

Qualitative results: after the session questionnaires

(NB: S1, S2, S3 in round brackets refers to session 1, 2 and 3; the numbers after the session numbers indicate ratings that were given if there were also quantitative scales from 1 – 10; names in square brackets indicate changed names; square brackets with dots [...] indicate text that was cut to maintain privacy or confidentiality)

How do you feel about your issue right now:

Have there been any changes or shifts during or after the session?

- (S1) 5 no
- (S2) 4 Not that I notice
- (S3) 6 it's quite the same as before in my knee. Not that I noticed, except that it felt good to do something about it
- (S1) 6 – yes, I felt more connected to myself (emotionally, spiritually) during the session, and afterwards to the 'knowing'. While my mind still interferes with its thoughts, I feel like I'm being less carried away by it. I feel more positive, hopeful, and reassured. I also feel like anything is possible.
- (S2) 6 -- yes!
- (S3) 7 better. I feel more hopeful, and more focused, what I want is a bit clearer.
- (S1) 8 yes, I feel like I really got to the core of my sense of unworthiness and can see right through it.
- (S2) 8.5 I feel pain and anger. But I like it.... You said I would be tested and I am...!
- (S3) 8 Feel more informed better able to cope and make wiser choices
- (S1) 3 During the session, there have been changes and shifts. I was able to step back and realize better what the issue was about. The period of counseling on how this issue could be dealt with, made it almost appear as it would be easy. After the session this was initially sustainable but on the second day there was again a feeling of stuckness and a shift into negativity. As if suddenly the issue that was troubling me gained the lost ground and reestablished itself, potentially in an even stronger position. Part of it happened while I was sleeping, following a dream. The dream was initially pleasant and was about meeting [Fred ...]. Although I do not quite remember what we were talking about, I do remember that we parted with me reminding him that we have planned a meeting in a couple of days. He smiled, as if he knew we would not make it to this meeting.
- (S2) 6 Not stuck, rather optimistic, it still is an issue though. The first couple of days and still now I experience the issue coming back strongly. However, I am somehow able to deal with it better. Exactly how I am doing this, it is not clear to me, but it works. There is therefore a shift in that some reflex has been activated that helps to resolve the issue in an easier way.
- (S3) 8 -- In most practical situations I can deal with it, it feels however that it has not been completely resolved. There has been a shift towards being more sensitive than usual. The strong feelings that I had before have now met with some sadness that somewhat counteracts them.
- (S1) 7 – more within myself + more loving + affectionate; more kind
- (S2) 6 – feeling more loving, kind, empathetic
- (S1) 4 – a little impatient because of busy in physical issues. During the session, yes, there were shifts. Immediately following an ongoing albeit fading sense of stability & hope.
- (S2) 4-5 – yes
- (S1) 8 -- Yes, I have been meeting "the voice" that tells me I am not/have not been as I should be with gratitude for giving me the opportunity to NOT listen to it. This is a huge shift for me. Rather than hearing it with a sort of sigh "oh this is me being me again, what a drag", I have been thinking "oh good, here it is; now let me try out different ways to respond". I haven't found a phrase that really resonates, but I can feel that I am giving the voice less power.

- (S2) 7 -- I feel I am in the process of really integrating the notion of *my* Yin energy. This feels new to me. I have never thought of the quiet-needing-to-rest energy as 'energy' but rather as lack of it. Thinking of it as an energy in its own right is really helpful. It feels very allowing.

I have been sitting more in my day, with my children. This has felt really good and I actually feel more energetic for it.

- (S3) 7 -- I don't know if there have been any changes since Wednesday, just a continuation of that thinking/being.

- (S1) 7 -- More dreams than usual....seizure today, felt more relaxed, less anxious around it , tuned into my body to feel the energy before going into the seizure, tried to surrender to it

- (S2) 7 – optimistic. Emotional release during the session, felt lighter, openhearted and vulnerable , much more aware of many things on many levels (also doing a course in miracles)_

- (S1) 4 -- I feel I am still connected to my heart, but my mind is loud and shouting its old negative tapes. This makes me struggle to connect with my heart. My heart feels heavy in the light of my mind's thoughts.

