

## Goals:

1. To become more in touch with the Universe and Spirit (the main reason you started this journey.) - 9/10
2. To become spiritually and physically healthier. - 7/10
3. To find direction - also, HOW to find your direction. - 8/10
4. Find where you need to grow. - 8 or 9/10
5. Overcome "Fear" - 9 or 10/10

### **Week 1: March 9**

- Fight: Frustration/anger: recurring situations (work). \*DEFAULT response.
  - Finds humor in negative situations to try and alleviate (defense mechanism).
- Flee: to avoid confrontation (which she will do at all costs).
  - Struggles with boundaries, but getting better at this because it wasn't always the case (family - tight knit).
- Freeze: this will occur when overwhelmed EMOTIONALLY.

#### *Homework:*

1. Some form of physical exercise every day!
2. Journaling in general to track your stress/progress as we go.
3. Listing out your "beachballs."
  - (This list may grow over time, but we want you to think about the events that could've turned into "emotional baggage" in your body.)
4. Work on "fear setting," because you like back up plans.

#### *Fear Setting:*

**Define:** WORST POSSIBLE CASE SCENARIO broken into 10-20 bullets.

**Prevent:** ANSWER with SOLUTION about what you are worried about.

**Repair:** IF IT HAPPENS, HOW do I fix it and WHO can help you.

1. What might be the benefits of ATTEMPT or partial success?
2. What is your cost of inaction? If I avoid it, what might my life look like? Get DETAILED: emotional, physical, financial impact, etc.

*Optional suggestion:* food journaling when you begin your new diet in about a week or so.

## Week 2: March 16

### Emotion Code Session and “Beach Balls”

#### *Beach Balls: Week 2 to Last Week Together*

1. NEEDING someone to start a family.
  - a. *Still would like to, but different from NEEDING.*
2. Struggle with weight/feeling unattractive.
  - a. *Still struggling with, but has more of an idea of what you need to do.*
3. Trust: not trusting yourself or family.
  - a. *Family - “beyond you”*
  - b. *Self - “better” - work in progress.*
4. NOT wanting to ask for help.
  - a. *Getting better at it.*
5. Catholic guilt - religion.
  - a. *Deciding on things, not as much guilt.*
6. Tends to change your behavior to make others comfortable.
  - a. *No, not as much.*
  - b. *Leaning into who you are more - doing it more so than not.*
    - i. *Not feeling as chained.*
7. Beats yourself up with guilt.

\*Practicing Reiki on Kelly, and that this time- feeling more intune/connecting deeper and less chaotic.

\*Felt more vibration towards the end of the session with Kelly, and could feel the change in her breath as she moved through the session.

New diet starts this weekend.

#### *Homework:*

1. Allegory of the Cave
2. Allow this time for re-integration.
3. Take a salt bath to cleanse!
4. Read HD reading/schedule follow up with Amber.
  - a. Readings and notes sent via email.

### **Week 3: March 26**

- Having trouble connecting with the “woman in chains” from the emotion code session.
- Tried meditating (normally sees what purple/pink), usually falls asleep.
  - Has been getting a lot of downloads - too fast to process.
  - Colors (red/yellow) and different locations (mountains/castle), which is a new experience.
  - Receiving downloads in your sleep (confirmed by HD reading).
  - Needs music in meditation.
- Human Design: Heart and Solar plexus are really open.
  - Unhealthy talk: negative self-talk.
  - Need to listen to the spleen (big area they talked about in HD reading).
  - Manifestor: guided by your spleen. “Whispers, and then shuts up.”
    - “Hermit”
- Afraid of “losing yourself” - based on other people’s observations.
  - Was told a lot that you should have been a boy (dad wanted a boy).
- Still hearing a lot of chatter from left ear.
- Fear: failure, failing someone else (work-aromatherapy), going against religion “supposed to do.” - “Cafeteria Catholic”
- Did some fear setting around the herbalism:
  - Needs a mentor for herbalism.
  - Working on certification/reach out to old mentor.

#### *Desires:*

- Tap into the feminine.
- Train the body for meditation with herbs.
- Feels better out in nature, walking at least every day.
- Potential job: more of a day shift job with a normal schedule that is closer to home (20 minutes) in Biometrics.

#### *Homework Over the Next Two Weeks:*

- Make a blend for tapping into the Divine Feminine and connection in meditation.
- Become conscious of thoughts and how she thinks about herself.
- “Childhood excavation worksheets”
- Pick a theme of fear, and do some fear setting around it.
  - Type out fear setting around herbalism.

