

23.1.25

Khander

MRI inconclusive $\rightarrow$ f/u scan (for sc c)

PET scan for lymphoma in March

Decided to go back on Carcin + ... iodatum

Convinced I had lymphoma back in March 2024 so went back on regime; + sniffed EBV

Cancer - about B-cells.

Before scans, all sx genes no lymphoma on scans.

2 spots in chest + 1 in thyroid - inconclusive.

Feel Rx's helped.

Took Cyprax a few times - last dose in Oct.

Surgery 10.12 $\rightarrow$ infection

Jan - Carcin - Sunday

Iodatum - wed.

4th year now - always relapse

Only got 1/2 yr of immunotherapy

Be proactive - not just focus on one time.

WHE - woman 1

Strong resistance

Terror

Worst possible thing that could happen

Life threatening

Will be consumed by the horror
Somebody's awful happening to someone else she's watching

Can't save them

But trying to save herself because otherwise she'd run
something is holding her there

Somebody else or some other thing
trapped - can't get away

In a time where life is hard

Living at survival level

Exp.

terror deepens helplessness,

fear

wants to exert some control by putting hands forward

Trying to resist whatever she sees

conflict of trying to escape + trying to exert some control

Trying to flee emotionally while physically trying to
influence it.

Withdraw; push it away to hide

if Hands could push it away she could hide

s: tight in gut; v. contracted internally.

all senses heightened; all muscles tense

MG contracting + tightening; hard; frozen; nothing flowing
fits on top of each other STUCK

terror

life threatening

overwhelming

shut down
x2 protect

Nothing moving
stopped.

BLOCKED

not relaxed

Shut down.

Regression

COLD

arrested
nothing known for
to move

opposite

Relaxed; loose; warm

flowing; fluid

Soft; palpable

everything's moving

energy's flowing

Healthy -

thriving +
growing

MG - cracked, but fluid
functional + flowing

has its own innate movement.

No need to protect.

Sense of endless form

Freedom

Everything working in unison

Limitless possibilities

R.H. hands moving in all directions; palms down

Needs to be a balance where movement + an
are kept in check + don't go the other way

(regulation)

H.G. it knows how

Ext. freedom

Untethered to anything harmful

Free of neg. energy

" " disease

light

floating

about balance + maintaining groundedness

Keep it in check

+ boundaries to keep it in balance

" the homeostasis

Perfectly healthy body

Thriving

v. well

Gesture - octopus; birds

Sea creature in that supported environment
where it can move freely in random way

as long as no threats; free to go in any direction

Have to be v. careful.

Like flying too. Lightness + weightlessness

Not weighed down by stuck energy.

Dreams.

as if BLOCKED; protecting me.
Subconscious

I feel dissociated to cope in trauma.

Entrapment is how I feel.

V. dense & stuck - just
where lymphoma