Changes? I feel down. I found out that I had only one sure course for teaching next year and that really strips away all confidence and hope and feeling of connectedness. The conversation I have had in my head is about how 'unlucky' I am; about how 'nothing' every seems to work out for me; about how I have to 'struggle' for everything and then I 'lose' anyhow; about how G-d doesn't really seem to be behind me; about how I always seem to 'fail' somewhere in my life-come back to square one: a place where I have nothing and have built nothing and seems as if I'd never achieved a thing.

One thing that gives me hope is that I am on my way to building a connection with myself with our sessions, especially the next two. Perhaps with a stronger connection with myself I can regain some strength in believing that I can live my life with less negative conversations and more heart, hope and faith. That is my wish. When I get news that seem life failures, I feel really challenged. Nevertheless, I sense a growing strength, but it is still **very** fragile.

- (S2) 9 -- I feel lucky and powerful. When my PMS was dragging me down, I was able to pick myself and not let my conversations of fear and resignation take over.

- (S3) 10 -- I feel very empowered. After the session, I did have a lull in my mood after getting a rejection from a job on Monday. My old conversations about things not working out for me; my not having a purpose and place in this world crept up on me and I felt like lying down and lying low. That is what I did knowing full well that it would pass and I'd be back on my feet again.

And I was and am. Today I really saw the conversation for what it is: a conversation, a story. Sometimes, [Susan] tells herself she is not up to par; that she is a nobody and that she will never amount to much or make her existence meaningful. It's not a kind thing to do, but that is what she does. I forgive her for doing that, but that is not who she is committed to being. So from nothing. From "Everything is Perfect", I created the possibility of Leadership, Gratitude, Joie de Vivre and Union. When I create my world from that lighter place, with less pressure and from my heart, miracles happen.

I decided to reach out to people in my life. Called [M...] who was in my art class last summer to create a possible art meetup group. We're looking into that. She then said she was happy I called and sent me an address to send my CV for a contract job correcting and making some dough in August! Then, this morning I decided I wanted a part-time sooner and that I would find it today! I called [C...] at a language school [...] I used to teach at and as I was looking on the website I thought I would like to teach the academic writing class. He said Hi [Susan], would you like to teach the Academic Writing for teens class starting in two weeks. I said yes!

On Friday I have an appointment to meet with [B...] to talk about ways I can contribute to his company. I have an awesome project I want to talk to him about. I am very inspired about this project on all levels: head, heart and gut;)

- (S1) 7 -- I have become more aware of how I block myself from going deeper
- (S2) 7 -- I feel a marked shift when I leave the session.....my heart feels lighter.

Yet 2 days later, the old heaviness returns.

- (S3) 8 -- It felt like I had been given the space where my soul could come forward and express itself
- (S1) 4 -- Yes...this morning from 2 to 8..i was connected to love and could see clearly my issues and express from self with deep clarity. When my partner started saying an hour later that everything was my fault and he became very insulting, I lost the connection and lost energy and felt doubt about myself.
My partner left, packed all his things. I felt peace and pain at the same time....then when alone...many emotions sprang back up. Cries, pain, emptiness, peace, presence, space, pain...etc..
- (S3) 9 -- Plus d'ancrage...en fait je vis l'expérience de l'ancrage et de la paix.
La réalisation que le mouvement est vers l'intérieur...qu'il n'y a pas de mouvement de quête vers l'extérieur.
Toujours plus profond vers l'intérieur. Dans cet ancrage, je reste stable face à quoi que ce soit qui vient de l'extérieur.

Any new insights?

