not gonna have somebody in my life that's going to keep on rejecting me and abandon me. No, no. Nope. I'm, I can't have that in my life either you're gonna love me or not unconditionally, cuz we might make some mistakes. But the bottom line is, you shut that door on me, continue to shut my, the only thing you gonna do is distance me from you. That's it.

Adapted Podcast ([01:19:44](https://www.rev.com/transcript-editor/Edit?token=FTtTl1jOo-qMrhrxZfLJEGKdrE1yeWKpCPgFZImd4l6o_OrqJXneBt0QnZqYQFMHMUXDI07uegaUr0CXOL6KB9K_TQs&loadFrom=DocumentDeeplink&ts=4784.3)):

And so it's been a couple weeks.

Aneyah Elmore ([01:19:47](https://www.rev.com/transcript-editor/Edit?token=_k7nuc1biwYqCqin7S6EPCGKN9ekx7GJHfqyFTS8F0w3XiKYJwwClz_sfIpBF13I99rxNUCntgKtE-bkzvvkp1mOsHU&loadFrom=DocumentDeeplink&ts=4787.06)):

No, that happened. Um, I think the last part of last week. And then I spoke to her for the first time yesterday and I told her I needed some time because she, she was like, you know, please forgive me. And I was like, yeah, I forgive you. Well, you know, she's like, I love you, you know, um, we'll talk tomorrow. I was like, mm-hmm. <affirmative>. Nope, nope. And it's like, you know, you'll call me. And I was like, Nope, you need to be patient. I just said, be patient. Be patient. Because let me tell you something, ma, I was, I went through crying, I was upset. I cried. I once, so, man, I was that little child. I was that little child that had been abandoned in the orphanage. I went through that for several days, two, three days. I was so hurt. I was so disappointed. And I said, um, I was angry, but the in anger was the disappointment. And I was like, this woman ghosted me. This woman has turned it back on me and abandoned me again. And it was during that timeframe that I had that spiritual experience and came to an understanding and a healing. And I was grateful and I understood the experience. And then I think once I understood and was grateful, learned that lesson. Okay. Learned that lesson because I learned it quickly that she called me.

Adapted Podcast ([01:21:28](https://www.rev.com/transcript-editor/Edit?token=qXIxJQEd5unAHhwAGiA7vBw9whqDygLvYqx-1IQACg_rUkUgUEQMpTowbIQUV63Vc-gm2oRnIICWOhuQZKP4HU4XSko&loadFrom=DocumentDeeplink&ts=4888.56)):

Well, let me just understand any, so you mean that just happened a couple weeks ago?

Aneyah Elmore ([01:21:34](https://www.rev.com/transcript-editor/Edit?token=QtBZezloLw75Pg_IvxVZZ7nGhBBUs7qPoZfn-OIMNUldtMKj6twfZNAVZKcOBgFd6-DDw_idny6r_WZDTzIgsJLuUiY&loadFrom=DocumentDeeplink&ts=4894.53)):

Just happened the other day.

Adapted Podcast ([01:21:36](https://www.rev.com/transcript-editor/Edit?token=V7bbRTuVpNEnKQMUT1LSW0H2g7JVXPAgFVokqDkUs_8mZc7_PD6RQmEgd3qfYITPtHPeEAl9qXfRnJM2eYuhS7bPkno&loadFrom=DocumentDeeplink&ts=4896.45)):

Were

Aneyah Elmore ([01:21:37](https://www.rev.com/transcript-editor/Edit?token=ckx1yfIXGPFu9U7pbEWeaObWm2ei6FYtG2AXku59R-TlWJj_E1BjmZl1btW7NaA5-GGC3sYF31loF9D3uxhKn1fJGA8&loadFrom=DocumentDeeplink&ts=4897.02)):

Like Friday.

Adapted Podcast ([01:21:40](https://www.rev.com/transcript-editor/Edit?token=PdCW-yfsHVq8jumxlyaA-mG-fMlrKB3GG50PRCl35ywn64QGmbTGFJo575DYb1v8_q8PEiTdN_64MmIhyl8fVMu2DNI&loadFrom=DocumentDeeplink&ts=4900.14)):

That

Aneyah Elmore ([01:21:41](https://www.rev.com/transcript-editor/Edit?token=fGaUEFYHzTDtvHqYGOyECDktDUkn31QF4ddl62W76S16is3PHtJzHGibHVfLST_DRYwnyixzzWtNPZ9oDkev_w0SObM&loadFrom=DocumentDeeplink&ts=4901.28)):

Somehow was a week ago.

