

11. 8.25 Gavin

Old stuff come up.

M. had miscarriage prior → got
up till age 4 - Vax

→ Cellulites → mass above A/B

Not aware of anything till 12.

→ Needed glasses after that.

School - intelligent but slow

12yo - M. went into hospital

Bipolar - 6-7 yr.

→ on my own

Put on computer from age 4

an addict in

so couldn't process the world.

Struggled in school

Respons. removed from me

14yo - on Roacutane → sensitivities

Threw up alot; wanted to give up

→ food sensitivities from that

ETOH from 12yo

Relational stress hard

Not having my own identity

24 - wisdom teeth.

Putting my identity from others.

B. 10 - narcissistic & bullying

F. - in own world; W.

24 - dating someone → get sick

→ fatigue;

19 - felt an ecstasy.

→ tragic mess on Effexor.

28 - DIV from bro → moved out

→ collapsed due to drugs

→ wheel chair 3yrs 3yrs

wt loss

Dos thought I had Lyme Disease → A/Bs⁺⁺
→ fatigue

T.

(2)

Reiki - started to unlock things

Low vit D

Saw psychotherapist; > breathwork & therapy.

M⁺ & B⁺ v. critical; I could never do the right thing.
Work a bit & have to rest.

2024 - food poisoning

then UTI

then kidney stone

↓
A/Bs

If I eat ice cream - urine smells.

Pain urinating

Itching

Struggle to digest fat - gall bladder

? candida

If use too much exertion } fatigue
etc

Trying to manage it & control it.

Live on own Zyr; loneliness

Sensitive to a lot of things.

Saw homeopath Brett Dennis

Fatigue

3

like walking through molecules
Heaviness around my system
Don't feel renewed when wake

"sloth"

slow in moving; take time

Need to rest before + after doing things

Sex comes in to ~~re~~ sedate system or I feel
out of control.

Practice not ejaculating.

A stress reliever but makes me too tired.

If I exert, tired

I can dance + do martial arts, but if fast + use
exertion, suffer

Have to pace self in gym.

Manage + hold things back to a level

W

Giving up in the system
Why bother?

A will (energy); no motivation

Not having my wants met as a child
Taking action difficult

Takes a while to rev. system up.

? stopping you

M. said no to me about

Judgement

Time in to others as
view people as fragile; not able to process their stuff
Caretaker role

I view it as disgust.

Trying to get things right

Trying to manage life so not be judged.

Manage who I am
criticised; told to do things differently 4
Constant criticism + told how to do things
Smothered the abandonment.
M^o went away

Now I'm conscious; then deep void
Tried to find it in church
Had to go to school
Stay up too late
Ate bad food

5yo - didn't know how to tie shoe laces
Lots of missing steps in me

I'm conscious; I've got space but don't
know what to do in it.

Computer → avoid life, ^{instead of reality}; to rest + sedate
Still don't know what to do ^{being out of control}
When I stay in reality, see what's not working
Not knowing what to say + do.
I've achieved a lot but

When people around, - as if held breath; hyper
anxious out of fear of being judged.

? I'm conscious

Going through suffering + having to sit in it +
working on being embodied; listening to thoughts +
feelings

? embodied

9th year of reiki healing;
Part of me gets blocked off + part of it opens
Growth + expansion; peace + love + cleared out
but makes me q. thoughts

Too aware of who I'm giving attⁿ to

5

Feeling into my body.

⊕ not personalise things

Trying to meet the go + let it settle
Then drops into subconscious.

I'm embodied

Reiki healer - 21.

2016 - started to work on self to release stuff.

NLP

Dis ability care

Event organisation.

? any embodiment

⊕ mechanics of sport

But not in my body; out here

HG - outside in

Brain space (out of body)

Avoiding being in myself

Critical family

It gets caught

easier - safer to be out of body

More activities often or start to criticise.
I like hiding

If there's space, I want to speak

When no space, want to hide; if accepting + nice,
easier to open up.

A lot of sadness.

Childhood fear

6

x heights

2yo - screamed at by g.m. for using a toy
Triggering for my system

R: FREEZE ; hide ; keep
H.G. to stomach
Breathlessness.
Scare

Don't point where resistance or criticism

Fear - more stress

wheelchair

24 - Kissed by girl (who'd

- save neck (so got w. teeth out)

went home & collapsed

So depleted after sex.

She said something's wrong w. me.

Wt. of that statement heavy on me.

→ Drs. H. but all tests NAD.

Not STD.

She said someone else kissed her on a ship

Ended up in bed & on computer.

