

**25<sup>th</sup> May 2023**

## **30 DAY Self Practice Case Study - Sophia Schorr-Kon**

Female

Age 41

Menstrual cycle is regular

Has struggled with grief imprints from bloodline of lineage of Holocaust survivors loss of father in childhood.

Has done extensive reclamation work, somatic expression and KMRT practice over the last six /seven years. Does not have a physical child, but in communication with spirit baby and is walking in Mother energy and walking towards Matresenece.

### **Why was I using KMRT?**

Recovering from exhaustion after the pandemic and fatigue caused by anxiety and stress.

I worked with the trines for 30 days mixing the first trine, second trine and the 11 point Kriya moving back into the space of the third trine. I had heaviness in my body left over a period of fatigue and was still blocked mentally and physically. I had lost self-trust in my belief, action and my body. I had wavered a lot and as a result I was finding it very hard to break the cycle of disbelief and the period of recovery I have been in. My body's somatic memory was still in a response of overwhelm.

My aim through this 30 days practice was to rebalance my body, tap into trust and find my vitality again.

I started on the new moon Solar Eclipse in Aries and moved through the Full Moon Scorpio Eclipse during this case study. I did this purposefully to harness and observe the portal of evolution within which to observe and engage with KMRT®

This case study is half masculine day by day break down and part feminine as the last third of my case study time was in preparation to go to Greece and to express the magnitude of the feeling, emotion and joy I experienced I wanted to just write and flow. :)

## **First Trine Day 1 - 9**

Physical symptoms body heaviness, kidney ache density in throat and alot of emotional density.

### **day 1 - 20 April, 2023**

Felt pain at umbilical point body wanted to move backwards spine curved in .Felt concave.

I felt density in right hemisphere of my brain which shifted throughout the day.

How I felt afterwards - Upbeat, allowed my body to come first bathed oiled and skin brushed. Was focussed and clear and took time in the sun and had a long walk.

### **Day 2**

No pain at umbilical intense desire in yoni, moved this around my body gave to legs thighs feet.

Slight density of left-hand side of throat.

Took the morning slowly energy levels slow as not much sleep from the day before.

### **Day 3**

I didn't to my meditation in the morning

Felt heavy very tired so rested and studied.

I came to my meditation in the afternoon and felt lightness and instantly had a vision from above me of seeing mental thoughts and chatter that had been sitting heavy on me during the day. Visualised taking my energy up behind my crown to shift mental heaviness and looped back down and gently closed the circuit. Felt a lot of energy at in legs and clitoris when closing the trine.

A friend was visiting Bethlehem and shared with me a vision of the temple of the rock. Over which is an Islamic dome with sacred geometry. In meditation I was shown the sacred geometry over me as a field of thoughts and feelings. Also received a news a friend had conceived.

### **Day 4**

Smooth at all trine points and felt a protective golden light surrounding me.

I focussed flow taking the stream of energy from yoni to crown higher to cleanse my thought space as have had intrusive thoughts plaguing me. Visualised a golden fountain cleansing this space above me.

Gentle meditation felt balanced and clear when finished.

## **Day 5**

Started the day with time by the river.

Did the first trine and felt a lot of movement in spine and neck. Buzzing in my legs and feet, a lot of warmth generated in my lower body.

Felt the morning winds cool breath through the window on my chest as acknowledgement and a blessing. Felt quite sensitive and wanted to stay still. But went into town with my mother.

Had an intense emotional reaction to being in town. Felt at odds with so much of the normal world. I felt so fragile. Let myself feel and cry the tears I needed too. A lot of release going on as the shifts in reality are settling in.

## **Day 6**

Time in nature by the river collected herbs and sat with horses, sang to the river, collected herbs again. Drawn to herbs that support kidneys as after an emotional outburst my kidneys ached a lot.

I imagined Alexander walking with me by the river I take him to the river with me and I visualise one day walking there with him and his father.

Avoided my morning sit as felt very heavy. I had a deep realisation of how many challenges I have faced in the last two years allowed myself to grieve. Rested and allowed myself to sleep. Cried a lot with my mother letting go of the struggle in order to surrender to what is here.

Felt pressure as I slept, jaw tight. Pressure in heart.

Feelings of not knowing where to go or how to get there. A lot of tears flowed in the afternoon.

Feel like the herbs I have been eating are pulling a lot of emotion out of me!

Did my meditation in the evening and felt movement in my lower back wanting to stretch, kidneys still ached. Knew I needed movement as medicine to support my kidneys. Kidney pain is associated with fear and this made so much sense as I had been in a very timid state so my body's hormonal response would have been one of fear which had put stress on my kidneys.

### **Day 7 - Final day of first trine**

Woke early from a dream - It was about the judgement of others me in my power. I sat for a while before the birds started to sing. I felt clear, bright like energy has returned. Kidneys no longer ache!