- (S1) Maybe my body needs to work something out ...
- (S3) Maybe just take the time for my rest. It's probably connected with all my survival and money issues
- (S1) I think you were right about my having lost trust in love. It's a different way of looking at it that feels more workable than the way I was thinking about things before. I liked the reassurance also, that it's ok to not like everyone (even if I only realize it later) – I think that it's when I don't listen to this that it starts to turn into being critical of others – almost so I can't ignore it anymore. the problem with that is that I then turn it into there being something wrong with me for being so difficult, rather than looking at it as my body/mind's way of not being silenced/ignored. + that children don't judge or think too much – they just feel and express, genuinely, = that I can try to connect with that place.
- (S2) A big one [...]
- (S3) I feel more hopeful, and more focused, what I want is a bit clearer.
- (S2) Clueless...
- (S1) The major insight, that there is this dictator-like, dominating aspect in me, is still there. I do not feel exactly comfortable with this. At the same time, the negative shift, makes it hard to reestablish my self-confidence and get back to action. I am taking the day off to rest, something with which, I am somehow not entirely at peace with. Nevertheless, it occurs to me that I am actually internally supportive of or even reaffirming of my 'problematic' stance. Despite the pain it causes me, deeply I may not want to let go. Surprisingly enough.
- (S2) It has been somewhat of a revelation to me that opening to the issue helps to overcome it. It is also surprising how the issue is actually transformed in the process. Furthermore, a lot of vital energy is released in the process. Nevertheless, it is more of a reflex, rather than a conscious process. I was not expecting this. I somehow feel, that this issue is connected with more aspects of my behavior than I initially thought. There have been hints of resentment and aversion coming up which I was not able to observe before. I am able to recall other instances where this state of helplessness has brought me to my knees.
- (S3) Being vulnerable is nice. It helps deal with my issue. I feel the sadness is more my reaction to me the totalitarian approach rising. As long as I am connected with this some I am able to see behind these two towards the vulnerable self.
- (S1) more faith in the Universe
- (S1) yes, absolutely new to the day, but not new to the entity. A deepening of the realization that there really is a bigger responsibility with the desire I have, and somewhat bothersome beliefs surfacing about the worthiness or ability to take on the tasks as the desire becomes manifest.
- (S2) more like clarifications

- (S1) I had a moment in the park the afternoon after the session where I felt at ease with myself and got a glimmer of what it would be like without “the voice”. I think I would be quite funny (in a good way) without it!
- (S2) I feel and have felt ashamed of my tiredness. It is something I wish wasn’t true about me and something I try to hide, even from [my partner] sometimes. I try to compensate by pushing myself into action even when it is not what my body wants to do. I am realizing just how much this disconnects me from myself.
- (S3) When I think to myself “the way to be truly me is to be me in the moment”, I become more gentle with myself and more loving. I feel a calm that comes over me. I deeply want to be truly myself and have struggled with it. This phrase offers me a key or very practical tool that works in helping me to touch base with myself and not try to hard to “do” being me. I see how I definitely fall into over-thinking things, even those things which are spiritual in nature. I don’t know if I can do this tapping in when I am in an interaction with someone – that poses its own particular challenge for me – but I do think that doing it repeatedly on my own will help me build greater knowing of myself and greater acceptance of myself.
- (S1) I realized that I have lived with a lot of pressure to do the right thing, and to have a successful life without apparent failures. Such a life is very serious; every success is very important and every failure is dramatic. It made me feel like I had to weigh my behavior, thoughts and actions very carefully. There is no freedom there. I feel guilt if I don’t please my mother not only in my behavior and feeling toward her, but also in the successfulness of my life according to her standards.
I also see that as I learn to count on myself, my strength and ability to pick myself up whatever the situation, I am feeling more confidence in life and my future in it. I feel less at the mercy of circumstances. My journey right now is not to let myself be brought down by my stories, and people who don’t really have faith in life as I see it (ie. My mother). What I am learning to do is lean into my heart, my Self for comfort, hope, faith, creativity, possibilities, energy. I don’t need to complain to anyone and seek pity, reassurance or ideas. This will only be a temporary aid or worse will make me more fearful, victimized or dependent or confused.
Another insight is learning to give myself some time to figure out what my heart wants and to strengthen my connection to it. I am tempted to panic and get into my usual fear mode which leads me to act out of habit, do what I am comfortable with. I want to leave room for something else that may suit me much better, especially in the domain of work. For that, I need to stop panicking and trusting; being with my heart and listening. I am so used to doing, frantically...Through this process with you, I feel encouraged to give a different way of being a chance.
- (S2) I feel a lot of trust and faith. Things are moving and I am keeping busy following what works and opportunities are present for me.
- (S3) My insights are that when I create my world when I am not panicking and in my head, but rather from my heart and from a self-loving place, I am in action. Nothing is in my way! I take risks and am not worried about the outcomes. Whatever happens, happens. This is so new for me. My world of ideas were stuck in my head. I never consulted my heart, never really took actions and did not risk enrolling others from fear of rejection.
- (S3) Returning to the soul place I have always known to be true for me seems to need permission from the right person or the right atmosphere.
- (S1) My biggest insight was the understanding that I have hit a wall and that it’s time for me to welcome whatever I’m living...learn to stay with it with love and presence. The moment has come for me to stop searching for love outside of me. To develop a self reliant relationship with myself. Like growing up. the image of the wall come from my partner who cannot receive me but rather discharges his pain.
- (S3) [...]

