

## **Case Study 1**

### **SOPHIA SCHORR-KON – SOULFUL DOULA LEVEL 3**

#### **Write up of the retreat KMRT® in Action**

The Sisterhood Gathering 2023 Co-hosted with Clare Rodea Ryan at The Quaives 10<sup>th</sup> – 12<sup>th</sup> March 2023. This was a co creation between me and Clare.

Clare offered, talks on Masculine and feminine dynamics, Kundalini Yoga, Sound Healing journeys and Yoga Nidra as well as a Cacao ceremony.

My offerings were a talk on KMRT® and the First Trine Meditation, a Sound and Motion session rooted in gentle sensual reclamation, connected embodiment and womb re-imprinting. I also offered a talk on Erotic-Self Witness outlining how self-observation, creativity and sensuality is a pathway to transformation. The retreat happened just after the full Moon in Virgo. The final full moon of the 2023 Zodiac cycle, a deep illumination points for all.

These practices shared by Clare, and I were held within a women's circle over three days.

#### **The Clients**

Clare and I held 13 women in the circle.

We had a varied group of women, at different stages of development within their lives. From a 24-year-old up to a 78-year-old woman. Women in their 30's and 50s with children, and women in their 30's and 40's without children all coming together to sit with themselves and each other. There was a range of reasons that they had come from losing female friendships and partners or family members, divorces and burn out. Some had been gifted the experience or gifted themselves a space for self-reflection and nourishment.

#### **My Preperation**

I had peaceful meditations in the week running up to the retreat. Outside of this I held low level anxiety in the days running up and a sub-conscious belief was that no one would show up and we would have to cancel the gathering. I held this belief and looked around it, I saw the destructiveness of this thought and the belief of unworthiness it comes from. I chose to see it but not feed into it. This has been my biggest challenge in stepping into my power, the sense that my gift matters and can make a difference. I had a particular meditation where I felt myself in the centre of a circle, I connected to my heart and felt the connection to each woman in the circle. From this point I think it was three days before the event I relaxed. I had a sense that 13 women would join us and we would be 15 in total. This was how many women were in circle together.

### **Arousal Point Meditation – First Trine Meditation 11.03.23**

This session was held on the Saturday morning after guest had arrived and had a relaxing yoga Nidra the evening before.

I sat in Kriya in the space in the morning and practiced the 11-point Kriya and also the First Trine for myself. I found the transmission was very strong and felt my ability to open the energetic space and root into my solar plexus to give me confidence to both deliver and hold the women through the session.

I was greeted with a visceral energetic recognition as I moved into the 11-point Kriya, the texture of the field was clear receptive and I felt a density to my left hand side. When it came to the women and where they sat, I circle I paid attention to this, as I felt it was an energetic expression of perhaps where the women in the group with the most intensity may sit. This insight was reflected in what was expressed in the coming days after the arousal point mediation and the sound and motion session. Once I had moved through both the 11-point Kriya and the First trine, I felt calm, and cantered and connected to myself and also the energetic transmission.

As I delivered the meditation, I expressed and outlined some basic principles of KMRT® then led the women into the First Trine. There were varying responses, and I watched the women's bodies, their expressions and physical motion. Some women looked more static to those who had stronger more amplified somatic and visible pleasure responses of sensual motion, deeper connection to breath and smiles and enjoyment at being held within their field. One woman had a deep emotional release allowed herself to move and sat and squatted and released a lot of grief within the meditation. Also, another woman who deals with sexual violence victims as part of her job had a deep emotional release too. I later followed up with both women to ground their experience and make sure they felt they could communicate in more detail about their experience, and I could offer reflections and guidance.

I will list the responses that were shared with me and the circle I will keep these anonymous to protect the confidentiality of the women.

1. **RESPONSE:** Realisations about feeling anger towards her mother, she was never there, always busy, never enough time for me. This was mirrored in how this woman lived her life too, a potential pattern that was being repeated that she had an opportunity to see and evolve beyond.
2. **Reflections shared:** I asked if her mother was busy during pregnancy with her? She replied yes, and a penny dropped for her. I asked her did her mother work a lot, she responded yes. She understood where her desire for more attention came from, and

she saw where her anger came from and how she was potentially recreating the same pattern.

3. **RESPONSE:** Powerful emotional release of grief and anger, that came right at the end of the meditation, with a strong somatic response to release grief and anger towards Mother. Her parents had separated, and her mother was doing a lot of work for the Church so in her adolescence she missed the love and guidance of her mother and held a resentment towards her at her consistent absence. Her mother was now at the end of her life. Tears flowed and this woman responded by moving her body and allowed herself to move to release. I witnessed her at the end of the meditation in a squat, with hands in prayer and tears in her eyes.

4.