Then started the trine meditation.

Gentle meditation felt smooth and clear in all elements of the trine, and up the spine.

Felt a lot of energy collect in my hands and placed them on my heart for support.

I saw my fear of success, the resistance I have been carrying. The lack mentality I have been in, and the intense self-judgement I have held while in this stage of my life and the places I have been stuck all this time. Felt the old fear of stepping out into this work. The fragility I feel at bringing this knowledge back out into the community. Honoured this and want to make an offering to the ocean. To mark and release this fear and welcome in success and connection.

### **Day 8**

Heaviness in the morning I didn't meditate straight away.

I cried a lot and felt intense sadness so let myself sleep and get over it. My pre menstrual days have become heavier as I have gotten older. I sat in the evening to do the trine and connected to my heart space and felt softening in my pelvis. Could not go deep as emotions were still present.

### **Day 9**

Rested did not meditate could not shift my state of heaviness. Felt numb, stuck and just needed to sleep.

### **Day 10**

## **Second Trine**

Huge emotional release, body in motion oscillating towards what I want to create, powerful insights through meditation.

Did the second trine in the evening, felt pressure in neck mid back and went deeper into embodiment and breath based flow. Body needed to move felt a lot of energy at head.

### **Day 11**

Did the second trine outside by the river, felt space created in my heart. Felt the need to allow spine to undulate and flex and soften.

The block in my kidney moved down my left leg. Felt density in ankle throughout the day. Called my power back by saying my full name three times out loud.

## **Day 12**

Was heavy between eclipses had a busy day many things going wrong.

Started to do the 11 point kriya as moving into evening meditation as it is full moon. felt gentle and aligned afterwards.

## **Day 13**

Went into the 11 point kriya at night

During the meditation visualised myself travelling to Delphi hovered over the temple at Delphi breathed in through the yoni felt the power of that place. Felt the snake of Delphi move through me and wrap itself around my body.

Felt my body merged with my higher self, upper lower oscillating reimprinting like being in two bodies at once a beautiful feeling. Experienced a body of a past lifetime like existing in two plasmic bodies at the same time. Like a lava lamp!

The wind responded outside as I did lions breath confirmation inner and outer expression. I visualised the snake around me its body curling around my own. It felt same known and trusted. A moving experience that completely shifted my state.

Felt power restored.

Saw my next show - white chapel like space with a circle at the center - will do workshops as part of it. Also possible Arts council funding.

Saw the next steps...

Felt deeply connected to nature and spirits

Visited an amazing house that lit me up about being here a young family really beautiful to see it felt connection to Wolfy another beautiful child I have a connection too.

I understood what a Mother is as I had been nursing my mother as she was sick and understanding the need to take the lead and also doing work of caring for another.

We will both go to Delphi! In the Autumn. Both of us meeting past lives.

I then planned to go to Greece!

## **Second to Third Trine Completed on the 19th May 2023**

ACTION, ACTION, ACTION, Pleasure, rest, renewal and receiving insights.

From this day I went back into working with the 11 point Kriya and I stopped writing everyday as alot was happening fast so I focussed on outward action while keeping up with my meditations.

I started to do the 11 point Kriya and tapped back into self belief in a big way. The shift over the second eclipse in Scorpio was very heavy. I faced all the anguish of the possibility of not having a child and doing this work. Of holding others and not conceiving myself. I cried alot and released alot of pain and fear which then propelled me forwards to get into action to create the conditions for me to go to Greece and to shift my state from victim to empowerment.

My time in Greece has been full of Elemental connection, earth, connecting to plants, beauty scent and sound. Sea swimming, self pleasure, hiking and sun bathing. Reconnecting to past lineage through visiting the monasteries and the Church dedicated to St Panteleimon the saint of Midwives and Soldiers. So moving to sensually experience a slice of the Byzantine era a time( I have lived in before) through visits to Church's and Monasteries. . I have reconnected with my desire and belief that having Alexander is not only possible but will come to fruition. Felt him and visioned the life I want to create with his Father. I have been observing families together at the hotel, feeling the innocence of the children and observing families in action and noticing my response is no longer from grief,or resistance, but of joy and appreciation. I have been able to feel whole on my own amongst this setting and have felt very connected to my purpose and also to the piece in my heart that wants to become a mother in this lifetime. I felt a big shift into a new chapter of life through this time in Greece. Like the earth is supporting my desire by helping me remember my power and opening me up to how beautiful life can be. I looked up my Astrocartography while I was here and I am very close to my Venus line, so being on this land supports my sense of wellbeing, beauty and the sweetness of life.

