

Phone reading for female, age 62, 2012

**Overview:** Rejection and sabotage by others has characterized much of your life. You have a pattern of attracting users and perpetrators who are only too happy to take advantage of your good nature. There is a certain naivete that allows this. There is a childlike trust about you that open you to being taken advantage of in various ways. Do you find that you tend to trust people too quickly and it doesn't work out well? "I just want to be happy and I want everyone to be happy." Sounds like a wistful Pollyanna part of you, do you recognize her energy inside you? You are a humanitarian at heart, always trying to see the good in others, but not getting what you want and need in return.

- 1) **Root chakra:** "I was violated." Shock and disbelief on the face of a child. This is the first time your trust was shattered. "I never saw it coming, nobody protected me. I was all alone." Dissociation; it appears that you were shocked out of your body, looks to be about age 5. Betrayal and abandonment. A sense of disconnect from self within yourself. Do you sense this? Metaphorical imagery of you standing on a trap door and it suddenly opens beneath you and you fall through.
- 2) **Navel chakra:** "I've lost my way." Did you attach yourself to men and other relationships as a way of trying to find your identity? It appears that you're still looking, as in, "who am I?" There's a part of you that's afraid to step out into the world and be seen. You haven't yet found your niche, so to speak, or your mission. The lack of self-confidence and identity is holding back the expression of this power.
- 3) **Solar Plexus chakra:** Indecisiveness, anxiety, lack of self-confidence, imagery of you tip-toeing around others so as to not rock the boat. Do you resonate with being a people-pleaser? If so, this is a defense against more rejection and abandonment. "I have to be who others want me to be." Self-image and self-worth, confidence are not fully engaged.
- 4) **Heart chakra:** A pattern of self-sacrifice, giving yourself away. You don't want others to be deprived and to hurt the way you did. Again, you hope that by giving of yourself, others will give back to you, but it doesn't often happen that way.
- 5) **Throat chakra:** You choose your words carefully, so as to not invoke any controversy. You go along to get along in meetings. There is a survival level fear in this chakra, again, rooted in fear of abandonment, which to a child carries the

energy of death. You hesitate to speak your truth because of anxiety--“what if others don’t agree?” Bad things might happen to me...

- 6) **Forehead chakra/Third Eye, the Mind:** You are interested in higher forms of wisdom, are a spiritual seeker, but a sense of inadequacy and unworthiness holds you back from true communion with the Divine. Imagery of you sticking your toe into a pool, testing the waters. The mask you wear with others hides your fear and shame. Who shamed you? Confusion.
- 7) **Crown of head chakra:** Connection to the Divine: Were you raised in a traditional, structured religion? It appears that you are viewing God from a safe distance, unwilling or not knowing how to connect. There is a quality of being on the outside looking in, feeling that you’d be unwelcome. Again, this seems to connect to the circuit of abandonment and rejection that appears to have started in childhood. On a subconscious level, God is very parent-like and that’s scary or intimidating for a person who had a disconnected relationship with parent(s). “I just want to serve!” Frustration.