**Reflections shared:** We took a walk together as she was visibly emotional. She expressed her experience during the meditation and that she had been taken aback. The emotional release, "it just came out" she said. She spoke about the dynamic between her parents saying she was closer to her father because of this. I asked her if she wanted to speak this anger to her mother, but she said because her mother was at the end of her life she did not want to.

Recommended the first trine and outlined the connection between mother and child in Utero and how focussing on the solar plexus would help clear the anger stored in this space in her body. I also offered her an invitation to write her anger out on the page, to then go into nature and speak the words and move them out of her body. Then burn the paper to move the emotion physically and cognitively through her logical mind onto the page and allow it to rest in the elements.

5. **RESPONSE:** A deep recognition of the body's readiness for pleasure. This woman responded swiftly through a pleasure response, her breath was audible in the group and her body started to move rhythmically in time with her breath through hip and spinal rocking motions. She had a big smile on her face, and I could see her embracing herself. She shared she had enjoyed it and felt a lot of warmth within her body and saw visions of gold and lots of colours in her mind's eye.

**Reflections Shared:** I shared with her that gold and yellow were connected to her Solar Plexus Chakra and outlined how this was a clear message of her being connected to her "I AM" which she received. Later we spoke one on one about her history of sexual abuse and how she had not been intimate with her partner for a few years. She noticed in the meditation her body's pleasure response and shared how this was a signal that she wanted to be more open to her husband on an intimate level. I shared acknowledgement of this and how her relationship held a deep space of nurture that her husband had held her through this time of needed celibacy. We spoke about watching the body and what it was asking for, not rushing into things but taking her time and I recommended a self-pleasure practice so she could begin to reconnect on her own terms to her body's pleasure.

6. **RESPONSE:** One woman felt a sense of relief during ht meditation, also slight grief responses. She works with sexual abuse survivors and expresses a sense of being empathic and absorbing the feelings of others.
7. **Reflections Shared:** One woman felt a sense of relief during the meditation, also slight grief responses. She works with sexual abuse survivors and expresses a sense of being empathic and absorbing the feelings of others and asked how she could minimise this. I responded that the first trine tuning into it in the morning to create an energetic sphere around her at the start of the day would be a great way to affirm her energetic and emotional space, also to work with the elements, with water and the ground in nature at the end of the day or to move and shake when she comes home. She received this and liked the idea of water and shaking to create a cleansing ritual for herself at the end of the day.

**OVERVIEW:** I moved from a sense of feeling slight doubt after the transmission to a deep faith in what this modality can do. I think because it is so subtle, I never know if it will work, but it was clear that the session really allowed women a space to drop into feeling and to cognise these responses. I was amazed at the ease and enjoyment I felt in preparation and also delivery of the meditation and how deep the reflections and experiences were. It really stood out as a starting point for honest and vulnerable sharing in the group and I had personal conversations with so many of the women about their experiences that then left to sharing more in support of their experiences. I felt proud of myself and in celebration of all the soulful doulas knowing we all hold this beautiful gift. All of you were with me and I saw how far this modality can go in the world. I understood how this works without retraumatising the body, so powerful to feel and experience the light touch and deep impact KMRT® has. I really remembered that I was leading the group to lead themselves, and this allowed me to enjoy the meditation while I led everyone through it and minimised me over holding which in the past has led me to feeling emptiness after a session. I felt full, bright and energised afterwards and this was so affirming to feel so my body has a positive somatic response to holding and integrating before and after I hold space. I focussed on my pleasure throughout the retreat and as a result I loved doing it. It was so affirming to any doubts I can hold about me as a practitioner moving forward.

### **Sound and Motion Session**

The following afternoon I held an embodiment session with the aim of very tender motion and reconnection to the body and sensory connection to pleasure.

The session was guided by my voice and an accompanying soundscape the session playing slow rhythmic instrumental sounds, with elemental noise and also 48bhz and 93-103 hz sounds. The session was approx. 1 hr long

I led the group into heart connection, grounding and introduced them to the circuit breath on their knees.

I then moved them through motion on all fours, to welcome primal connection and earthing. There was a focus on the connection between upper and lower yoni, supporting release and primal release through this channel.

I then led them to lie on their backs, connecting to self-touch, of yoni, heart, breasts, rocking hips gentle working their way up to stretching hands up over head with legs wide and breathing here to open and move supported by the ground. Guiding them to release any stagnation, or sense of unworthiness or shame.

I then brought them back into connection with touch, with lips and mouth and asked them to speak any words to themselves their body would benefit from hearing and reassure their body through the quality of touch they wanted to receive.

I then took them into the foetal position to rest and wind down, slowing their breath and bringing them into awareness the earth's support. I brought them into connection to the energy they had created and got them to receive a golden field of light around them and gently brought them back to the circuit breath, then let them rest in the foetal position.