How do you feel about the session now?

- (S1) I actually enjoyed the calm and resting during the session. Can't say I feel great today, but I'm willing to wait and see
- (S2) Was nice! Relaxing and it's nice to take care of my knee!
- (S3) Was very nice, resting, talking about the stuff mentioned ...
- (S1) good, I'm looking forward to the next one. It reminded me of things I feel like I know but are just out of reach, or that I tend to forget. I need to keep reconnecting.
- (S2) Good! The insight above was really critical.
- (S3) Good, again I feel like there was a lot of information and I didn't assimilate it all – I wish I could have taped it!
- (S1) I am practicing the new insight I gained. It feel like I anchored it in my body and can call upon it whenever I wish.
- (S2) Like a rapist might about the woman he loves.
- (S3) Good session relived the pain in my shoulder.
- (S1) I feel good about the session. It was quite revealing. If only the gains were sustainable. Deeply, I do not feel confident, I can really make the shift. The word confidence comes up a lot.
- (S2) I feel good about the session. I feel it was really helpful.
- (S3) I feel good about the session, a lot if things were released. This was helpful, it was really helpful to speak out about all these aspects. And I am more and more realizing I do not have to think about them.
- (S1) good
- (S2) good
- (S1) thankful, a bit like I cheated myself out of getting more from the experience
- (S2) distance
- (S1) I feel very good about the session. Although I have worked this issue so much, the session did seem to move me along in a subtle but significant way.
- (S2) I have been feeling sad and I think that is a good thing, so I feel good about the session. I am not entirely sure what the sadness is, but it is something I have been allowing, which feels new. As was the case last week, the session was subtle for me and I remain with the feeling that there is much work for me to do, but also that a subtle shift is taking place in my thinking about myself.
- (S3) The session was a good session and there is coherence across the three. I finished and wrote down some of the key phrases that came out of it and the other sessions that really do help me. I will say that I am still left with questions when new situations arise (i.e. ones we didn't discuss) so I haven't come to a place of generalizing the growth that I am experiencing. It still feels fresh and new, eventhough the theme has been with me for as long as I remember. I feel optimistic, and a little nervous that I will fall back on old patterns.
- (S1) It seems to have moved something i might not have felt safe to feel as the seizure happened.
- (S2) Feel there was a lot of movement, able to get into my heart, out of head..."allowing" myself to feel, let go
- (S1) I was happy about my session. I look forward for the next one and I have hope in my work with you. I feel that you will guide me to being more independent in my thoughts and stronger in my ability to connect with my heart and live according to its desires and values.
- (S2) I feel the session was organic and supportive.
- (S3) I feel great. I really loved doing an energy session. It felt special.
- (S1) I feel that it pointed out my blockages to me; it pushed me a little further to "enlightenment"
- (S2) The session left me with a sense of peace and lightness
- (S3) I feel happy about being more connected to the yearnings of my heart and soul.

- (S1) I could feel an energy coming during the session. An energy of love. It made itself felt this morning between 2 and 8. it was blissful, peaceful.
- (S3) Comme si...il n'y a rien d'autre de vrai et de m'ancrer toujours plus. Ce travail est si juste...j'en suis renversée.

Was there something (or more than one thing) in the session that really worked for you?

