

20.5.24

Emma  
Godsell.

Week 8 or 9 of acute

2 chants died last week

Acute

has a sharp throat, but looked OK.

no other sx

fevers - low grade

Coughing non-stop & incontinence.

Urine test. GP found minor abnormality but not concerned

3-4 days in → ABs. - no s.

Another GP → Penicillin - slowed the post. viral drip.

Coughing stuff up.

Saw my GP - & told him about mycoplasma pneumoniae  
→ erythromycin - 2 courses of 3 + cough >  
a break then another course.

Vocal cords - mucous. Need to clear

> lying > not moving.

Prior, cough < < lying.

low grade fever

Laryngitis is - from week 4

G.P. exam - lungs clear

Initially, unusual bleeding - streaky, blood vaginal  
(on herbal hormones for 2/12 but stopped)

That settled, but lasted for 3 weeks.

v. tired, was totally exhausted

wrecked after a short day.

⊕ lie still & not move

Body

initial sweets - 1st few weeks.

started from nothing; such intense; sudden;  
bilateral

but in bed, pain on side lying on  
Rt side, swing to left.

Last week - chest - SOB; struggling to talk.

Ventolin → cough

→ voice - s: globby mucus settling in - there  
gluey globs; clear

Expect. thick bubbles

A lot of saliva + spitting up + but clear.

Vomiting from A/Bs.

↓ appetite

Tried vocal steamer but no s - heat but throat

⊕ warm drinks

Covid - Jan 2024 → Feb.

- then another 2 things + flu.

Drained me.

Took a long time to get back to normal.

Thinking about what to do in my life

Is this universe telling me to slow down.

Counselling course - for sick + dying; issues

re Molly + Damien.

Forcing me to bed.

Doing alchemy workshops - Leanne said 'what are  
you going to do now?'

things I'd put to the side

She said I might do nothing for a while

Give myself a break.

Frustrated re that as thought I'd done that last year.

Resonates that I thought I was but maybe not?

Had to live in

Hypervigilant state to save everybody

This is so vocal I always talk; I talk too much;  
I maybe need to shut up.

Your voice. This is more to me than throat  
infection.

## ? the voice

(3)

For my holiday - Sept 2023, read book about  
medium. + had reading. so intuit ive  
Things came up about voice

- protection - I don't do well; too open +  
should pull back.
- Someone in your life underusing your voice  
(can't locate it)
- a quill + papers but no words
  - strong pull to writing my story; an  
important one; powerful, but some of it not my  
story but interwoven. Conscious of doing at the right  
time + when Molly ready (the voice thing)
- wouldn't start a new journey till later this year

At end of Covid - saw an energy healer → huge shift  
stored a lot in hips (past lives; childbirth; motherhood;  
witchery). She shifted some stuff that was significant  
I can't vocalize but significant; I could move  
without

Was bad until gall bladder.

After the - eased a bit (gall)

But after her, shifted it again <sup>native</sup>

She does vocalize - vocal thing - Indian sounds.

Came up before to that native medicine; a chant

## ? book's message

I can see the energy + response of the chakra.

Comes so naturally.

My journey for parenting - I saw things I  
assumed others saw but they didn't. Trying to  
understand the strength in that how you can help  
people see. It's a super power in myself

jumbled. It's emotional. A part of me I've had  
but not honoured in way I could have

Send play - connected in a way I was not able ④  
to see. Not what most people see.  
I'd do groups, belonged but not sure if I belong  
stepping in now  
John - strength

We're all vulnerable, even the strongest person.  
Emotional beings  
Shock to understanding of that level of intuition.  
Not expressing or how much I'm expressing, had to  
learn quickly when to share things in charts &  
not to.

No moving out → such relief  
Feel v. obliged to care for no.  
Frustrated she won't help herself.  
My bro - stepping in & relieved pressure.  
? not expressing

## Dreams

Started dreaming again  
Ex - partner -  
Random  
Stopped since sick  
(Natural hormones → better sleep & dreams)  
What will this open up?

(Don't sleep well when Darius is not there)

## Childhood stories

- pink room. No built cupboard  
Dreams but I'm awake. Door open & something  
in there that I can't see  
Trying to call out & no voice  
work self up into such a state I'd wake &  
find a way to scream out.

Rooted in the fear I couldn't get out of bed (2)

### Exp.

So paralyzed that something holding me there. M<sup>o</sup>  
never believed in paranormal. F<sup>o</sup> died when I had kids  
& when he was sick he'd remind me of me as a kid  
fear: everything stops. Nothing can move. Something  
really heavy sitting there; F: total helplessness

Adult dream.

R: helplessness can't move

Feeling of something - me & I can't move &  
I'm paralyzed; asleep but awake; everything's  
it is; until fear gets to maximum, I can't  
wake up & disoriented.

I believe my kids psychic connections are greater  
than mine. Molly - scared her. Noah - the most.  
I resonated to Molly

Admired Noah's accepting & knowing his uniqueness

HG - took & ran to it. Took bull by horns.

Embrace it. Grabbing hold of that little nut.

→ no place to draw strength from; stuck; waiting  
to be rescued; pulled out.

### Fear

Not being able to move for the pressure holding  
everything

Heart is so stagnating I can't move

Pressure on chest or abdo.

Pressure & pressure & nothing else can move

? off paralyzed.

Movement; freedom;

Image: tree. In birds - able to fly; calm.  
done; peace. (Everything my life's not been.

(Hormones - 18mos 'a nut case'  
warmer)

Paralyzed image: childhood bedroom.

Like I'm ice in that moment. Can't move;  
Can't break it or crack it.  
icy; cold.

Stagnation + movement.

? paralysis - (laughing)

feels good

No one else is there  
weight of obligation I've had for 20 yrs.

Strength + paralysis

open + closed

weak + strong