Quit a job due to stress (AMP). They started to time me.

I'm work hard then rest.

I quit ; colleague

When in relat, pattern of overthinking, argue in my head

Argue myself into oblivion

Locked into over caring

Fear - of being then

I'll do something wrong

They're unsafe

don't want them to be angry w. me.

being abandoned rejected.

people pleaser.

F: Trying not to say loss

17

Intense connection to M^o

Disappointment

fear of disconnection

spend time in someone + try + replace that connect
Get used to it + then it's not there

F: I've let them down.

M^o fragile; bro got angry

I've got to take care of them.

want to help others

F^o was at home. v. competitive + drink a lot.

M^o - critical + nagging + put him down.

I might be got angry + physically violent.

→ she shut down;

Not around a lot at home.

F^o did domestic when M^o in hospital.

Had some fun, but felt like he didn't want me.

Mark - M^o wanted me but told me to go.

NOT WANTED.

I feel they're perception of me was wrong.

Felt none got me.

M^o teased for being on tippy toes. that hurt
Not heard. ; no voice

→ told jokes

No perception of me;

Didn't feel I had any control in the world
Feel I don't

Athletic; strong; fast; good

quiet shy; reading + computers.

liked socially; caring, compassionate

Core off ab it
intelligent but poor retention
Dich

Lacked adulting skills

anxiety interacting w people

Able chose to cope.

Desire for women & not able to communicate

→ Panic in system; advanced; FREEZE

Don't know what to say or do.

STUCK; NOT MOVING; not expressing; hold it all in

Wheel chair

after D/V in bro (used to punch & kick me)
verbally competent; put me down
Sucher punched me in head.

E, hit him & he wanted to keep going

I was scared for my life. Constant anx & stress

→ had to leave home (28)

Issues re

collapsed & ended up in wheel chair

→ back home. 3yrs.

(They were frozen children as well - H.)

Kill or be killed energy in bro being there. He kept persisting. Anx. in system.

Want to release it but stuck in there

Family don't SUPPORT ME

F: bro was unsafe. Just there to hurt me
Family didn't support me.
Broke me.

Hate & violence towards him

Can't have him in my life

Sits in the system. Angry but can't express

anyone I've loved & hurt or rejected me feels
it hate

bro was fragile when young

9.

No one able to stop me if angry
A lot of spite

My Conscience the same
In bed all the time
Got a bed sore.

Floppy; giving up; pain
Hopeless
Nothing working

Something is wrong. Tests NAD; people don't believe me.

cycle of looking for answers + disappointment
Can't get comfortable

Joint pain.

No energy.

Cramped up

Twisted in body.

Had hope then hopeless; giving up.

Had

27 - gave up after relat. breakup.

? Response to rejection:

- argue in my head - trying to convince them

Disconnect if they're not safe for me.

- something wrong is me; what did I do wrong.

Sleep

10

struggle to find a soft enough bed
overheat

Go to bed late 10-12pm or wake in night.
→ 7am. Dose till 10am
> rest
< over rest.

Energy: 5/10

Functioning but not ready to go.

Dreams

arguing w people; trying to put my point across.
" " " bro; he takes control; I've got to
fight him.

people seem bigger than they are

I'm smaller

F: people are pushing me around; trying to tell me
what to do; it's unfair; they're rough; bullies;

(Child R:

a deer - visited by a deer.)

embarrassment about device + app in teens.

R: hide + not slow.

Repression

A block.

I was closed off. Never closed it off.

Bullied - not shared

Like to shut down + close down system away
from chaos.

So sensitive to medicine.

Nvx-v → yellow

Digestion

11

Fats → nausea & ~~the~~ headaches.

Eat x 2/day

eat crackers

Hormones if getting weak but still sensitive
so have to manage that (the Ca level)

O.K. in beef, pasta, rice

No sugar, preservatives,

organic

particulates don't agree in me.

Recurrent UTIs

after ice cream.

epididymitis left side (scrotum)

• swelling

< after ejaculation > abstinence

itching = scrotum

< fried food < veg. oil < junk food.

< after ice cream. GP → fungal.

Vesicular eruption groin (after kissed girl)

+ mouth ulcers

Rt neck injury & tightness

Coccyx

fine rash red on torso.

Food

- ⊕ choc.
- ⊕ Ice cream.
- ⊕ biscuits
- ⊕ Sugar.

Migraines

- 2° foods or stress.
- temples
- < rt side forehead
- S: pressure in
- as if light blinding

Can't drink ETOH → sick (amice roacetane).