

# Allie Duzett SAMPLE SESSION #1

This session was done for a real client several years ago. All identifying details have been removed. If any of the issues covered in this session apply to you, I give permission for this session to apply to you as well. Enjoy! - Allie

T---! Before we get started, drink a lot of water. I always ask my clients to ask for a personal witness to their souls of what is or isn't true and accurate in a session. I just see what I see and it's up to you to interpret! You may need to read this and process things several times to see the full effect.

You mentioned overwhelm, anxiety, stress, and feeling like you're not accomplishing much; fears about learning energy work; fears of darkness; feeling stuck; pregnancy concerns.

Okay, I'm going to get started. Your energy looks very--jumbled up. It says it's jumbled for one primary reason so I'm asking what. It does say overwhelm, from age 30 (I have no idea how old you are so if you are younger than that, then I can double check!). Stress that feels nail-bitey. Feelings of horror and things being out of control, like there is just too too too much going on. Adrenalin. Worry panic stress AHH!!!. It says, "THIS IS JUST! TOO! MUCH!! I just want to SLEEP!!! I just need to REST!!!" And it cries for rest and just wants to reset everything, it wants a hard reset. Irritation with a particular situation, a terror of how this situation could go wrong, and a decision to irritably slam the door on the possibilities of this situation coming to a negative fruition. A wishy-washy-ness about a decision or lack of a decision. It says, "I just need to sleep. I just need to sleep."

I'm getting that this is trauma from an acute moment (as opposed to a chronic moment). I'm hearing the word "October." And a big FRUSTRATION!!!! I think it can clear now. Deep breaths and tap on your head, just on your hair. Deep forceful breaths will help get these emotions out of your system.

Underneath all that is an irritation with a spouse. Breathe it out. An anger, an irrationality, it calls itself, an anger. Release it with a deep breath. It erupts: "IT'S NOT FAIR!!" It feels like a volcano, sometimes erupting, feeling guilty, "gotta get my cool." It says, AHHH!!

Backing up. It says to look premortally. Pray about this, or view it as a symbol. I see you as a guardian angel for a woman who is very wealthy, possibly an heiress. She has tons of money and space and abundance, not a lot of love in her life, but she has so much *stuff*. She cries and yearns for love but does take some comfort in her *stuff*. I see you watching this and having really intense reactions to it. Things like:

- It's not safe to be physically stable (as far as money/items/possessions etc)--having physical abundance MUST lead to emotional despair and loneliness
- It's not fair how some people have lots of stuff and other people don't; it's not fair how some people have lots of love and other people don't
- I have to commit to a life of scarcity if I want the love I want
- I have to create choices between abundance and love if I want to have love (and therefore I must reject abundance)
- If there wasn't enough love for her, there can't be enough love for me--there must not be enough for me
- A panicky hyperventilating feeling of, there's not enough! there's not enough! there's not enough! there's not enough!!
- big GUILT over taking care of yourself. If you take care of yourself, well, WHY??!?! GUILT GUILT GUILT how dare you take care of yourself! The way to be loved is to serve others so SLAVE AWAY, SLAVE!! AHHH!!
- Dread of, I will die and never experience the love and peace I feel I was placed here to feel

Okay. It says none of that can clear yet. There's a resistance that says, "If I let this go, I will have wasted all these years I've held onto that." So inviting in a knowledge to the tissues that it can be safe to heal from this. You have not wasted any time, you haven't lost anything. This is the exact right time to let this go. Any sooner would have been too soon. This has served an important role in your life and now it is safe to start letting it go.

It feels very intense. If you feel like crying, please cry! If not, just do really deep forceful breaths! It is so so safe to let this go. Putting in a program to teach the body how to clear this safely and easily in a way that is gentle and safe for your body. Inviting in a sense of lightness when these weights clear from your energy.

It'll take about a day for all that to process and you'll want to drink a lot of water.

Replacing those beliefs with new understandings:

- It is possible to have both enormous amounts of financial security, AND enormous amounts of love and relationship security.
- It is possible for ME to have both enormous amounts of financial and physical security, AND enormous amounts of love and relationship security.

Say this out loud with force when you can, maybe in your car or something: **"I CHOOSE TO EXPERIENCE BOTH FINANCIAL SECURITY AND EMOTIONAL SECURITY!!! I CHOOSE IT!!!!"**

Scrambling up those old programs for good, clearing them out, and replacing with these new programs of YES and ALL OF THE ABOVE and *God doesn't have to choose between enormous love and enormous prosperity--I don't have to choose between them either*. Releasing the old chains of the old way of thinking and allowing this new understanding to distill on the brain.

Now looking at that jumbled system. It's terrified of being healed. I just did a kinetic release for it (shook it out of my hands for a few minutes) to loosen it up. It's about 70% clear now. It's afraid because it already feels so overwhelmed, if it's healed, what more will be asked of it?

If you let go of your feelings of overwhelm, will you be asked to do EVEN MORE??! There's just a big overwhelming terror of that. How can I handle even more? How could I do it? How can I let go of my terror of that? That terror protects me.

Big feelings bubbling up now of unsupported and discouragement, hopelessness, helplessness, my life is out of my control, and if I got it under my control, I'd have to do even, even more.