- (S1) Well, as I said before, I liked the relaxation and the feeling more presence in the worked on part (the knee)
- (S2) Talking about some stuff made me more conscious about the connections with the knee (I don't remember what, but it was interesting)
- (S3) The fact that it's open for everything (talk, emotion and sensation)
- (S1) the reassurance that my heart is beautiful and innocent and pure, and that its openness attracts love. + that there is something childlike. I think I really needed to hear it, and probably will again! + the idea of this week trying to be in my heart, or in the child. I've already started, and it feels good, like I'm being true to myself.
- (S2) Some ideas of what I could do to work on it – it's great to have a realization, but then it can be hard to work out what to do about it. So I was happy to have some things to put into place. Also, the idea that healing occurs in the present, that the past doesn't have to predict the present or the future...
- (S3) how to address my doubts/fears/feelings – to bring them to the heart level and then provide what I need, e.g., reassurance, listening, etc. + the idea of having a 'team' of people that I can talk to
- (S1) The taking a few moments to connect with the emotions, with the inner world. These things help me a lot.
- (S2) Your openness and seldom faltering non-judgment. Your ability to make me feel like I'm being choked with hardly a touch. My ability to sense all these more acutely in your presence.
- (S3) Yes the energy work was remarkable!
- (S1) Providing a name for this side of my character, was very helpful. The moments you turned into what was coming up to you, were also very helpful and this time period really made a shift for me. The lightness with which you pointed towards an alternative attitude was also nice and playful.
- (S2) Feeling clearly and without being involved in behavioral patterns, this certain emotional state of helplessness that apparently gave rise to the behavior that is troubling me. I really liked this moment. I wish I could have stayed there longer. The help of the instructor in this direction was great.
- (S3) Again, the period where you looked inside.
- (S1) energy work, especially on feet, heart and head
- (S2) energy flow, finding balance, release of inner tension
- (S1) having someone claim & embody a part of consciousness that I knew was possible & allowing them to do so with the intention of helping myself, when you said you were going to 'hold the space' & briefly explained how you were preparing yourself to feel
- (S2) short 'meditation' and conversation
- (S1) Yes, imagining what I would be like without the voice in my head was extremely powerful. I was left with a deep sense of wellbeing and, although I haven't retained that feeling in the same way, having experienced it motivates me to do the internal work I need to in a way I haven't felt quite able to do before. The other thing that really worked was bringing up particular examples of instances when I feel uncomfortable with myself and talking about how I might counter the voice, specifically. As mentioned, even though I haven't found one particular response to it, trying different things on was and has been very helpful.
- (S2) Identifying my Yin energy as a viable and legitimate energy. Noting that when I am tired it is a message that I need to respect that energy
- (S3) The phrase about being truly me and the fact that we both came to the same point in relation to time at the cottage, i.e. asking myself how I can make a situation more pleasant for me. I have dabbled with that a little

yesterday and it is amazing how sometimes all I need to do is sit when I am standing and the experience is transformed! It was affirming that what came to me, in concrete, practical examples, also came to you in a more generalizable way.

- (S1) Not consciously
- (S2) I seem to open when confronted or when my resistance is pointed out,
- (S1) What worked was you sharing a related experience from your life.
- (S2) It worked for me when we did a moment of meditation. You brought it up at the right moment and the insight you had was powerful. You saw that solidity was something to look at and feel. You also told me to make sure any new venture or idea that came to me resonates on all levels: head, heart and gut. I hadn't done that in the past. I usually had stopped at the head only. I'm understanding that being guided only by my head is not very solid.
- (S3) I liked when you shared that you saw there I was no longer gripped my thoughts and doubts and fears. You saw that on an energetic level and that meant a real victory for me.
- (S1) Whenever your face would light up in reaction to one of my responses. I felt affirmed.
- (S2) Your presence somehow transmitted peace to myself and calmed my inner turmoil
- (S3) Your intense listening and the ensuing comments....helping me to delve deeper
- (S1) The tone of voice, the rhythm, the love, the insights coming from grace about my mother and the wall.

Something (or more than one thing) that didn't work at all?

- (S1) I didn't feel a positive change, but as said before, I'm willing to give it a try
- (S1) if there was one thing I would like more is if the examples you use could be even more directly linked to what you perceive in me.
- (S2) I felt that I was not really ready to proceed beyond the point of realization of the feelings that gave rise to the behavioral patterns I am trying to overcome. This was not true for my instructor. I therefore somewhat missed where she was trying to get to during the last say 15 minutes of the session. Instinctively, I was feeling that by staying with the realization of the feeling, the solution would eventually come up to me, as it partially did with the support of the instructor. I somehow felt that i would like to cherish these feelings longer, as I do not have the ability to experience them in this way, without support.
- (S3) Not really. A lot of 'shit' came out. I have realized after, that I did not hear what you felt while going down. I was too involved in explaining all that was happening to me. I do not know if it makes sense to hear it now, but I thought I should mention this.
- (S1) Too much talking. I really like the energy work (although sometimes talking needed).
- (S1) The initial meditation was too short, for me, to get into the realm of undercurrent. More patience + more position
- (S1) The only thing was not being able to hear sometimes. I was thinking that maybe an older phone that plugged into the wall might take away some of the static and make it easier to hear.
- (S2) We may have kept the session going longer than we needed to because we had agreed on a time frame. I think that after around 45 minutes I had gained some significant insights and felt quite satisfied
- (S3) Nothing in this session.
- (S1) I sometimes felt judgment coming from you but much less than in the past.
- (S1) I could use more of these sessions....hi...

