



Case Study #2

Maddy, a 34-year-old woman living with her fiancé, comes in for a SPS. She states she is feeling painfully empty. Maddy struggles with the ultimate question of her existence, asking herself, “what is my purpose for being here?” She has become aware that her life is moving toward an endpoint, and she wants to feel complete.

Maddy has worked as administrative support staff for the past fifteen years. She has attempted several college classes but finds herself dropping out after a few courses. Maddy struggles to find her passion in life and has asked to see her “spiritual center.” She grew up in a Catholic home but feels this spiritual modality is too strict. Maddy wants to work on discernment, discovering more about her self-sabotaging behaviors, and overcome resistance that is holding her back so that she may move forward.

Maddy discovers that exposure to her father’s temper has dampened her self-esteem. We work to remove these layers of fear and guilt by connecting her current self-sabotaging behaviors with her childhood feelings. Through energy clearing techniques and dream analysis, Maddy can see the connections and releases the emotional blocks.

Maddy formulates her next steps to fulfill her Soul’s purpose by connecting her heart and mind, discovering that her Soul’s drive stems from her experiences with her grandmother, who taught her how to cook. Maddy decides to move forward with her life dream and enroll in culinary school. She also discovers that she has a passion for mindfulness and feels connected to spirituality through meditation. Maddy has permitted herself to move toward what she loves and feels a sense of satisfaction with her life.

After deciding to commit to a career as a chef, Maddy has bridged her childhood memories with her grandmother with her passion for creating. She feels free (atonement) after removing the obstacles of self-sabotage.

Maddy has discovered her Soul’s purpose. She can identify negative cycles and has access to deeper feelings. Maddy has tools to help her move through difficult emotions that in the past were holding her back. She has connected to the disowned parts of herself by rediscovering her passion for cooking and her grandmother’s love.