

March 9, 2019

AGE 34

OVERALL CHI LEVEL: (50/100 would be average for a woman your age) 86/100. People don't really get much more physically healthy than you are. Therefore I will spend most of my reading focusing on your emotional/mental/physical well-being.

MOST STRESSED ORGAN: (72 to 85 percent is normal healthy functioning for an organ - higher is not better as you do not want your organs to overwork) Kidneys. Even though these are your most stressed organ I think it's because you are naturally a water type person. You are a gentle person and will do well throughout your lifetime to choose gentle approaches to everything. In other words, do not push - pushing is for fire people. The more you can find the gentleness in yourself, in your communications with others and in your approach to life the more successful you will be. It's helpful to remember that water is actually the most powerful element. Although it's fun to be fiery this will burn you out quite quickly and push you out of balance. Intuitively you must be understanding this as your elements are quite balanced at the moment.

Recommend in ceremony 12.

PHYSICAL. I believe you do have parasites in your kidneys - perhaps a water-borne parasite, but other than that I think your self care is excellent. You are so healthy that you may not have noticed the parasites. Please be careful about the quality of water you drink. You do better with homeopathic and energetic remedies than actual supplements so it would be ideal for you to find someone who can prescribe an energetic remedy to clear these.

ENERGETIC. Your main challenge is grounding and staying in your body. Even though you want to explore your spiritual self, it's crucial for you that you stay grounded in your body and that you come back "home" right away once you have been journeying.

EMOTIONAL. You have integrated the patterns of abuse all the way through your mind-body system. There are two flower essences made from orchids I would recommend for you to take to help you unwind this pattern.

Your inner child remains wounded by what has happened with you and your father.

You would do well to learn about healthy male-female communication as you did not learn this growing up. I recommend the work of Allison Armstrong at [www.understandmen.com](http://www.understandmen.com). Of course when your father has a personality disorder

this is not your fault - you just need to recognize that you have not yet learned about healthy men, about what healthy men really need, how they need to be fed on all levels and how to get what you want and need from a man in a healthy way. The abuse you have experienced has scarred you quite deeply due to your innate sensitivity.

You do not handle criticism very well.

Please do not take anything I write here as criticism as that is not my intention - I'm on YOUR side!

It's helpful to understand that when a child has been abused or neglected, the child tends to internalize this pattern. Instead of recognizing that daddy had a problem (which of course you see clearly now), you have internalized the conclusion that there is something wrong with yourself and that you need to "fix" you.

What's good about this inner pressure in your case is that it has launched you into a personal journey of self discovery which will continue for you into your mid-40s.

Even though you have learned a lot I still don't think you understand yourself very well, most especially what I said in the beginning, which is that your mind-body-spirit does not want/need/or succeeds well through pushing, driving or trying to accelerate. Only when you allow the process of your own flowering will your emotional-mental and spiritual flowering optimize.

What you have been doing, metaphorically, is like looking at a beautiful bud and yelling, "FLOWER, Damn it!"

As if this actually works!

Everything and everyone has our own internal rhythm which you are in a process of discovering.

You truly can't be pushed no matter how hard you try so you would do well to simply stop pushing.

By paying attention to the energetic flows of your life and staying present in the moment as you observe these patterns unfolding you will succeed more easily.

## MENTAL.

I see you fighting, so to speak, in many aspects of your life. What I mean by that is that somehow you have come to a belief that you have to fight to succeed.

When you are in your right profession you will succeed without effort.

I'm always explaining to young women that yin energy is different.

A powerful woman does not need to push.

She can sit on a mountain top and simply be and everything and everyone she needs will come to her.

This habit of mentally fighting - fighting for money, fighting for business, fighting to succeed - simply wears you out.

I also believe you need female mentors.

The world tends to hold up men as exemplars of success.

However, you and I are women in this lifetime and we will not be men.

Find women you admire who can teach you how to hold your energy in a quiet and powerful way so that you can drop your habit of thinking like a man.

## SPIRITUAL.

When you have your ceremony, I recommend you ask the plant medicine to empower you to clear the energetic debris of the abuse you experienced and also teach you how to be yin.

It's my experience that this medicine is the most powerful plant medicine on the face of the earth.

To me it is father energy in its best expression.

You need a kind and wise father to support you as you have not experienced this yet in this lifetime.

Here are some of the shadow archetypes that you are wrestling with.

Although some of these may appear sexy they are still not your true self.

The more you can learn to integrate these into your personality without allowing these archetypes to rule the more successful you will become on your spiritual journey.

Poet. You feel the need to communicate in fancy or obtuse language rather than speaking boldly straight from your heart.