## Week 4: March 30

- Tried "Single nasal breathing" - inhale on left, exhale on right.
- Getting excited about going back to herbalism.
- School for nursing/respiratory therapy (to do fear setting around in the next session).

### Dad Characteristics

1. Funny
  2. Charismatic
  3. Stubborn
    - a. has helped in certain aspects:
      - i. Army as a female.
      - ii. Proving people wrong.-Nervousness: he can fly off the handle and spin out.
    - b. You can work in stressful situations, as you did NOT have the "luxury" of flying off the handle in the Army (still feel this way, no time to spin out.)
  4. Nervous ("organized mess")\*
  5. Proud (ego/nationality: was given a lot of grief "educating girls." Was also in the Portuguese Army.
    - a. Took the scenic route - always found solutions to your "problems."
    - b. Did a lot on your own, and you have a sense of pride.
  6. Cantankerous
  7. Loving in his own way
    - a. Dad is not super affectionate- "all in the little things."
    - b. You believe you are affectionate, especially as you have gotten older.
      - i. Will pick on others to show love, just like Dad.
  8. Generous
  9. Hard-Working
    - a. Was taught to rely on yourself, and you're SUPER independent and don't ask for help.
  10. Clever
  11. Easily manipulated (boundaries)
  12. Draws to figure things out (artist)
- Good characteristics you believe you inherited from Dad.
    - Dad is your personal cheerleader.
  - "Old world" mentality: everything is black and white,
    - This is why you ask more questions and mull over choices
  - Feels "jaded" because of him - he is overly nice/generous, lets other people handle things/control.
  - Dad worked harder to impress; he would never say it TO you, but to his friends - and then you'd hear about it.
    - Would get warm and fuzzy when he WAS proud/always OK with your decisions.

*Homework:* Finish the last two pages of the worksheet.

### **Week 5: April 6 - Fear Setting**

- Something came up with Dad after the fact that you didn't think was connected - (written down on sheet at work which you didn't have on hand).
- Will work more on excavation next week, as it will take longer to move through/navigate.
- Revisiting work/changing careers: did fear setting around nursing.
  - Feels a lot better after going through.
- Going to make a blend needed for meditation/Divine feminine.
  - (Did a tea blend for this in the coming weeks.)*
- Will start to research schools so she can make an informed decision and THEN talk to work.

### **Week 6: April 13**

- Meditation: Sparkles/looking at a tech comp meeting (?), yelling, and a whole lot of ringing in your ear! (Frank barked and distracted you)
- Gut feelings: focus on Herbalism!!!
- Doing Journal prompt 2-3x week (grateful, affirmations and goals).

Dad:

1. Treated as servants (didn't know the point) - power play. (?)
2. People would be rude to you as a kid, dad never stepped in - "not worthy." Passive.
  - a. Felt as if you were not worth standing up for.
  - b. Mom didn't say much either.
3. Fights were nasty growing up - both stubborn.
  - a. Boundaries - more "ok" with decisions she makes.
    - i. Can talk through situations more with him.
    - ii. Called you stupid a lot: "let's see how you turn out."

### Mom Characteristics

1. Follower - "does what she is told."
  - a. Never questions authority.
  - b. Follow the crowd (friends).
2. Strong sense of family (bit her in the ass).
  - a. Small family, mostly overseas, had to rely on each other.
  - b. Sister has taken you for granted a LOT over the years.
    - i. Needs boundaries.
    - ii. Not quiet with her brother-in-law.
      1. More vocal.
3. Caring for others
4. Dramatic/Over-Exaggerates
5. Holds grudges
6. Shopping addiction (which you may have picked up?)
  - a. Lacking control- Love life
  - b. Scarcity of money and security.
7. Love for cooking
8. Homebody

9. Stubborn\*
  - a. Worst thing you “took” from Mom
10. Broken-volume button (why are you yelling at me?)
11. Wary of new people (overcompensating for Dad).
  - a. Everyone was his friend, taken advantage of
12. Reliable/Dependable
  - a. Where you’re the most like Mom.
13. Mom lacks boundaries, not knowing when to let go.
  - a. You have trouble speaking up about accomplishments (boastful/prideful).
  - b. Some apprehension around setting boundaries.

- Was the most involved, took care of the kids most.
- Mom interjects a lot, and wants a say in all your decisions.
- Mom has a lot of “fear.”
  - Taught through fear (religion).
- Family would have to approve of bringing someone “new” around - family/relationships
- College (UNH): outgoing, all about boys, drinking, friends.
  - Moved back after Freshman year after POSSIBLY failing Chemistry.
  - Convinced yourself that you’d failed - didn’t end up failing the class.

