

This INOWT story is a prime example of how energy and images stay with us until they can be fully integrated, accepted, honoured and trusted through inner processing and/or journaling and dialogue and taken to the full integration. If not, the energy would ... as energy does transform into something else.... another emotional or physical symptom ...

Step 1 INTENTION: (Immersion)

J: Laying here, I focus my attention on the pain/pressure on the left side of my spine, behind my heart and the tightness and solid compacted feeling of my entire pelvis. I feel my left eyeball being turned to see a different perspective.

Step 2 (Noticing)

J: There is a pressure against the left side of my nose and I am very aware of a strong sensation in my inner nasal area.

A pain starts on the right side of my brain; it feels like the entire right side is being NEEDED, KNEADED!!

The idea of “NEED to be what you are not” is being KNEADED into my brain. The realization that the pain in my back is from a break in my heart and the pain in the pelvis is broken trust.

I am feeling lots of body sensations and movements, little dips and flows, until I realize that I am standing on a type of cliff, a Hoo Doo actually. I can see a long staircase back down the one side but it is a long way down. How will I get off of here? Oh!, I can ride the dragon that has appeared beside me. I feel the movement as we fly but realize that I don't know where I want to go.

Dragon looks at me – well I can't get you there if you don't know what you want.

Why aren't I clear?

Pelvis is locked, I can't move.

The thought of “Access the inner acceptance of where I want to go will free me to move there. The inner critic has the key”

There is a pressure on the third eye to stay closed, to not see.

***Summer NOTE:** (We were in a class with limited time- so this portion was not taken to completion. Jackie kept notes to continue with it another time)*

Meditation 2

Still March 5

I feel pressure on the third eye. I see an eye, first looking straight at it and then I see it turn sideways, looking to my left, so I now see a different perspective of it.

Intention/Immersion:

My intention is to open my third eye and to unlock my pelvis.

Noticing:

There is a feeling in my right calf, just above the ankle on the inside of my leg, there is this sharp pain and now an inch worm feeling like something crawling inside of my leg. I am aware also of a steady pressure on the top of my head.

There is a flash of vivid tangerine orange that dissipates into purple.

I am aware of my pelvis and my weight seems to be on the left side. I can not feel the right side as easily, but there is a pulsing feeling on that side.

There is a whirling sensation below me like a fan blade attached to my right elbow. Something seems to be trying to pull the top right piece of my scalp off, like a hook attached to a rope, small like a fishing line.

Owning, and Trust are demonstrated here:

The inchworm sensation in my leg has jumped up to the back of my head. It feels like my left hip is sitting on a rock, there is an external pressure underneath it. I get this image of a little animal trying to dig itself out of the ground but a **large grey tent* is covering the opening to his hole and he keeps hitting his head on it.

My left eye has a pressure down against it, seems dark like something held over it. There is now a pulsing in the back of my left hip.

Still that pressure on the top of my head, feels like I am now that animal trying to come out of the hole and I keep coming up against what is over the hole.

I don't want to go back down in the hole. I try to get the attention of whatever is above me. It will not acknowledge me. I get the image of a mother hen sitting on her eggs and I feel like I am in an egg. I am just stuck there underneath the chicken. The chicken is protecting me.

Willingness to Play)

(example of INOWT “play”)... I realize that I can switch places with the chicken, suddenly I am above and I am attempting to hold a ball down under the water. I am getting very tired of holding this ball down.

Mary-Frances(meditation Buddy) asks -What would happen if you let it go?

I let go of it and a little dragon came flying out of the water. He is scary. He is smaller than me. He is yappy, and I do not understand him. He did not like being in the water.

Meditation Buddy (Mary-Frances) -What need did he have?

He needed to be safe, I was trying to drown him, and I kept pushing him under. He is yappy, he needs to be heard, and he has something to say. I wasn't sure if I wanted to hear him but he seems to have important info.

The sensation of my stomach opening and closing with each breathe. It opens with each in breath and closes with each out breath.

After returning home after the INOWT Meditations, I have a headache that lasts for hours. At home I try to meditate and to sleep but still my head hurts. I go to bed very early and try to meditate again but my head is still pounding, *it feels like I was **beating my head against the wall*** for hours. Finally give in and take Advil at 11 pm.

Summer Note: The Headache - again indicates that the process was not complete ...

The next morning this is what I journal:

May 6, 2011

It was my passion and sense of play that had been forced down for so long. It was fighting to get out but was covered by a heavy **grey blanketing cloud* away from the sun and the inspiration.

I am passion, I have been screaming to get out. To stretch, run and play. I awoke to find I could not get out, something was holding we down. People laughed at me they thought I was different. Of course I am different, that is my job, my reason for being. I am the inspiration, I am the inner light. Only by seeing me will anyone ever truly see us. I am the spark, the light within your soul. It can not be truly extinguished for the fire is eternal fire but it can be blanketed, clouded, hidden and denied. I am hurt that you chose to hide me. I am your essence.