What were the key points or moments for you during the session?

- (S1) Nothing particular
- (S2) Talking together and receiving the silent touch
- (S3) Not obvious

- (S1) connecting with my child self. Hearing that I am beautiful, that my heart is beautiful. Hearing that it's 'normal' to be anxious/insecure in the beginning. Hearing that because my heart is so open, defenses come up to protect me – I'd like to learn more about this and how to manage it, so that they only come up when helpful and necessary, rather than keeping me stuck.
 - (S2) The planting of the seed that led to the insight I described above.
 - (S3) when you shared the picture of seeing me as a child in this process – that it would be helpful to have someone hold my hand when it gets scary. + the idea of having a 'team' of people that I can talk to/who can support me in my intent should I lose focus. [...]
 - (S1) (in bold) The key point was when I really saw how the belief/fear of simply not being good enough as I am was driving so much of this futile need to become and/or be something else.
 - (S2) A new energy that I felt wanting to really move through me without judgment, without murder.
 - (S3) The energy work.
 - (S1) The moments when you were turning inside yourself and the realization about the nature of the problem I am facing.
 - (S2) By far the moment I felt this feelings of helplessness and weakness. This was amazing. It really brought me to the point of not knowing what to do. Also experiencing this state of cluelessness was very helpful. A nice state, with which I am gradually loosing contact though. This feeling of being lost. This part I find tricky. I do not feel it has been established within me.
 - (S3) Particularly, after the point when you turned inside. Imagining, observing all these things was a necessary step I feel. I do not know if I am masochist but despite the trouble I feel it was worth it. Probably even more important was some insight on the nature of the sadness. Maybe it is me being sad about the way my mind works sometimes. I also realized that there is so much to learn from being connected that I sadly ignore. I felt this very vulnerable self, which I quite liked.
 - (S1) focusing on solutions
 - (S1) in the chair when I had to be honest about what I fear if I let go & let bod. Just the listening to the details & the well intentioned placement of intention with kindly questioning
 - (S2) Short meditation and conversation
 - (S1) - Imagining me without this pattern and getting a vision of that. - Grace making the point that my being tired might be about me being tired of this pattern. That perspective helped me turn the tiredness around from something that I could feel badly about myself about to an important message from that myself. This then motivates me rather than deflates me.
 - (S2) The identification of Yin energy as an energy and not just a tiredness that I feel ashamed of. Reframing 'tired' as a friend with a message and not a personal flaw.
 - (S3) I think I have covered them above. What I will add is that my attempt to come up with an example to describe something that felt difficult to describe was really helpful. When I talked about the frog pond and the various feelings and thoughts that occur for me in that situation, it really helped to get to the more general issue of being conscious of my own enjoyment or comfort or simply myself in the situation. Using the specific to get to the general really worked for me.
 - (S1) Feeling safe to feel
 - (S2) The emotional release, tears, energy shifting moving through my body
 - (S1) One of the key points was realizing that what I considered as mistakes were just judgments on my part and not truths.
- Another point was realizing that living a life without 'mistakes' would be very freeing and joyful.

I liked when you mentioned that I what you saw for me now in life was to play and be a child and somehow make up for the heaviness I'd lived until now: always making sure I was not making a mistake and avoiding making mistakes so that my mother would be spared feeling she had made a mistake with me.

I also liked when you imitated me in living life in fear of making mistakes. It is funny and makes me see the absurdity of it.

- (S2) The key point was seeing how I'd only been guided by my head and that I could no longer live that way. It is too flimsy, insecure, superficial and aimless to me.
I found it really interesting when you asked to talk about what I knew how to do. Sharing that with you in a concrete way, really getting specific about what I know was a good starting point in the direction of seeing where I could go from here.
- (S3) The key points were sharing my successes and then the energy work.
- (S1) Realizing that I could go deeper if only I let it happen
- (S2) Your way of active listening had a strong effect on me....the words were less important.
- (S3) It was reassuring when you said that insights are cumulative, that my lighter being can be trusted with further insights...to simply feel that I can travel deeper with you and that there will be other moments to be experienced in that kind of sacred space
- (S1) I answered this above...
- (S3) Oui...d'entendre ce dont j'avais tant besoin quand j'étais jeune...la paix et que je ne la trouvais pas. Et que là je peux y accéder...et ne plus être déstabilisée.

