

## Untitled

### Gina's Story Continued:

We meditated for a moment to tune into one another. I immediately felt his energy pulsating at the bottom and top of my spine, where his hands were placed. As Alan guided me deeper into my subconscious, I felt tremendous feelings of grief and anger. Pain that literally swelled in an area located over my heart. He told me to "give it a sound." I had always had a hard time expressing anger as a child, so it was hard for me to do it. I resisted him, but with effort on his part he helped me to "let go." When the heart center was finished, another area over my liver began to hurt. When that was over, my side ached. We ended that session peacefully; I was exhausted, but I felt free, definitely lighter. There was no question that I released a good amount of anger that had been stored in my body for over 15 years.

When I left, Alan told me to take a warm bath and rest. He assured me that the pain would be gone within 48 hours. I admitted then that it was a little bit better already, but that "we would see." I did what he told me to do. Saturday morning, the pain in my neck was 75% better. By Sunday evening it had completely disappeared. Looking back, it occurred to me that the pain had surfaced at the same time I decided to write a screenplay and I didn't know why I was always irritable and "stuck" every time I went to write. Being that my creativity had been very stifled and repressed as a child, it made sense that my neck became inflamed at that particular time. Our neck is our fifth Chakra ?? the center of our creativity; how we express ourselves. By releasing my old anger and grief, I sat down and started writing without effort, without being "stuck" or irritable.

I know the sessions I have had with Alan have been good for my health and prosperity. I have worked on releasing other "patterns" and on one occasion experienced a memory so real, I can only describe it as perhaps a past life memory from the late 1800's. Unfortunately, we have become a "tablet society." It has become easier to give our children or ourselves a pill for our depression or anxiety instead of taking the time to find out why we are feeling it and then releasing it safely. My sessions prove that our bodies are smarter than we think ?? it sends messages so we will spiritually grow from the experience. Fortunate, for some, who are open enough to experience Alan find it, heal it and serve society with a little more peace and resolve within themselves, without drugs. For that, I think he is truly a special man.

Gina