Client Name: Marlene **Date**: 11/25/11 **Relationship to Client:** a friend's sister from out of town

S. Subjective:

What is the client's presenting complaint and point of onset? What profile body type and language can you see and hear during this discussion? What Chakra is the focus of their issue?

Marlene was in for a holiday visit and wanted to try a healing. Since we had not met, we took time to get acquainted. She is a nun, and we discussed some things going on in her life which might impact her (i.e. being elected to a leadership role in her congregation.)

Marlene said that she felt pretty well, though she was getting over a cold. Her main complaint was dealing with the "being home for the holidays" stuff, coping with family dynamics, etc. There are some heavy family things, and she was finding it exhausting to be in it most of the time.

She also mentioned that as a committee member in her congregation, she was catching some grief. She was told she was too sensitive to things that were said and was reacting too strongly. She said she usually had a hard time getting out of her head and really relaxing. In her body I saw evidence of EIS. I believe there is a good deal of CL and CI as well. Her body seemed to be excessive in both the second and third chakras, however, it is hard to say after just a short conversation and one healing.

O. Objective:

What healing did you do? What did you feel in your body and sense in their body? What did you hear or see during the healing? What emotions came up for you? What was your state of mind? (i.e. What was your running commentary in your head?)?

When I set up the session I thought I might not do the practice healing, but pick another. After listening to Marlene, I felt that since the healing began with a Chakra balance, it would be ok. Marlene agreed.

After the bow, I held Marlene's feet to begin the chakra balance, and I could feel the activity in her head all the way to her feet. It was as though an electrical current was running through them. I returned to her head and worked to balance the energies and quiet her head down. It was very busy, and took some time, even as I encouraged her again to breathe deeply and settle into the table.

Marlene's body seemed to be taking everything in, but I could still feel her in her head trying to figure out what was going on. It took her a while to begin to relax and settle into the table. I wondered whether or not this was her normal state, or whether it was because we hadn't worked together before and she was somewhat guarded. As I worked at her midsection on the chakra balance, I heard in my head that she had a sensitivity to gluten. I recognized that and let it go.

After the balance, I focused on her second and third chakra area as needing attention. What I found fascinating was that although I wondered in the beginning how long it was necessary to send in the silver, there seemed to come a point when I heard that what I had sent in was enough and I could stop sending. It is amazing that when you ask a question, the answer will come clearly if you listen for it. I felt Marlene's body was happy to be receiving this healing. Although she didn't linger on the table as some clients do, she seemed more settled and more relaxed than she was when we began.

Assessment of Client:

What was the client's experience in their own words? Make sure you ask them about their experience first before you offer any of your own. (Suggestibility after a healing is great so be careful to guide them toward their potential and you can discuss the crazy past life you saw with your classmates.)

Marlene looked different as she came off the table. She said she felt as if her body was back in the right places. She said she felt more relaxed, and had gotten out of her head, which she said is not easy. She looked relaxed and didn't need to fill the space with talking as she had when we began.

I was surprised when Marlene asked me what days I was available. She wanted to book another healing only she wanted to pay me. I knew that she wasn't around for long, and that it wasn't a good idea to receive healings more than once a week. She was thinking about when she comes back at Christmas and in March.

She shared she enjoyed the way that I interacted and worked with her during the healing. (She is a Reiki practitioner and has experience receiving healings.) She wants to learn what is available, particularly as she

looks ahead to being in a leadership role in her congregation by spring. I told her about the people who "commute" to Solstice from other states, and encouraged her to think about it. Something tells me she won't be put off by some of the crazy things that go on during a teaching weekend. We'll see.

P. Personal Assessment:

What aspect of you did the client mirror back to you? Were you triggered by them in any way, either pushing away or loved them to death? What did you experience spiritually?

Naturally, I loved her to death as she complemented me on how I worked with her. I loved her more when she wanted to come see me again and pay me. It took deep breaths to calm down my ego. I had to remind myself that she was doing the work, allowing the healing energies to flow. It is good that we seemed to connect, but I know other EIS/CL who can be very manipulative and charming to get what they want from people.

I don't want to get sucked in here. Yes, it is nice to have my ego stroked, but that is not what this is about. I am happy that our time can have a positive influence on her life now, and may continue to. That is especially true since she is another nun out there doing her work both in ministry and personally. (I've heard from her sister about her ministry, etc.) It feels like I am giving back, and it is especially gratifying to work with another nun, even though she isn't one of my own congregation.

In processing this healing soon after it, I see how I can and have been sucked into another's stuff, and become lost thinking I am more important to a situation than I am. This was a quick and powerful lesson that left me feeling more grounded and realistic about what was happening. I've spent time recently trying to find myself after I have lost myself and don't want to go back there.

I could also feel how I have lost myself trying to please "the powers that be" rather than expressing who I am at the moment. As Marlene talked about her issues around that, I could feel some times that kept me from truly being me. I could feel myself inwardly cheering her on as she talked about how she keeps trying to stand up for herself when others try to get her to act or react in a certain way.

I found myself grateful for the opportunity to accompany someone on her journey as she sets the course that will lead her to where she wants to be. It always amazes me how courageous people are when they get on the table and let happen what will at the hands of another - a gift for us both.

Pendulum Reading

CHAKRA MEASUREMENTS				
CHAKRA		**BEFORE**	**AFTER**	**Observations (Optional)**
1	Root	C2	C3-4	
2a	Sacral	C2	C3-4	
3a	Solar Plexus	C2	C3	
4a	Heart	C2	C3	
5a	Throat	C2	C3	
6a	Forehead (3rd Eye)	C2	C3	
7a	Crown	C2	C3	
CHAKRA		**BEFORE**	**AFTER**	**Observations (Optional)**
2b	Sacral	C2	C3	
3b	Solar Plexus	C2	C3	
4b	Heart	C2	C3	
5b	Throat	VF2	C3	
6b	Forehead (3rd Eye)	S	C2	
SUMMARY (required): I was somewhat surprised after hearing what Marlene was saying about how she felt that she was as open in her chakras from the beginning. Marlene also seemed a little reluctant to honor her own experience as she talked about her congregational participation. It showed on the initial reading, and I was happy to see that it had shifted at the end, as she hoped that the healing would open her up to whatever needed to happen in that regard.				