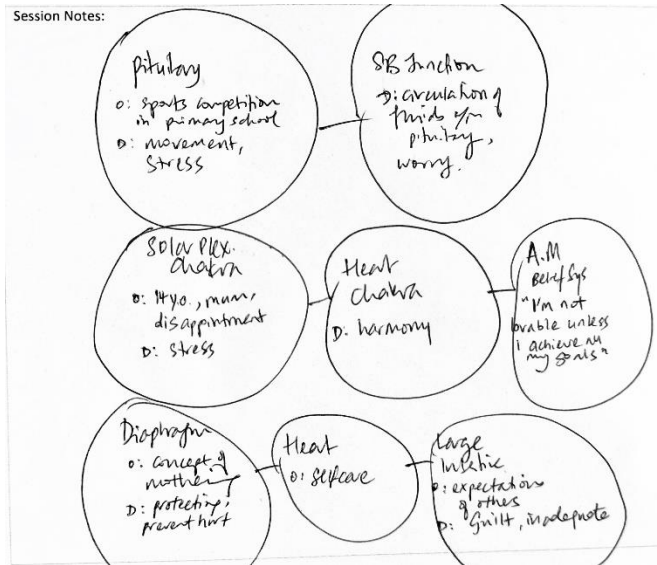


CLIENT SESSION NOTES



Session Agenda/Theme: Trapped in loop of achieving.
Letting Go & Reconnecting to Self.

This session, we link cells in the pituitary to the SB Junction and we are improving the circulation of fluids in the pituitary, which will help improve foggy head/tension headaches/poor memory; releasing stored emotions of stress and pressure to perform.

We balanced the Solar Plexus Chakra to the Heart Chakra, releasing stored emotions of stress around an incident at 14 with mum's disappointment. We free a trapped belief that "I'm not lovable unless I achieve my goals". This will support you with being able to better digest life and its emotions and being in harmony with self.

Lastly, we link the cells in the diaphragm (the halfway house of emotions) to the heart and Large intestines. Old emotions stored in the diaphragm that has been recently stirred, is usually moved to the intestines for release. The Large Intestine is the organ of "Letting go". This part seems to be oriented around the concept of mothering, enabling you to focus on self-care releasing feelings of inadequacy and guilt oriented around the expectations of others.

Oracle Card Guidance:

