



Date: 6/4/24

Practitioner: Rachel Dutton

Modality: Kinesiology

### Patient History/Red Flags:

Clearer in the mind, past memories are coming back  
 Fixated on organisation and time (if 15 minutes behind)  
 Awareness about the fine line between regimental processes and obsession

Thinking about childhood moments a lot more. Feel not being considered by another person and feeling left out. Listened to her needs the other day.

Shame undertone but has become aware and is calling it out and challenging this belief  
 Mum put Sally through every after school activity, forced on her and then quit so was shamed, used to be sick every Monday when had band rehearsal. Feels that pressure now when thinking about changing careers as she is not enjoying teaching. Loves the preppies and year one children but not older than about this age.

Affirmations book - Find a good secure job and work your way up

Affirm: I let go of others opinions on the career path for me

Corpus Callosum

Amygdala

Hypothalamus

Hippocampus

Colour Gold

Gb 41 and Gb 43

Homepractice

Send points to journal on and reflect upon

Mind map ideas and concepts that arise about future business ideas.



Date: 30/4/24

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Course was more spiritual and really good 2 days. Felt connected to everyone. Still processing. Fear around the business.

Emotion age 23-24 The sneakiness of others is no reflection on me

Organ: Stomach

Emotion of Depression

Fear being processed at destructive instead of intension

If I was confident what would be the next thing i would do

If I was worthy what would be the next thing I would do

Increase intuition (gut feeling, trust, commitment)

Motivation Seeking system (lost, no balance)

Liver Disconnection from purpose (no path stands out, too many option, disconnected from intuition, risk adverse, avoiding confrontation, need to fit in)

Emotional blockage (lethargic, internalised, confused, frightened to have a go, overwhelmed)

Amygdala

Corpus Callosum

Homework

Send Coaching book

Send statements above

Start to develop the personality your want to become

Creating a new personality creates a new personal reality



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