

Name Melissa, Port Douglas

Date 19<sup>th</sup> October

Woke up first time in 8 weeks – alive. Felt so relieved - went to work – but after 1.30 hours - body said “enough” Stayed till end then rested. After ? only 8 days of Valium to sleep /cope with pain – was off it. Slept well. Too sensitive to use any smells with her. Also – is working solely with the jabbed in close contact – and all who walk in are so upset – as she always over gives - way too empathic to be attacked constantly

After each section – <b>got her to walk about</b>	Needed to feel shifts/allow lymph to move	Gradual undoing of the Gordian knots
<b>Uncovering Melissa</b> – her listening to self	She is /has been shaped - has more choices	Acceptance – and allowing shifts

WHAT I DID	WHY	WHAT HAPPENED
<b>Cupped cold navel</b> (34.5C ish) 35.7C at end	Was colder yesterday /walks cold floor	Felt the pain/pressure being sucked out
<b>Chest gouging</b> etc	Assist the stuck to move	Could breathe better
<b>Checked Liv 13 /GB 25</b>	Major gauges of results/what next.	Very sore again (Can explain why)
<b>Lymphatic</b> – a bit stronger	Clear rubbish – as so blocked	Softening continuing
<b>Checking</b> the large lump constantly	Gauging how/what to do next	She felt we were on right path
Talked her through her life – <b>engaged hope</b>	Reminding her of her strength/who she is	Thanked for listening/she realigned
Water <b>offered constantly</b>	Lymph moving/toxins cleared/replenished	Her body gratefully improved flows
<b>Touch</b> – constantly	Husband not that one. NO friends about	Human touch – love/tending - craving
<b>Ear points</b> – different to yesterday	Instant relief – though hurts – is a sensitive	She wondered why I had not before
Heard about mother’s suicide - she was 9	Asked the right question	I recognised her patterns – she may
Reinforced her RAGE ‘s existence -	She had no idea - this is STUCK	The way out: recognised not all love a& light
<b>Pressed</b> (gently) <b>CV 9</b> – was hard again	Checking – expected it – soft after yesterday	Water metabolism upset
<b>Popped in Sp 9</b>	See if that changed it – not much	Softened totally once Liv 2 in
<b>Spoke again of SLQ</b> – rage fury – all life	Has to undo why: not what (CAT etc no help)	Awareness
<b>Ovarian and uterine rakes</b> in all of this	Needed to clear below for above	Breathing better/belly softer
<b>Got her to talk about her mum</b>	We are all our mum	Mum’s manic/depressive /alcohol state
<b>Discovered how she ticks</b> - what runs her little girl vs corporate non-ditz vs who now? (Been seeing her over several years)	From early age – dad left, mum told her she was killing herself – 9 y.o. M on plane to dad – (after telling her to hate him)	She got to see how and what is running all of the disconnection and why leaving work upsetting – as all she sees is jabbed - grief
Explained how what she had is SLQ – all of us	STUCK – can’t plan and do – locked into . .	Understanding – breathing better

WHAT I DID	WHY	WHAT HAPPENED
<b>Flank gouge</b> - sitting up	Undo STUCK GB/all chest that we talked thru	Felt such relief
Had intended to cup her back – but did not	She is too sensitive/open/hurt	Used hands instead (what t=do mums do?)
Needle attack – <b>calming points</b>	Undo all that is coming up (settle + fix)	Unburdening
<b>Explained</b> – Liv attacking Sp – damp stuck	She asked - (wanted to know what Sp did)	Understanding/owning of her life
Lots of touching – into <b>butt /sacral area</b>	To clear what was	SUCH massive relief – she had no idea!
<b>NOTE:</b> – some men do NOT touch/tend	Women need women & the differences	A lot of historic - no mothering
<b>Clearing off residue</b>	Body remembers all that has happened	Big stories – and STUCK in past
<b>Walked about</b>	Reconnect with body	Tears leaking often – disbelief at the relief
<b>Kiiko's immune point, Sore Liv 14, GB 24</b>	Supporting what my hands do	
<b>Some lymphatic with ALL the belly work</b>	Get flows flowing	Softening/ability to breathe – still restricted
<b>Showed towel release</b>	She sked what to do with the anger	Relief – all new to her
<b>No sore sternal points – only GV 17 -</b>	Opens the chest – Ht/Lu/Pc helper	All part of the set up/support
<b>Time – took 2.30 hours..</b>	Gentling Way is slow at their speed	She could get to causation
<b>Pc 6 – right position!!!</b>	Open chest – all layers – emotional especially	Beyond amazing - unbelievable
<b>Stayed in that prone position</b>	Needed to be so vulnerable as she unloaded	<i>'Is this what heroin is like?'</i> (As if I knew?)
<b>Talked through meeting her hubby ETC</b>	Walking her through how she got to here	Remembered all the rage in his being with ex
<b>Shook the tree</b> – gently – what GW is about	She recognised how and why she sets self up	Deeper understanding of the STUCK
Temple in distress ? <b>DECLUTTER</b>		OUT OF SURVIVAL – can then look forwards.
<b>RESET</b>		
<b>RESTORE</b>		
<b>NOTE – early life sets us up</b>	<b>We all need a tribe</b>	<b>In these times – bond well</b>

This is a usual session with H – and anyone can – when we relate – and be present – and allow the energy to direct us.

Melissa was past grateful. Can breathe. Deeply. When we cannot – we cannot function – Life Recipe . .

More energy and appetite returned. Mind clear – fog lifted. Spirits better.

**FREE STUCK!!!**