I have done meditations and movement imagining Alexander within my body and visioned what I want to cultivate around me for support. I feel more open to meeting my partner who I can walk with knowing what I actually want to create, as I lost sight of this as the last 12 months so much disappeared and I now understand why it had too. To give me space to connect with a

new template of what is possible, and to clear old density and patterns of sabotage and disbelief.

I have danced, self pleased, practiced embodiment. I have been able to get my body back to health by nourishing it with a great deal of delicious food, improved muscle tone through swimming daily which is my favourite kind of exercise and being in the sun everyday. I have been able to live a template of the life I have been longing for and integrate it through the now.

One evening there was a celebration for the local saint and they were chanting Byzantine song coming from the Church. I sat in the hotel garden and did the 11 point Kriya and I felt the past life I have lived on these lands and also my death in that lifetime. I moved through the end of this life blessing it and sending this piece of me love and brought myself back to life in this one. I shed tears of happiness in the church, when I went to give offerings and light candles. I felt reverent for the Christ line, for the Pagan times, blessed it all and felt so connected to the earth here. It felt like the earth remembered me and through being here I have been able to activate and integrate some of the intelligence from this lifetime on a soul level through elemental connection. I feel like I met the kind of waters I want to birth in and felt so HELD by the environment the mountains at my back and the sea in front of me. All elements present, visible so I can communicate with them and be nourished by them such, a lesson in how important the environment is for me to be happy and healthy.

KMRT® shifted so much within me and allowed the insight for me to come here. Allowing myself this journey has rebalanced my belief. Letting myself live in LUXURY has been a tonic as this is a lifestyle I am generating for the future. The practice of the Kriyas I have been using for myself to centre and listen for insights which have been moving through me fast.

I feel like myself again and my creativity and sense of wholeness and embodiment feels strong and happy. Spending two weeks alone I have been loving it, only having one day that felt like a challenge. I consciously self-pleasured with obsidian and asked for it to remove any scarcity in my womb so as a result I felt the edge of loneliness, and all the things I have been avoiding that I need to action in order to welcome in my natural abundance. Useful to feel and see it so I can get into moving through the tasks I need to face to get moving.

I prepared for a session for my niece I while I was here and through the practices and met the fear I have of not being effective. It was funny as this was reflected back to me and she said after the first Trine "I didn't feel anything much" - I saw her deep in the meditation and knew she had travelled within herself. This is literally my worst fear. I made space for her honest response and then two days later she called me to let me know she felt a huge circle of women with her, her Grandmother Anita who passed away last year was with her. She was moved and really keen to dive into the SO HUM voice activation and the First Trine Meditation. I broke down in tears at the magnitude of what it is to do this work, crying over my coffee and greek pancakes being able to assist my blood, in bringing a new little soul to earth. I was the recognising the closing of a painful circuit that broke in my childhood when my father moved into non. Physical. Through doing this I feel connected to him and know he is also part of this

journey of a new branch of the family arriving. The peace this has brought me is profound. I felt connected to all my relatives and the Ancestors I had gathered through dance, through song in prior years and all the work I have done within my own body over these last year's finally making sense and being able to be felt by others in my tribe. Words cannot express this gift. I appreciate the vulnerability and strength of my heart and the duality of the love that runs through me.

I am humbled.

This is oneness.

## **OUTCOME**

Working with KMRT® in my body for 30 days re-established my trust in myself, my connection to spirit and the earth. It has given me back my belief, given me insight on the next steps and allowed myself to vision the next chapter. It cleared pain in my body and moved me towards decisions that benefitted my health and wellbeing at a soul level. I felt spirit working through me, understood connection, and had moments of experiencing myself as consciousness within the body, feeling woven with the earth itself and being able to channel clear wisdom confidently.

I received three outlines for programmes virtual and retreats around the world. Understood I am able to take the title of Birth Keeper and know I can make a difference. These 30 days of practice broke a lot of resistance I have had to doing this work and I now understand I have a clear path to making the life I want to live possible, by creating nourishing spaces of nurture for women around the world. Greece, India and Morocco are on the cards for potential retreats in the future. I understand I can do it my way and so appreciate having the frame work of KMRT and the collective of Soulful Doulas for support. I could not do this alone, so feeling the connection and holding you have provided for us Darshna is so precious, thank you from the bottom of my heart.

This trip and the result of this 30 days of practice, also moved alot of my personal desire to have a family and this evening as I walked after dinner, I felt Alexander walking by my side, he was five-ish. Curly haired and bright as ever, I pulled him close to me and felt my body soften knowing this is what I want and he is not in competition with the life I can create, he is already part of it, guiding me on and will bring so much life with and through him.

Grateful for this space to reflect on the power of this practice and also for it to have woven me into the strength to guide others.

KMRT® IS magical.

Thank you Darshna for sharing this with us all.



Namaste Devi