I went round the room to place both hands the left hand on their shoulder and the right on their hips to bring body back into presence and complete the journey.

I gave them time to gently come back to sitting and come back into the circle.

1. **RESPONSE:** Heartfelt outpouring of grief, this woman on expressing her experience just started to cry, and almost went into a panic response as she held back her tears. Once she had gathered herself, she opened up about her divorce and being at a point in her life where she was leaving her husband who was financially supporting her but also playing with power through financial support.

**Reflections Shared:** Both Clare and I went to her and sat with her as she apologised for crying and tried to hold back the tears. I reassured her she did not have to apologise for any emotion and kept her calm through gentle reassuring touch, eye contact and helping her to come back into a normal breath pattern so she could express what she needed too. The circle celebrated her for where she had come too and I expressed where she was could be an end as well as a beginning. She received this and felt complete.

2. **RESPONSE:** One woman expressed her sense of unworthiness at giving pleasure to herself. She said she found it hard to be in pleasure and said she was in her mind a lot through the process.

**Reflections Shared:** I reflected to her that this was a normal response as many women feel disconnection from pleasure and from a feeling of worthiness based on how we are tuned

to focus on pleasuring the other rather than ourselves. I offered her the practice of self-touch just with hand on heart and yoni and to practice breathing softly between these two places in her body. She received this and she looked relaxed after sharing.

3. **Response:** Anger and frustration at having to guide the motion in the body herself. A sense of disconnection and frustration with herself through the exercise. Anger being the predominant emotion.

**Reflections Shared:** I asked her where she felt the anger and she said in her head and chest, she shared she used to be a stripper and so was used to being sexual but in the space of performance and in front of others. I offered that to move the body in a non-performative way was a challenge as we have been conditioned into what is sexual for others rather than coming into sensation for ourselves. I reiterated this as a response to moving the body for the self and reassured her that with practice she could dance with the emotions that came up. She understood and also laughed at the disconnect she felt from being hyper sexual to feeling disconnection to her own sensuality.

4. **Response:** Speaking for the first time about sexual abuse. One woman had a primal response the evening after the session. She took herself to the shower and started to roar and release her anger at being sexually abused by a family member. I was alerted by one of the other women as this happened in the sleeping dorm. Clare and I went to be with her as she recovered. I took her to a private room so we could speak honestly about what she had been through, for her privacy and also to keep the other women in a space free from her trauma. She shared with me what happened, and I offered her space to speak it out.

5. **Reflections Shared:** I asked her if she wanted to press charges which she declined. That evening I called a sexual abuse clinic in the area to get advice on how best I could offer her next steps and to make sure I was within the law with any responses I offered her. They gave me a local centre for counselling near to the womans' hometown for counselling and legal support which I passed on to her. I also recommended she speak to her Auntie in confidence the only other family member she had close to her. She has since arranged a time to speak with her as I have stayed in touch to check in after the retreat. I reassured her that speak her truth for the first time took immense courage and that this was the start of her being able to transform this experience for herself.

6. **RESPONSE:** Messages from the ancestor and a visit from a spirit baby! One of the women felt connection to her grandmother and Mother who had just passed, meaning she had suddenly become the forefront of her matriarchal lineage. She had expressed grief in the opening circle but after the motion session she said she felt the presence of her female lineage and felt a visit from an unborn child. She was overjoyed to feel connection to her lineage and was surprised to get a visit from the little one yet unborn as she had not been planning to have another child.

**Reflections Shared:** Her change in mood from this visit was beautiful to witness, I celebrated her connection and underwrote that she can begin to connect to the little on in her own time. Through journaling, connecting to nature and also in her dream states. This made her smile, and she was much lighter, curious and open the next day getting curious about her sensuality and expressing her primal nature in partnership.

**RESPONSE:** A sense of freedom and pleasure. One woman was very open about sharing how much she enjoyed the self-expression. She loved moving and offering her body words of forgiveness and encouragement as well as saying she really enjoyed the free space to reconnect to her sensual body. She was beaming afterwards and had felt a real heart opening when she connected to the circuit breath.

**Reflections Shared:** I celebrated her for allowing herself to go with the movement and also reiterated the beauty of initiation into pleasure through other women. She was a lesbian so her comfort with being in pleasure with other women made sense, so perhaps she was less afraid to let pleasure in through the exercise. I commended her and also everyone else for what they had just moved through. Saying that pleasure practice was a form of reclamation and a space to find individual pleasure responses.

**RESPONSE:** Deep gratitude and being led into pleasure. The woman who worked with sexual abuse survivors had a strong response to the session, she said she had never experienced anything like it and loved the tenderness she was able to hold herself with. Her eyes were wide, and I could see she had reached a state of relaxation and renewal through the session. She was visibly open and also tender as the evening developed, we talked, and she shared a sense of power and also vulnerability she felt.