Effectiveness of this session with regards to addressing your issue?

Explain/Discuss:

- (S1) 0 -- Just as already mentioned, I don't expect miracles. Bodily stuff sometimes needs a few inputs.
- (S2) 2 -- For the physical issue I don't notice much, but from the connections I make while we do the session it's good
- (S3) 2 -- well, it didn't change the sensation in my knee, but it felt good to take the time for it and maybe I'm a bit more conscious about the stuff why it's hurting
- (S1) 8 -- it was helpful for all the reasons above. It was what I needed to hear. And it also reminded me that I don't have to try to control everything, and that I can't -- whatever will be will be, and I can only be myself...
- (S2) 6-8 -- I feel like a shift might have occurred.
- (S3) 8 -- I feel like we worked on a lot of things that were keeping me stuck, so that it feels like there's a but more breathing space now. It feels fragile (the work/shift) and I'd like to make it more solid... create a new foundation that works better for me than the one I'd had.
- (S1) 9 -- now that I can know there is nothing wrong with me I can communicate with others more freely and without disguise or any kind of weirdness that I am holding onto.
- (S2) 9
- (S3) 8.5
- (S1) 5 -- Well, to a certain extent I was aware of this part of my character. Hearing it from another person, based on the not directly suggestive information I have given, helped to establish this knowledge within myself. The instructions on how to deal with the issue were also particularly helpful. However, the whole thing turned upside down within two days and the 'spiritual' momentum was hard to maintain and eventually lost. The amount of negativity that I experience now, feels in some way proportional to the gains I have made during the session. It feels a bit like recovering from a high.

- (S2) 7 -- I'd say the session really brought me forward. I respect the power of the instructor in clearing my mind. I just wish I could also do it myself.
- (S3) 8 -- The session was quite revealing. Layer after layer more is revealed. Sometimes it feels it will never end, but it is a fascinating experience, something that helps to keep going. I think coming to contact with the vulnerable self was also hugely helpful. I am quite comfortable like this and I find my relationships with other people is greatly improved when I am connected to this aspect of my character. I would like to stay there more and explore this state of being. Although it might seem powerless, it actually contains all I need to know about dealing with circumstances. I can now glimpse that the totalitarian approach is actually pretty much of a stupid reaction. Nevertheless, it seems like there is a long way to go. Shifting into the not knowing was more effective, staying in vulnerability has not been quite established within.
- (S1) 6
- (S2) 7 -- feeling better overall
- (S1) 5 -- helpful, but maybe just more effective use of set up silence... maybe addressing the gamut from intangible to concrete as a process.
- (S2) 4-5 -- more concentration on 'getting into the heart/love space' would be helpful
- (S1) 9 -- As discussed above
- (S2) 8 -- I think I have covered most of my response above. I am making an effort to tune into my moments of fatigue and taking the time to pause when I am experiencing them. This has meant, for example, sitting down after Isaac leaves for school, remaining at the table for a few minutes when I have finished eating and sitting down with the boys when they are doing a sitting activity, rather than trying to 'take advantage of the moment' and get a few things done. I had a good chat with [my partner] and have found that voicing the fact that I struggle with this part of myself somehow makes it easier to own and embrace this part. I can't say I have embraced it! I do feel as though this may be the kind of thing I do well with with support, but that I may revert to old thinking patterns without support. I do hope this won't be the case.
- (S3) 8 -- I walk away with two very concrete things I will do, one about a way of being and one about doing. In terms of being, I have a tool that helps me to be present to myself at any moment. I just stop and say 'to be truly me I need to be me in the moment. How am I in the moment?'. I don't need to 'work' it or 'do' anything more. I just need to tune in and note how I am. As I mentioned, I find this has a real calming effect on me. The 'doing' part is in relation to my kids. Sometimes things move so quickly with them that I can go for quite a long period without giving much thought to how I am in the experience. I can also find myself not particularly enjoying the experience but rather tolerating it. The act of doing something in the moment, usually something small, really changes the quality of the experience.
- (S1) 4 -- my own resistance to feeling, unconscious fears make it difficult for movement in sessions
- (S2) 8 -- allowed myself with your help to get into my feelings/heart
- (S1) 8 -- I feel like I am being guided on a journey and with your help I have faith I can get there. Our talk about there being no mistakes in life, but just experiences reminds me to lighten about decisions I have made and will need to make. This allows me to test out my connection with my heart without pressure.
- (S2) 9 -- I'm learning to really let go and trust myself. I realize that my relationship to the world has been one of mistrust, resignation, cynicism. I felt that life and the world was not really on my side; that it was unfair and would not ultimately let me get what I wanted. That is just a defeatist conversation I was letting take over my life. I'm learning to have the courage to trust myself and life and that when I do, life responds immediately with positive experiences. By being responsible for how I interact with life, and my relationship with it, by being more positive and hopeful, I am getting great results. It takes great will power and courage to not let my conversations bring me down, especially at low or emotional points in my life. I saw how I could really stand up to those conversations and say

