

## Case-Study Example: 'Donna'

The following is a summary of a real example of Block Clearance Therapy clearing session. The client undertook the session to uncover the emotional patterning about a life situation that the client has experienced and wanted to work through. The client has kindly allowed me to share this work in a written format on the basis of anonymity.

*Therefore the name has been changed to protect privacy.*

### **Background:**

Donna was having issues with one of her children having episodes of cutting communication to her and also of feeling stressed about being put upon and unsupported in her work place. This then created a feeling of 'non-success' as a parent and an employee. We looked at these issues over 2 sessions with Donna.

### **Clearing 1:**

Donna's subconscious mind took us to a block at age 2.

The 2 year old child was experiencing a sense of fear and abandonment. The parent that she felt closest to was going away to work for long periods of time and she wasn't sure how long they were away for or when they would be back. Not knowing this created a sense of negation and spending more time with her other parent, who was less emotionally demonstrative with her, felt like an abandonment. She felt surrounded by the negative emotions the other parent felt and expressed which triggered her to retreat in to herself.

**Summary:** I explained to Donna's child that her absent parent had work obligations that created long periods of time away and that this parent hadn't thought that 2 year old Donna had needed an explanation at her age. I explained that when she felt the abandonment and negative emotions of her other parent that she retreated in to herself. This reaction shows that there was not an expectation of support which was being projected in the work situation of adult Donna. This abandonment also created an expectation of isolation which was being reinforced by Donna's child in adulthood. This aspect was sent in to healing.

### **Clearing 2:**

Donna's subconscious mind again took us to a block at age 2.

In this clearing the 2 year old was spending time with her other parent that she felt less attached to. This had parent acted friendly and nurturing towards others but not towards Donna. Donna felt that she was to be negated unless she was being fed or deemed to be doing 'wrong' and then she would experience this parents fury.

**Summary:** I explained to Donna's child aspect that the parent she felt less attached to could nurture with food but not emotionally. That this created a feeling of negation and this in turn set up a pattern of powerlessness that adult Donna was experiencing as a lack of support at work or a non-communication from her own child. This aspect was sent in to healing.

**Aftercare:** The following affirmations were given to Donna to help her mind to re-pattern and find a way forward from this issue:

1/ I have now released all patterns and expectations of powerlessness based in negation in to light and healing.

2/ I now stand in my balanced power in safety, security and acceptance within all aspects of my soul.

**Outcome:** Donna is still affected by her child's episodes of non-communication but now rather than feeling vexed can accept that this is her child's issue and is outside of her control. She has also looked for a different job as she has recognised that her current employer had placed huge responsibilities and expectations on her without providing the support needed to sustain that level of requirement.