Adapted Podcast ([01:21:43](https://www.rev.com/transcript-editor/Edit?token=n8GEPGrZbg5iFbCdFUtlyUIRGcszZguE_rW44cJ9dpIsP9I6m7FsM8j38bwSI6zitB42RmUpLLQOo0otYHaVvhATaKc&loadFrom=DocumentDeeplink&ts=4903.14)):

A week ago where she, she rejected you again. Yes. Was because not happy that you were wanted to tell your story?

Aneyah Elmore ([01:21:52](https://www.rev.com/transcript-editor/Edit?token=M5JWUDubW6C6c2dTbkyIAQehIE5BUavNI31Rn0KMvbixu-VV93tjv8UavtogQMt1sbhnMt7x9JttxP32pBZsznwC6y8&loadFrom=DocumentDeeplink&ts=4912.65)):

It was that it was, um, wanted me to go along with this, understand this fake story us thing, and me being born in the US me and not agreeing with that and trying to put me through guilt and, and, and that because I didn't agree with that. I was standing my ground on that. And then this, you know, that led to, um, you know, I, me explaining, look, um, I have a life, you know, before you came along. And I have to say some pretty low things, and that's not like me, you know, but I had to come to a point of saying, Hey, do you understand you've put me in an orphanage? Do you understand that

([01:22:37](https://www.rev.com/transcript-editor/Edit?token=6UQsKx_tgJqJEfZ-dqDsxzotPTW02R3hKt_6NGbga7ZZNpX22fix1vvS4sTWJVOKuxeuRmyERdTb-7sjjE_2LVPTkZE&loadFrom=DocumentDeeplink&ts=4957.56)):

That's really low? But I had to say it like, do you understand you abandoned me? I said, I'm very forgiving. Do you understand what you did to me? Do you understand the trauma I've had to overcome? And you sitting here ta talking to me and saying all these things, which is so unfair, so unfair. Do you understand how much trauma I've been through in my life, <affirmative> and you, and this conversation is, it was awful. It was awful. And I had to end up, I ended it. I had to say, listen, cooking dinner right now, I, I can't have this conversation anymore. But I had gone through tears and everything and I tears and I, I had enough. But yeah, the interview part came with, I was like, look, you know, I'm not gonna tell a lie because I, I have a public, my life is in private, you see my Instagram page, you know, and, um, I do not have a, I do not. Okay. Let me be honest with you, <laugh>, I've been hold, I've been holding out. She doesn't know this. So I have a video that's going a little viral. Okay. We're, you know, I had the reunion with, okay, okay. One of my cousins saw it, one of my Korean cousins, right. Saw this video and saw her aunt in the video was like, yo, wait a minute. This my aunt, this must be her

Adapted Podcast ([01:24:29](https://www.rev.com/transcript-editor/Edit?token=Vtsi0-uHqvbVLah9NfEEVYl9YUzDjVMJDSf2wDjNw5s4b0vxjQmW3WROG-XLBgS7OuyFLxzceBDEJboL_4hfkwofuFg&loadFrom=DocumentDeeplink&ts=5069.16)):

Child. Oh. Because she didn't, hadn't told Yeah. Her Korean family. Right.

Aneyah Elmore ([01:24:34](https://www.rev.com/transcript-editor/Edit?token=XXfQgdpNryQXJkJuZjIVvvUCb95puVPTzBRPPCkX6uDRbZxYLkODOWhdSe8RsWpJxpkbCzFzqp8bPr5zoG7lngFkG0g&loadFrom=DocumentDeeplink&ts=5074.33)):

They knew very little. It was like a vague thing. Oh, okay. But they didn't know anything else. No, they didn't. Just like, oh, she has a child and that's it. Mm-hmm. <affirmative>, nothing else. She saw the video, she contacted her cousin, her cousin contacted me through Instagram and was like, I am shaking right now. I can't believe, you know, and I wanna meet you. I wanna speak to you. You mine, you had a beautiful conversation on the phone. And she said basically, sh my aunt shouldn't be ashamed. We all want to meet you. And, and, and you know, from the relatives I've spoken with, and she said, we wanna you to be a part of our family. We wanna meet you. We wanna have a relationship with you. And she said, well, I'm gonna have to make, you know, I'm gonna have to speak to my ima because, and some of her never bring you up so that she knows that, that I want to, we want you in our lives. Or, so she had that meeting with her and they FaceTimed me both. And then I think two days later, that's when, um, my Omar was like, came at me with this crazy insane conversation. And, um, I haven't told her that a about the video. I haven't told her about the video.