“no”. I now have the experience of me saying no, even when my body was subjugated to them and then shifting the direction of my experience.

- (S3) 10 -- This session I shared my successes in being myself and being ok with expressing who I am. The energy work was meant to do stimulate that process some more. I feel something has shifted. I believe that I am reconnecting with the natural ability I have to enroll others, express my enthusiasm and ignite others to feel the same way about their lives. I am rechanneling the ease I used to have in connecting with people on a very basic and real level in such a way that I can get right to the chase of the matter at hand. I don't feel afraid of expressing myself, asking for things, and sharing ideas. My power is there. Connecting with people on the heart level. Through people we can create anything. Through and with people I can create anything. I had forgotten this natural ability I have. Today I feel really moved and inspired by it.
- (S1) 8
- (S2) 8
- (S3) 9
- (S1) 10
- (S3) 10...le plus aidant que je n'ai vécu à date.

Is there anything else that you would like to share with me in regards to this session?

- (S1) I'm looking forward to see how it's gonna be the next time!
- (S2) No, but thank you, it's nice for my knee! It likes it!
- (S1) just that I feel very grateful, thank you. And I'm looking forward to some more things to try.
- (S2) Just to say thank you again. I feel like this is really happening at the right time for me, and I much prefer a more heart and spiritually-based approach than the more traditional forms of psychotherapy. It resonates more, and it feels to me like it gets to things faster.
- (S3) Just that as always, I feel very grateful and look forward to continuing the journey together!
- (S1) thank you kindly and I look forward to more of the same (smiley).
- (S1) The process of completing the questionnaire was helpful. If I was to do the ratings now I would probably be giving one to two points more in the positive direction.
- (S2) I think I need to work more into feeling comfortable when being in the state of not knowing. This is somewhat essential, but also outside my league for the time being. Quite pleasant memory though.
- (S3) The session was quite nice. The only thing I feel I missed was what you saw when going inside, which feels like too important to have missed. I sincerely hope I can stay close to the vulnerable self, I do.
- (S1) gratitude
- (S2) was a nice continuation to the first
- (S1) I have had big 'ah ha' moments in sessions before and also sessions that accessed deep emotion. I wouldn't say that this session was either of those, but there was a quality to it that was very subtle and very powerful at the same time. The feeling of well-being mentioned above when describing 'me without the voice' felt new. I do feel glad that we have two more sessions concentrating on the topic. I do feel a sort of new-found resistance to that voice, but I worry that this would fade without more support. Perhaps it wouldn't, but it feels too fresh to say that a permanent change in my response to situations has taken place.
- (S3) I think I have covered it all. Thank you!
- (S2) Since the session, I have had a few very successful life experiences: I taught a [...] class for the 1st time and my students loved it: I trusted I could do a great job integrating what I know, what I just learned and my intention to give people the experience of their own power and the power of being in the present moment.

I presented an info session for a training course I will teach in July: 30 people showed up and by being 100% myself as I have never been in my life (just sharing my experience and feeling what the people in front of me needed from me), 8 people registered and paid for the course in full that night!

And I had a job interview for a new career [...]: I was 100% myself once again (no bullshitting, trying to impress, trying to fit it in) and it went wonderfully. The boss told me he was thinking of offering me a part-time position which would allow me to see if I liked it!! He said he would email me the details and salary in the next few days. Yes...all this happened in the last three days☺

I feel the work we have done together, learning to trust myself and follow my heart/gut/intuition has been integral in these successes. All that I already know and experienced so far + self confidence and trust allows me to extend myself in new ways.

- (S1) Gratitude.....xxxxxxxxxxxxxxxxxxxx