

# Allie Duzett Sample Session #2

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

K---! Go ahead and drink some water and get in tune with your body. Let's get started!

The first thing coming up is a very big sense of fragmentation. It looks like a bunch of broken things hanging in the air. It looks like something happened about 6-7 months ago that was very--just disorienting to your energy or something. May have to do with the ----- assignment.

Up comes despair, hopelessness, overwhelm, shock, horror, feelings of "how can I get this all done," despair about health and sleep and physical pain and "making things work." Here is a panic feeling that feels like it has to run in circles and try try try to get stuff done but it never can get ahead. Here is a scream of frustration: AHHH!!!

None of that can clear yet... here is an absorbed anger from your spouse, possibly toward the church. It's like, "when is enough enough." Some resentment, some bitterness and jealousy over your time or over "time" in general, something like that. Guilt feelings. Discouragement, feeling like he can't speak. These feelings are all lodged in YOUR body so your actual spouse may not feel them, but you might be dealing with the side effects of having absorbed them. These are all in the throat chakra area. Here is a "rage that church takes too much time."

Okay. Start tapping on your forehead and breathing all of this out. Releasing, releasing... breathing in a new paradigm of peace about church responsibility.

Washing out the many fragments of your energy hanging in your space, and healing them up. Putting them back together again like a puzzle. Breathe in how they heal and shape up, going right back where they belong. It starts to feel like being a person again. Breathe it in.

## SLEEP MECHANISM

I'm taking a look at your sleep mechanism now. It looks present but non-functional. The sleep mechanism is kind of like an energetic factory for sleep. It has 12 parts. They all need to be present and functional.

Part 1: not functional. birth trauma. The shock of being born abruptly shifts the switch there. Breathe that birth trauma shock out, and now we're healing the foundational base of your sleeping mechanism. Breathe that in. Healing that up. Turning it on.

Part 2: intact and functional, turning it on. Breathe it in.

Part 3: missing. Trauma, age 2. Looks like a devastating nightmare, afflicting parts 3-7. Evil spirit attack or something. An insertion of negative energy into your ability to sleep. Releasing that safely now, and washing that experience and its trauma out of your system. Imagine giving your 2yo self a healing bath that washes away her trauma from her nightmares. Snuggle her close and hold her and tell her it is okay. Breathe that in. I'm washing out all those pieces of the mechanism, making sure they are all functional and flowing the correct direction, and now reinstalling. Breathe it in.

Part 8: looking good

Part 9: missing, along with 12, and for the same reason: a big unresolved sorrow relating to maybe a birth or a death or both together, maybe 4-5 years ago. It can clear now, breathe that out, and now healing those pieces and bringing them back and reinstalling.

Part 10: looking good

Part 11: a fear has cracked this one. Fear of sleep, fear of rest, guilt about resting, "there's no rest for the weary." Big false beliefs about sleep embedded into this part of the mechanism. "Sleeping is scary." "Sleeping makes me a worse person." "If I sleep I can't work." "Can't get things done while I sleep." "Sleeping is unproductive." "I am a failure if I get too much sleep." "Gotta get stuff done." Some of this is ancestral. It says none of it can clear now. I'm asking why not. Guilt, ancestral. Not having gotten enough done.

Go ahead and imagine your ancestors who are afflicted with these beliefs as well. Imagine them coming to you in a circle. Go ahead and just hear them out. Allow them to vent their self-frustrations. This may come in words or feelings, or it might not, and you can just imagine that it is happening and that is good enough. Breathe for them. Release those feelings for them. Imagine how they let go of those feelings of not being enough, not getting enough done. Help them breathe out their feelings of guilt. They don't need to carry that anymore and neither do you!

Breathe in a new paradigm: "I have the perfect amount of time. Whatever I accomplish in my time is exactly right for me. I have no need of self-punishment when it comes to how I use my time. I know it is safe for me to feel like there is enough time for me." Breathe it in.

Breathe in some major shifts to that Part 11--see if you can feel it, it's like gears that suddenly match up and can move the way they're supposed to. It should feel like a slight sense of relief or a breath of fresh air. Breathe it in!

Downloading a new understanding of how the sleep mechanism works, and how all the pieces fit together. Getting them all realigned and now threading them together.

You can imagine a factory in your lungs, this sleep mechanism. Imagine it extending from the bottom of your lungs and then having little towers that go up to your nose and mouth. As you breathe in at night, you breathe in the energy of sleep and breathe out the energies of stress and the day.

As you imagine this factory, imagine writing a new set of instructions for it. What time do you get tired for sleep? How long do you sleep for? How do you fall asleep after you wake up? Make up a list of how you want things to run in this sleep factory. I like to have it so my factory is programmed to help me fall asleep within 10 minutes of my head hitting the pillow, after I've brushed my teeth and said my prayers and done my bedtime routine, etc. What conditions would you like your factory to follow?

Establish what conditions you want followed and maybe write them down--after they are written down, imagine sitting down with your factory and handing over the new instruction manual. Imagine this instruction manual being integrated into the whole factory. Imagine the factory's joy at being able to work with you to heal this situation and help you sleep better. It's so excited! Breathe it in.

It's so excited--but also calm and focused and ready to get to work. It knows you need better sleep.

Breathe in a divine perspective on how much sleep you need, and how for your personal body to fall asleep, how to stay asleep, how to process and use the sleep that you get, how to have functional REM cycles that keep you feeling refreshed when you wake up. Breathe that all in.

Okay, that may take a few days to go through--I recommend rereading this and doing that sleep factory manual exercise a few times over the next few days and just notice what is different about your sleep.

## BACK PAIN

Looking at the back quickly. I'm seeing one major distortion to start. A knife in the back. Self-placed. "Self-punishment." Guilt. Fear that if you don't punish yourself adequately, someone else or God will punish you way worse. "If I punish myself for my sins, no one else has the right to."

This is based in a false belief. It is not your job to punish yourself, it is your job to forgive all men, including yourself. There is a big rejection of that concept. "I CANNOT FORGIVE MYSELF." Fear of self-forgiveness. "People who forgive themselves make the same mistakes over and over. They never get better. If I forgive myself I am as bad as them. I will never improve myself. Punishing myself over and over is the safest way to make sure I never forget my own imperfections." Fear comes up again... fear of other people's and God's punishments...

not over something specific, but kind of over everything in general. Fear... sadness... "I'm not good enough."

This is the deepest wound, "I am not good enough." Here is what I would call an original birth resonance of feeling not good enough--it can clear now, so breathe it out, and we're replacing it at the origin source with the idea that, "I AM good enough! I am a daughter of God and the Divine Mother and therefore I AM GOOD ENOUGH!" Breathe it in! "Despite my imperfections, I am GOOD! Despite my mistakes, I can change and I AM GOOD ENOUGH!" Breathe in that new original birth resonance where the old one was. That should make a significant energetic shift, which you may or may not notice right away.

Can we remove the knife in the back--yes. Removing that along with all other energetic weapons in the back that may have been hiding up until this time. Breathe them out and imagine those weapons getting vacuumed up to outer space, never to bother you or anyone else again. Breathe in a sense of healing light to your back.

Breathe in healing light to your sleep mechanism and to your whole body, to everything we have worked on today, to everything in your sense of self, to all your beliefs and emotions. Breathe in the light!

There are a few minutes left that I will keep in reserve to use after I hear from you--let me know how this goes! Drink lots of water, and keep breathing!