([01:26:12](https://www.rev.com/transcript-editor/Edit?token=0cwyRomn_tzEhBKCt5QkrQQV2QXYbMKF5A1b_doOaqHKbaTQyuQqwJcg__3eeiuewJW2s0QJP4qzTKprs-XEg6rh-6Q&loadFrom=DocumentDeeplink&ts=5172.95)):

No, she does not know about the video. And I, I contemplated taking the video down and I was like, no, I'm not gonna take the video down.

Adapted Podcast ([01:26:21](https://www.rev.com/transcript-editor/Edit?token=Q8-IAETLCtYpQST5Mz5VA-Syl3U49ms_gv8ewm4V_Mvlc4582MbWsjI3cIkFpywY0kvEF1GVImx6C0wDCx1xdFSLt6c&loadFrom=DocumentDeeplink&ts=5181.53)):

And how many views? You said it's viral and how many views has it had?

Aneyah Elmore ([01:26:27](https://www.rev.com/transcript-editor/Edit?token=9pM6AEylCGx52KuuBQyEuqbbYktMN2SwTIu8sM5Jx3F12QvLbcUl9InPIX-eBE8beMXd8a_71IV1ORFQRIjNLTWv7bs&loadFrom=DocumentDeeplink&ts=5187.47)):

Um, there's at least, I think the last time I checked 16, a little over 16,000 mics on it. Wow. Wow. And a whole lot of comments. And, um, I contemplated taking it down. I was like, no, I'm not gonna pick it down. This is my story, you know? And the bottom line is it's inspiring others. It's giving my community hope, you know, and, and until she comes at me and then, and says, shake it down <laugh> and gets upset, and then even then I might not take it down.

Adapted Podcast ([01:27:07](https://www.rev.com/transcript-editor/Edit?token=a16qt4PBdAW3y3bK7pUBZRw9IIgRh_kftF-YA-E39iaIvX9kqWsKqgI4tUZctWjB9Qggpj0aMGhK_TbxJUKV914yOCc&loadFrom=DocumentDeeplink&ts=5227.62)):

Well, I, are you afraid of anything your oma might hear, you know, when this podcast gets published, are, are you afraid of any,

Aneyah Elmore ([01:27:21](https://www.rev.com/transcript-editor/Edit?token=4a4pFJhgwc2UVftXGBGJ3xM3rhMKXExlPXXUrT34EhVOKDlEmSzS_jVbXH0vpn_hDeiyfTLsFaTULGM2rHHG5N9tSVY&loadFrom=DocumentDeeplink&ts=5241.17)):

Like I said, um, at this point I'm like this, first of all, this is my story and you, you could choose to love me unconditionally. Okay? Or not, if you're gonna run from the me because you're mad about this, maybe this is a test for you. You know what I mean? Maybe this is so I don't care if you gonna get upset with me for me sharing this truth, you know, because there's some things I did leave out, but, you know, but if you gonna get upset with me and, and whatever, you don't really love me.

Adapted Podcast ([01:28:09](https://www.rev.com/transcript-editor/Edit?token=4PBpIwscvAn95Fz2-Pvm7vwNdGVtb4u9mQHqxyoqcV64K9PtmatqqqghO6I4nYbpPqY6Ktrz7ewN6fsHc6mt2XQx6hU&loadFrom=DocumentDeeplink&ts=5289.11)):

Okay? Well, honey, I really, I, I mean, I really appreciate you taking the time to share with me and for all, everyone in our community and beyond who are listening. I mean, I, and I also wanna say that, um, you know, I never wanna be the cause of strife between, you know, your family. So, you know, this won't air for several weeks. So take some time and let me know, you know, if, if you ever change your mind about this.

Aneyah Elmore ([01:28:50](https://www.rev.com/transcript-editor/Edit?token=9XlnsF0JPHzg0UtICgRh6xVN5GRM-fuaDLGhRBZ3dN36gHeAQ3zPaj50oa1jARutjvqHf2cwL705_OIJPoPd8baV2n0&loadFrom=DocumentDeeplink&ts=5330.63)):

Thank you for that. Thank, thank you for that. And um, like I said, at this point, it's take it or leave it. I let her know I'm gonna be writing a book about my life. Okay? And I, uh, there are gonna be some things I'm going to have to share about her. And the bottom line is this is where the real test comes. You understand? This is where the real test comes. This is where the truth comes the truth. And I don't, I don't fear it. I do not fear it because I know that my, you know, what's bigger, what's bigger is being able to help other people that are out here, other adoptees that are facing abandonment and rejection issues. That, that's important to me. That is very important to me, okay? Because, um, our mental health matters as a community, as the world in general, if I'm sitting here with abandonment and rejection issues, um, how, how is that affecting my children, my husband, um, society, my mental health. So if I, if I could share my experiences, you know, if I'm cutting little bits and pieces out and, and people can't figure out the whole puzzle, it's the whole point. You know? So bottom line is, is that I, I just met you