So inviting your spirit to come and view the Divine Mother. She is the Feminine Aspect. And while the Masculine Aspect is all about *doing*, the Feminine Aspect--YOUR aspect--is all about **being**. It's about **being**. Not doing.

Breathe in that understanding: **it is safe to BE instead of do. It is safe to BE instead of do. It is safe to BE instead of do.** Teaching the body HOW to be instead of do.

It is safe to let some things go. It is safe to take care of yourself. It is safe to breathe in love and divine light. It is safe to feel connected to yourself and to the earth. It is safe to release the things that make you feel overwhelmed, and focus instead on taking care of yourself and making sure you feel equipped to be calm and clear every day. It is safe to get enough sleep. It is safe to feel safe.

The overwhelm processing pathway is stuck and fractured. It feels constipated. From an acute event about 16-18 months ago. Feels panicky and like something is caught in the throat, I can't say what I want to say, can't speak, not safe to speak. Sorrow. It's too overwhelming to deal with so I'm just not going to deal with it. Breathe it out. Releasing that 100% and helping it flow out.

Washing out the overwhelm pathway, and reinstalling. Getting it flowing the right direction, teaching it how to release your feelings of overwhelm, and helping it release any overwhelm just hanging around in your body that can leave through that pathway. Overwhelm about marriage, spouse, finances, children, birth, pregnancy trauma, fears, releasing. Releasing. Releasing. Breathe it all out. Imagine the things you are overwhelmed by, and then imagine them getting vacuumed out of your body through a blue tube in your chest that slurps those things up and deposits them outside your body where angels come help them slurp into outer space.

When I found pregnancy overwhelm--man, that dragged up a bunch of stuff! You have a lot of birth traumas!

I'm going to ask for a symbolic image to heal of all the births you have birthed. I see a lot of raw pain, a lot of pregnancy trauma--yep, lots of barfing--stress, "why can't this be over yet? why? why?" a feeling of confusion and purposelessness, like, "God, why does this have to be this way? This doesn't even make sense!" a sort of faithlessness that this has any higher purpose. A sorrow about it, helplessness, hopelessness, yawning gaping tiredness of it all. Feeling like birth alone would have been crazy enough, but YOU had to do it way tired and exhausted from these super difficult pregnancies. A sense of fatigue, severe exhaustion. How can I make it another day. How can I do this for another hour, let alone another day? How am I even still alive? Feeling so beaten down and exhausted.

So projecting these images onto a screen, and inviting Jesus in to heal the images. He steps into the screen and touches you where you're barfing on the screen. At his touch, your stomach and gag reflexes calm and are suddenly filled with blue light, then white light, then pink light, and then they are just left glowing and pure looking. The you in the screen stands up and feels this renewed sense of purpose. When she gives birth, it is so easy--the You in there is just wearing this flowing dress: she squats down, and just births this kid in like 1 second and the baby is healthy, your dress is intact, it was so easy and beautiful. Jesus is like, "YEAH!" And He is so happy for your beautiful birth and healed pregnancy. Breathe it in. Releasing all the past traumas from other pregnancies and births. Healing them up. Washing out those old traumas with pure white healing light.

There's still a terror of an upcoming pregnancy. It says, "AHHH!" and looks like the emoji of a face that breathes out a tiny skull. Ha! It is like, another pregnancy will actually do me in. Paralysis. I don't want it. Ah. How would I survive. Pray about this, but I see you working as a sort of doula angel premortally--you don't have to believe this but you can view it as a symbol--but assisting another mother with hyperemesis gravidarum and this mother actually dies of it, of malnutrition and not being able to hold anything down. So she and her baby die and it is very traumatic. There's a decision to experience that same condition in your mortal life, and there's big unresolved trauma of WHY. WHY, GOD, WHY. This is the most miserable experience a woman can experience and WHY. WHY WHY WHY. Why did God make pregnancy so horrible? How come He makes women hurt so much? Why does He want women to die? A sense of betrayal, numbness, abandonment, sorrow, upset, crying, grieving, unmourned mourning. No no no no no. It wasn't fair, it wasn't fair, it wasn't fair.

So witnessing that move on out of your system. Breathe it out. Breathing out senses of betrayal and abandonment and it wasn't fair it wasn't fair it wasn't fair. Breathing out the contract to suffer with HG in this life. Releasing the need to reenact that event out of solidarity. Releasing any absorbed trauma from other women throughout time who have suffered that same trauma. Releasing a trauma of, "it was just too much. Too much. Too much." Overwhelm. Releasing that and filling up that space with a pure white healing light. Breathe it in.

That was a lot!

That's all for this session and we didn't clear all the things you listed, but I am very, very pleased with the amount that did come up. Please read this through a few times over the next few days, drink tons and tons of water, and please keep me posted on literally any and all changes you notice. Did this make your head buzz? Are you feeling a little lightheaded? Etc. Any change you notice in your body, emotions, or behavior, it's important that I hear about it so I can support you through letting this stuff go for good.

You are amazing!! You have been through so much but I just have a sense of you as a graceful person--as in, you carry grace with you, and maybe sometimes you don't feel it or don't let it show but I feel like I can see it in you, and it is so beautiful.

Have an incredible day!