### **Week 7 Emotion Code Session: April 20**

- Falling into meditative states faster with essence blends!
- Goal: sign three clients in the next three months.
- Noticing more migraines with the stress of work.
- Will be doing a food sensitivity test and meeting with a nutritionist.

#### *Themes and Concerns:*

- NEEDING someone to start a family.
- Never allowed to cry growing up, especially when your maternal grandmother passed away.
- Struggle with weight/feeling unattractive.
- Trust: not trusting self/family.
- NOT wanting to ask for help.
- Catholic guilt - religion.
- Tend to change your behavior to make others comfortable and you bear yourself up with guilt.
  
- Past life emotions came up in session and we spoke about:
  - 1700’s Australian Coast- man, witch doctor/plants
  - 1800’s Russia/Eastern Europe -man, died before he found a cure for an illness, lab accident
  
- Decided to do a past life session next week.
- Discussed “one off sessions” for maintenance moving forward for \$111/hr.

## **Week 8 - Past Life Session: May 4**

*(rescheduled one week out due to scheduling conflict, last day is June 10.)*

- We talked deeper about your meditations and how you've been able to connect.
  - Felt a connection just above your belly, felt red, and was in a Victorian room.
  - Pull out a sword and pulling out a plug - feels like other people were there.
    - Feels like something was left behind.
  - You chose to come back for another lifetime.
- Deep voice (English/Portugese) - work in a local PD (analyst?)
- Needs out of the Federal Government (vaccine).

## **Week 9: May 11**

*Checking in with Bodies:*

- Physically: tired, "the tired that sleep doesn't fix", neck is achy - cracking (stress). Migraines are starting but have been ok for the most part. Amount of migraines are less - the weather has been better. Not as frantic - "tied up in knots."
  - Mentally: calmer. Head still has a lot going on, but not as chaotic. You compared your brain to a pinball machine (usually talks really fast, and jumps all over the place.).
  - Emotionally: slightly disconnected from emotions - parents are staying with you, and so you "need to be a certain way." Sadness-loss- parents are not "fully here." Worry. Frustration - butting heads. "Bottles are corked."
  - Spiritually: Meditating, but not as much or as deep as you'd like. Meditations have changed from colors/lights PLUS sensations, pictures. Starting to trust more in what you're feeling.
- How to stay in alignment with yourself: knowing your options, even if you don't always like them.
- Youtube channel on herbs - how to make different things (to post one video by June 10.)
  - Met with a nutritionist last week, will be doing a sensitivity test in the near future.
    - Unsure if it's a sensitivity or not - more inflammation/things going on, possible leaky gut or other absorption issues.
  - Possibly already an "ascended master or guided master" based on meditations.
  - Discovered animal spirit guides/totems.
    - Owl is a Guide AND a Totem named Wilbur (Right Side)
      - Brown and speckled and compact in size (a snuggler!).
      - Messages: (feel into him, as he is the thinker)
        - You are smarter than you think.
        - Follow your instincts, don't be hard pressed for ideas.
        - Be more creative, and TAKE the time to be creative.
        - Don't be closed off.
- Started to see purple during this time.
- Wolf is a Guide, named Sheeba (Left Side)
    - Gray coat and crystal blue eyes.
    - Message: Run wild, go farther into your journey, and stay in nature.

- Decided to move forward with heart chakra, throat chakra and witchcraft (candle magick) moving forward.

*Homework:*

- 2 to 5 year plan around work and having a child.
  - Wants to work from home/look for another job.
- Buying candles and start to feel into colors for feminine, healing, and connection to Source (ultimately, just choose the color that feels best for you. White is always best for everything!)
- Many Lives, Many Masters - audiobook \*listened to in 2 days!
- In meditation, focus on the spleen area.
  - Speak to it and see what it says since it whispers a LOT and we need it to SCREAM!

**Week 10 - Spleen Meditation: May 25**

- Shame/Equality - a download from a recent meditation.
- Purple/White/Yellow:spleen space.
  - We believe the purple is psychic power, which has been blocked in the spleen.
  - Also healing color.
- Was seeing white and yellow going into meditation (Source and Fatherly Son).
  - Was also present in that space during.
  - Later in meditation, we filled back in space with white light/healing.
    - The spleen was encompassed with piles of heavy armadillo skin.
    - After doing so, the space in your spleen “feels a lot more kid,” feels lighter, and there is “a whole lotta laughter.”
  - Roots wrapping around the spleen, almost like it was being held.
    - Transmuted the layers and sent them to Mother Earth.
- What we were told from the spleen:
  - “Not doing so hot.”
  - Not healthy, “dried up husk,” not used, and not in a good state.
    - It’s been a while since it’s been feeling like this.
  - Diet was a part of it - unconsciously done, other things tied to it.
  - Feeling the chained feeling and seeing veins.
- What does it need to thrive?
  - Pampering, and “to listen.”
  - Room to breathe.
  - “Clean up my diet.”
  - Spending more time in meditation (the easiest way to hear it.)
    - “Guarantee you will hear it there more than any other way. I gotta listen.”
  - Make time to connect to nature and “the power I get from nature.”