Adapted Podcast ([01:30:48](https://www.rev.com/transcript-editor/Edit?token=bHRmIi6G2gV8TcErwktuTaUv-mOQL2JOJnY-cVglaj2WKIZbX_4sWdCtu8OK1TcgEgb6YyRtEqCDxmUydFBYoFYHgMw&loadFrom=DocumentDeeplink&ts=5448.54)):

<laugh>. I know, right? <laugh>.

Aneyah Elmore ([01:30:51](https://www.rev.com/transcript-editor/Edit?token=jHvXkVWKWmWMREKoB0Up5o0DF6M_ZG_L2GIrfNFZtbvnJujuhMQ6bVwXcA9iHzsqVPkYLJage5sNW4U5COH4bzbctsw&loadFrom=DocumentDeeplink&ts=5451.09)):

Well, you

Adapted Podcast ([01:30:52](https://www.rev.com/transcript-editor/Edit?token=4ouax3HdYYvOB9yLGtK6aGcdaYacKvwJKPig4APIeAcVL29ixz5Rd5HPRrVomAlurDpBZ8-RSONL0MmCdePoi7Evi-U&loadFrom=DocumentDeeplink&ts=5452.06)):

Know what I'm saying? Yeah. Her. Oh, okay. Right, right. Oh, you're, you're Oma, right?

Aneyah Elmore ([01:30:56](https://www.rev.com/transcript-editor/Edit?token=CyUgaUtEyuJwrS6tMpj-dCpN9-5KWyH_S0_Ht0fQRnD2mlleaq3GiEsXMFGeEk2w7p3HXxp1zU4blV0NZkhFf2plftY&loadFrom=DocumentDeeplink&ts=5456.76)):

Right. I just met you. How you gonna come in here and tell me, okay. How to live my life, what I should say and what I shouldn't say. And even if I didn't just meet you. Okay. Bottom line is I'm gonna do me, I'm gonna stand at my truth and authe authenticity there. Anybody likes it or not? Period. <laugh>, I had to throw that in <laugh>.

Adapted Podcast ([01:31:29](https://www.rev.com/transcript-editor/Edit?token=44EptjkFJju820cG1heo2qKnlESl6mfdPq2JE-Eeo-rD4iej73g22Sbotalpf5z1OWs30rzlHovDKEqm9vvlMXTMHqU&loadFrom=DocumentDeeplink&ts=5489.4)):

End of story. End of story. <laugh>. Okay. Anya, if, um, people wanna get in touch with you, I'm sure they will. Um, how can they do it or follow you?

Aneyah Elmore ([01:31:41](https://www.rev.com/transcript-editor/Edit?token=4-bfHF90PKqbkGnSlNaX7PPu08VngcOvcgByNpnlP2Nmj8xDNMA8t06wadyvLu8nexlRri1Ln01fwWCzEqNYqm1FCCg&loadFrom=DocumentDeeplink&ts=5501.94)):

Yeah, yeah. They could follow me on Instagram. I am Anya, which is spelled a n e y a h, and they can always DM me. Like I said, I'm, I'm here to help our

Speaker 4 ([01:32:00](https://www.rev.com/transcript-editor/Edit?token=2pT_CClkexBzJGzgzslzpOiAnZJMROpMU21mpQ7V0YkK0EzJeuTFq52lphKTsGLQ-3hCYBrBmZPeqK7wYAAOAu30drk&loadFrom=DocumentDeeplink&ts=5520.64)):

Heal, heal.

Adapted Podcast ([01:32:19](https://www.rev.com/transcript-editor/Edit?token=1FzQqDLQWyi-12Bv1O8kH8Ixt_jULzC27FI_svW_ew57H8qVxGqrvExDGpjhtETDAqLWLRr2OyvoaD5v02qpb6L2IGA&loadFrom=DocumentDeeplink&ts=5539.57)):

Thank you, Anya. Thanks. Also goes to Jay Gin for our theme music. For more, go to jay gin music.com. Thank you. Also goes to Kimberly Kaminsky and the rest of our patron supporters. Your support continues to lift up one of the first Korean adoptee podcasts ever made. Patron supporters also get early downloads to support. Go to patreon.com/adapted podcast. Every contribution goes right to the podcast. Until next time, take care.