

(4 wk round) Paid on (MA) express post.
(to rebook in 1 mth.)

Judy Hinwood 80

7/2/25

John died 4.5 yrs ago - 'Fabulous' - chiro
Mesothelioma - asbestos lung ca. - too optimistic
Not ready for his passing 10 days.
Didn't want to discuss his death.

Grief + + → last 6 mths a bit better
Waterfalls → tears + +
Low energy

John's death is give Judy a chance to stand fwd.

light now.com.au

light of mind visualisations

Adopted children from Chile → family fractured

Not good enough, not lovable, I'm alone / Mom wanted a boy.
don't see the light, feel it, hear it. → God present
I'll miss him forever.

Grief 1st.

Dread later → too hard, alone, given up

Just moved, terrible w \$\$\$ → "Need a fresh start"

Have never owned a property ↳ Bankrupt @ 65

Current house for 3 mths then will have to
move again

50 birthday tomorrow → feeling dread about going

- Tricky childhood - Dad was withdrawn - he had a rough childhood
- Chiropractic college in Canada "Very Difficult" difficult people, study, ↓ \$\$\$, weather, - darkness, Grey, cold.
- Adopted 3 older children from Chile, 3rd child - Damaged very difficult -
- losing family 1 by 1 - lost 2 best cats 6 mths before John + lost sister 8 mths after John

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Good health -> other than thyroid.
= early miscarriages, endometriosis, low energy.

Group exercise w physio - weights
Yoga
Starting stretch class

Low energy - not good @ night

Crew up in Bega

Sensitive to Dairy, gluten, (celiac), eggs, sugar
Gluten + Dairy free.
"Sugar addict" in childhood
Likes fish, chicken

Green jewellery.
Sadness drains energy, loses focus.

Tummy is not settled. -> unsettled w grief
'my tummy is enormous'
"This is not the life I expected to live"

Transitions - Butterfly.