*-Trapped Emotions in the space:*

1. Rejection: of your true self (witchy).
  - Push towards alchemy - connected with fire aspect/witchy



2. Overwhelm and Depression - trapped in your neck as a cluster.
  - Saw a fire in the distance during this time.
  - Candle magick was represented here, and photos/videos sent through Telegram!

-Wilbur showed up (Psychic vision and insight)!  
*(Had to reschedule June 4th's appointment.)*

### **Week 11 - Throat Chakra Meditation: June 10**

- You sent off a sample to the nutritionist in hopes that you will get results next week or so.
- Feeling "set back" from all the external craziness/not being able to meditate as much.
  - Remember we can't control what's going on around us all the time, but we CAN control how we react to it! Staying present in our bodies and checking in is super important!
- After coming home from visiting family/being away, your body has been having a lot of issues - stomach pain, etc (which I believe is "ascension illness" as you are expanding spiritually.).
  - Remember to use your spiritual support system in times of need - especially if you aren't able to meditate as much or journal!
    - Going to the bathroom at work and calling them in for support will help you feel a little more balanced and reassured (Wilbur and Sheeba).
- Working on a 2-3 year plan for work, with possibly a baby to follow. Just got your resume back the other day so you can start applying for jobs in the federal OR local government (good insurance).
  - Don't forget your purpose here: getting in touch with the "witchy" side and leaning into herbalism to help others!
- You tend to your physical garden every day, and it's time for you to tend to your internal one! Nourish yourself, and give your body what it needs. It has asked for that in the past!
- Ended session with a throat chakra meditation:
  - Feeling like your throat is blocked, like a "bottle needing to be uncorked."
    - Seeing green/blue - we used that color to move through that space.
      - Wind kicked up, which I identified as "fear."
        - Pulled cards around this and spoke to your chakra.
    - We then called in your "spiritual support system" to carry the block into the river/brook and allow Wilbur to fly away with it as it left.
      - Focus on the flow, and not so much where things are stuck.
    - After doing this, that block seemed to subside, things were flowing better.
  - Heard throat chakra say: "thank you" and "it's time to get started" - it's also really excited too!

Homework:

- Tend to your internal garden - maybe even after you take care of the physical one in your yard. Your body has told you before you have a huge connection with the outdoors, so use it to your advantage!

**Week 12:**

- Going outside has helped, tending to your garden outside which helped with your “inner garden.”
- Still working on trying to find a new job.
- Made a video with carpal tunnel oil.
  - Figuring out how to get into the flow of getting comfortable in front of the camera.
- Seeing more “blues” - meditations have been odd, can’t remember them.
  
- \*Start using colors to your benefit in meditation.
- Recommended “How to Do the Work” and “The Alchemist.”
- Singing Crystal Bowls - use it to higher your vibration!

*Heart Chakra Meditation:*

- Plains of green - not alone - felt angel Samael.
  - Represents safety,
  - Always associated with him, connects you to Source.
- Feeling your feet being rooted to tree, Source is trying to ground you.
- Heard: “LOVE ME FIRST” - in order to love other people, you have to love yourself. If you can learn how to do that, you can do it for someone else.
- Saw two people in meditation (one male, one female).

**Week 13: Candle Magick**

- Reviewed our time together.
- Learned about candle magick

References:

- <https://www.learnreligions.com/introduction-to-candle-magic-2561684>
- <https://teastwiggandstaff.wordpress.com/2019/02/05/the-power-of-the-flame-candle-magick/>
- <https://www.ukessays.com/essays/cultural-studies/the-history-of-candle-magick-cultural-studies-essay.php>
- <https://thewitchesbox.com/using-ashes-for-spellwork/>

If you would like to book any future sessions, you may do so under “My Sessions” when you log on [www.soulovermatter.com](http://www.soulovermatter.com). Choose the option: “Intuitive Breakthrough Session” for 1 hr sessions moving forward.

Healing is a continuous process - I’m always here if you need me!