So in hiding me you were hiding yourself, all of us. You criticized me worse than the world did. It was the world's way to criticize and you became like them and turned away from me. I have felt hurt, smothered, discounted and ignored. You felt me the other night and I made you uncomfortable. You are still ashamed of me. And that hurts, I hold the power and I do have the key.

Are you ready to accept me in. to be proud of me. I am not like the world, I am different. You ***bang your head against the wall*** (NOTE: The strong metaphor of the headache) trying to get ahead and wondering why you can't but only together can we fly.

I am always there calling you to the things that I love to do. It was the exercise on finding your passions when you had to look to me for inspiration. There have been times when you have fully embodied me. At the theatre, we are one. There you will let me shine. The only thing you need to be is who you are. You are passion and you are play. You are inspiration. To thine own heart be true.

That evening this is my reply:

Oh passion, play and creative expression, how can I ever express how truly sorry that I am, please forgive me. I did the best that I knew how. It hurt me so badly when the world laughed at you. I wanted to protect you but I didn't realize that I was holding you captive. I kept searching for you but yet I was trying to drown you out, to silence you. You have so much that you want to say and I did not listen. I chose instead to be like the world and to condemn and ridicule you for your expression. I realize that you don't full trust my intention. It will take time to mend our broken heart and broken trust.

Feeling third eye open and turning
Buzzing sound in my head and ears

The next day:

May 7th, 2011

I realize that I do NOT believe in me. It keeps me sitting in the same pace feeling stuck, spiralling thru all me many ideas but not confident enough to choose any of them. I feel like a little fish in a big sea.

There is a core belief that I am boring. At social events and parties I hold back and feel like I have nothing to say. How does being boring serve me or protect me? It keeps me safe from putting myself out there to be judged.

Meditation 3 with Summer as "Buddy"

Immersion/Intention

Intention is exploring boring vs passion

Noticing:

When I don't feel safe then I don't connect with people.

I wanted to give hugs to the women I felt connected to at our INOWT course, but there was this opposition in me. I felt vulnerable, a fear of rejection vs a sense of connection with others.

I see a part of me hiding behind a tree, longing to be part of the group.
I see myself standing behind glass/two way mirror (eyeglasses maybe?), I see all the fun on the other side. The part that is hiding is serious, prim and proper, scared to move. She was told to stand still and to be quiet like a military man.

She did not want to come out to play. All I could feel in her is sadness, she is not good at sports. She can not run fast. She is picked on and bullied when she is just playing her way. She is different in how she plays, so she started to hide. She was sad and alone, she hated recess, she was an easy target, like a lone animal in the hunt.

Owning it

I did not know how to help her then or now. Feels stuck with no options and feels like my current life.

S: I am curious about your guide /guardian angel (from previous meditations)
(Summer note , this next comment of mine is both a 'check back'' to previous INOWT sessions

J: Oh I forgot about my guide, my belief that I am alone, stuck with no way out.
The little girl is in a grey area, scared to be seen.

S: Where is my passion?

J: She is having a tea party with the cats.

J: The dragon appeared, I wanted to go to the tea party but something is holding me back. It was a voice telling me not to move. The spot on my back is hurting, feels like a turtle shell on my back.

Guardian angel wanted me to come out of the grey but couldn't. There was something holding me back. Telling me it was not safe to go out there – it's the Turtle Shell Shield..

Willingness to Play

Summer: What does it look like?

T - Trust.

Jackie with her hand on her chest breathing and noticing and accepting, honouring and trusting - tears flow and I observe 2 large integration Breaths...

Summer Note: Deep Integration breaths, when clients take large, natural inhalations and their bellies rise and fall are clear indications of a shift and acceptance. Integration breaths are clear indications of a Transformational Shift in the body.

J: Once I noticed what was holding me, the Guardian Angel came inside and illuminated the grey space.

She thanked Old Grey Wise Owl (*The Grey Tent and the Grey Blanketing Cloud has transformed into the Old Grey Wise Owl) for his protection of me and told him that he could rest now and she would take care of me now.

I was so happy to see her, I wanted to run and play, but she reminded me to tell Wise Owl how grateful I was for his protection. I was scared of him but she said he loved me. It was OK. I gave him a hug and then jumped into her arms. We jumped on dragon's back to fly home for the tea party with Passion. I waved goodbye to all the other school children as we rode away. The adult me hugged both little girls (boring and passion) and guardian angel during the tea party.

Summer Note:

* A Wise check back of mine would have been to explore the physical pains she had at the beginning (3 days prior) As this was her initial intentions was on physical Pain....