

Session 1: Aug 30

- Chronic Fatigue started around Age 28.
- Immediately saw you in a waterfall (*significant), and heard "Taiwan."
 - Thinking this is past life related, and want to explore this further.
- I asked your body what the underlying symptom was to your fatigue, and got:
 1. Despair, and
 2. Depression - Age 2, Stomach
 - a. Broke your leg
 - b. Hospital
 - i. Specifically with "depression," I found some stagnant energy in your right wrist, which I cleared as well.

Your body then moved to later in life:

3. Shock - Age 34, centered around Divorce
 - a. In 2019, your wife physically attacked you.

I kept hearing "heavy heart," and after some discussion with you, we now know you have a "sad soul" with a LOT of heaviness. We also discussed the emotional effect of this on your heart.

Next, I found:

4. Grief - Age 34, centered around Divorce, Colon

Your body then jumped to:

5. Anxiety - Age 24, Spleen
 - a. Felt very uneasy when this emotion came up
 - b. You discussed this could be centered around work/not making friends.

Then, we discovered a 6 foot heart wall, centered around blame/shame.

6. Shame - 4 feet of your heart wall, which dropped another foot after clearing away the "cement wall" you put in place.
 - a. You put this in place during your relationship with your wife.
 - b. Your book closed at this time, ending your session with a one foot heart wall.
 - c. We did a guided imagery exercise to get into that area in your heart, which you describe as cobwebs and rubber bands.
 - i. Love and space available, but not enough for true flow and openness.

- We also talked about getting MAD, and finding ways to express it!!

Homework: Describe your perfect day. * Drink plenty of water before our follow up!