**Reflections Shared:** We spoke that evening and as she was staying off site recommended, she give herself some space to herself to be with and process any emotion that wanted to move through her state of softening. She came back the next day refreshed and visibly brighter saying she had allowed tears and self-holding to clear any feelings of grief she held, she said she felt light and clear when I say her the next day.

**OVERVIEW:** this was the first time I had done this form of practice, and it came through intuitively in the hours before the session. I had a rough outline, but moved through it stage by stage and completed the soundtrack to support it an hour before the session. I had a rough guide but also allowed myself to be moved as a practitioner through it in response to how the women responded.

There were big shifts and also deep recognitions in the group highlighting both allowance and emotional density in response to pleasure. The mouth and yoni connection clearly showed motion through the vocalisation of long hidden abuse. I was moved and humbled at the holding I was able to give and to create a space for shared pleasure. I felt confident and rooted in my feminine when I gave the session. I also responded deeply with my masculine

with the trauma response in the woman who voiced sexual abuse. I could feel both a maternal and paternal fire within a protector energy to create a safe space for her to express and to also minimise the impact on the other women. Clare and I were able to respond, communicate clearly and support each other in the face of this and also give the women in our care the attention and support they needed.

\*I also experienced a state of seeing visions when I tried to sleep that night, like expressions on my retina connected to men on horseback, small illustration like images I could see when I slept. The previous year I had a strong dream with a man on horseback and I wondered whether I was picking up on the history of the house which was built in the 1600's. It was distracting but I just allowed the visions and was entertained by what I saw as it was a friendly visitation. I assumed as I had opened a lot energetically to holding the group that I was able to receive information that was present within the location and land I was on. I also recognised the energy of protector in this imagery, the black horse an image I have connected with for years as an animal totem. The masculine influence strong too, in support of me recognising my own ability to hold and protect myself as I hold others. In the tarot pull I received Sekhmet – the protector and carrier of sacred rage – The justice card the balance of material and spiritual and a card of learning through action and being around others you may not usually associate with, I took this as a card of humility to be egoless within the weekend and this allowed me to connect with every woman in a way I had not been able to the year before. I also received healing the Divine Masculine – I felt a surety within my actions and responses that felt good in my nervous system, psyche and physical body. I felt safe to be in both my masculine and feminine, and where as the year before I felt myself deferring to Clare this year I felt I held my own and brought and saw the power of my transmission and the uniqueness of my gifts of Artist and Practitioner.

I also felt a deep communion with the land when I went to pick flowers and foliage for the alters and circle. I heard the trees whispering, there was a slight edge to the natural world there, I could sense a slight darkness that wanted my attention, it was like I needed to recognise it in order that I didn't take the land for granted. It asked for my acknowledgment and attention before I picked foliage and flowers. I offered a prayer as I gathered, and deep thanks in all meditations to the land and earth we were being held by in all sessions I led.

### **EROTIC SELF- WITNESS TALK**

On the Sunday I gave a talk within which I shared the practice of Erotic-Self Witness and outlined how self -reflection can support erotic exploration and integration and help to unearth hidden desires in a safe and creative way. I believe it also shows a historical context within which to view eroticism and creative expression.

The talk weaves in other female artists of different age ranges, backgrounds and different expressions who also witnessed themselves and found freedom through their creative practice.



## RESPONSE

The talk was received really well, and one woman broke down in tears after the talk. She noted that because she was able to speak so freely and without shame about sexuality it created a space for her to recognise how much shame she carried around her own sexual expression. Something she had not really understood consciously before.

**Reflections Shared:** It was such a reminder of how much this work is needed and how even from just talking about sex without shame can help other women to recognise their own shame and help to free them from it. This woman had just finished training as an Art Therapist and I was able to speak with her afterwards about her studies, the practice she was wanting to go into, and my hope was that the talk showed her that Erotic Self Witness is a kind of art in action.

## OVERVIEW

Being able to share and combine my KMRT® Soulful Doula work as well as my artistic expression felt like a completion. I was able to use wardrobe to distinguish my different expressions and that felt like a powerful move in itself. One of the women mentioned she had gone out to buy a dress for herself after the retreat which really made me smile. I used to think I had to dress like a man to be taken seriously but being able to express myself through the feminine wardrobe of the dress was actually a big personal statement, that I did not realise the significance of until I wrote this case study up. It shows how far I have come to feel safe within my feminine.

I was so moved by the experience of the retreat, I felt clear, happy and grounded through the three days. Afterwards I felt so full and the fullness has stayed with me. It was an affirmation that I can do this work and I get to create a unique expression of how I deliver this to others.

I still have small fears about how to reach people, I think I am confident in delivering I just need to find clarity as to what, I offer to whom and how to do this so I can generate a steady stream of clients for the future.

So grateful to have been able to share KMRT® in this way.