Shape Shifter. You are unwilling to fully accept this body in this lifetime. The more you surrender to this lifetime, this body and realize what a wondrous gift it all is the easier time you will have.

Healer. Although this appears yet another positive archetype, you try to heal others through your own ego. This comes across as you needing to be right, needing to have all the answers or trying to figure everything out as opposed to simply praying for guidance, asking that what the other person needs to hear come through you and stepping your ego out of the way. You need to learn how to drop the client's energy when they are not with you as I see you wrestling with their problems in your mind. Other people do not need to be "fixed." They are already good enough exactly as they are. Your job (should you choose to accept it) is to show them their wholeness. Drop the act and be far more successful at empowering others to shift their vibration out of pain and suffering. The more you stay in your own wholeness the more quickly other people can resonate with your higher vibration. This is why it's essential that you learn to set your ego aside.

Play with them, love them, laugh with them and they will see their own wholeness.

The more you try to "fix" people the more other people feel that there is something wrong with them.

In other lifetimes you have taken several past life vows that are currently getting in your way:

A vow to be a caretaker. You have vowed to take care of others. You need to rescind this vow so that you can be in win-win relationships rather than relationships where you take care of others and your own needs do not get met.

A vow preventing love. You vowed to set your own need for love aside so that you could focus on taking care of others.

A vow of sacrifice/priestess. You took a past life vow of chastity and poverty, obedience, self sacrifice and their equivalent.

These are all soul agreements that you can release and perhaps you could ask the plant medicine to clear away all past life agreements that are preventing your soul from experiencing love and happiness in this lifetime.

#### ENVIRONMENT.

From what I can see you need to belong to a circle of peers who are working together towards personal enlightenment. You will do best at this time to work in a collective way rather than to try to do this on your own.

#### NUTRITION

Your nutrition is in balance.

#### SUPPLEMENTS.

Flower essences made from orchids - <http://www.healingorchids.com/livingtreeorchids-products/singleessences.html>

##### **Andean Fire.**

One name for this essence could have been "Resurrecting Courage and Purpose" even when overwhelmed by the suffering all around, even in the face of absolute physical challenge. Would help those who have been victims of torture or major disasters in this or a past life. This is a major essence to address the horrors of human suffering and way to experience what is meant by The Compassion of Christ.

##### **Angelic Canopy.**

Balm for the troubled soul. If you can only have one of the Living Tree Orchid Essences, this one should be seriously considered as it is so helpful in these times. Angelic Canopy brings nurturing to those who are in grief, despair or who have lost hope. Releases the tension from the flight vs.fight response, thus helping to increase one's sense of security by realigning to the values of life. "All things can be done in Grace." Great for space clearing and cleansing of crystals.

##### **Being in Grace.**

I'm recommending this specifically for you as it works on the kidney meridian.

A large and vibrantly purple vandaceous orchid, the color of the blooms is central to the action of this essence. This essence is in part a cleansing of one's old emotional pain that can appear as physical distress or energetic blocks. Its healing process goes deeply into the emotional center of the brain. It also releases tension from the kidney meridian.

## **Shadow Warrior.**

I'm recommending this for you to assist with your personal evolution as a healer. You need to become more aware of when your shadow self has seized control. Even if this shadow aspect has an apparently sexy, glamorous or glimmering appearance (visionary, yoga teacher, for example), whenever you are not living and expressing as your true self your shadow is in charge. To be successful as a healer you must show up and get your ego totally out of the way. At the moment you are not very good at recognizing when your ego is in charge as she seems to fit in so well to your environment and she seems sooo fashionable.

I also enjoy being fashionable but when you do true healing work it's important that you allow your soul to do the work, not your ego. You are in the process of learning this important lesson and this flower essence will help you master it.

An extraordinary orchid, this essence was brought into being to assist the integration of one's shadow side with the onward journey of the soul into the light. It stops the shadow from interacting negatively with the challenging archetypes and enables grounding of primitive fears. Enters the base of the skull and goes down the causal body to the root chakra and below, connecting the soul to the root of soul's journey. This essence clears one's inner vision causing a change of perception, a deeper reality and enhances clairaudience. Shadow Warrior is a very yang essence and the effect is sustained with a minimum dose.

I recommend you take 2 to 4 drops of each essence under the tongue five times per day or put 2 to 4 drops in your water bottle for a period of six months. Whenever you need a flower essence for six months that means it is basically a constitutional remedy.

The fact that I'm recommending these remedies should give you a good idea of what you are working on.

## **SUPPORTIVE THERAPIES**

Walking in nature grounds you.

You also need a peer or mentor who can gently and kindly point out to you when your ego has slipped back in charge.

## **EXERCISE**

Walking, yoga, swimming, qi gong, tai chi.