

## **Case Study 2**

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

#### **Write up of Three Month Mentoring - KMRT® in Action 3 Trines**

**Six Sessions Bi weekly for three months - 2 x 90 minutes and 4 x 60 minutes**

**Octave – Oscillation – Orgasm – All sessions done on Zoom**

#### **My Client**

I held a client on a three-month mentoring journey to amplify her sensual expression. I met her on a retreat I held in 2022 and through this she reached out to me wanting to go deeper into her exploration of sensuality and feminine embodiment.

She already had an embodiment practice and was very connected to her intuition and worked with it leading other women through circles, shamanic drumming and as an Author. Her connection to her body, intuition and creative feminine was strong, she lived by the ocean and had a strong connection to the earth and nature's essence. She was a mother of two and married and having gone through the menopause already.

#### **Her Reasons For Coming**

In conversation before we began, she said she wanted to reconnect to her inner masculine and cultivate a sense of grounded-ness in herself and feel safe in her sensuality. She had connected with the message and meditations I gave at the retreat and wanted to go deeper into exploration of KMRT®.

Over the three months we moved through a process of clearing womb imprints, releasing unexpressed anger from childhood and restoring connection to inner masculine in support of establishing personal boundaries so she could safely connect to her sensual feminine. Also, we travelled deeper into clearing shame around self-pleasure and intimacy and amplifying courage with creative voice and trusting her power.

**How I Felt** – I was a little nervous but also excited to start this journey it was my first three-month client so had to build in a lot of space around me as I prepared. I also had to learn to receive the fee I set which I had a slight sense of imposter syndrome if I am totally honest. I spent a lot of time in nature in preparation, went walking each day and needed a lot of time on the earth beforehand. Once the agreement was made and admin done. I sat and started to receive information both in my meditations and also just through my time in nature. I felt the connection was strong as I tuned into her. I noticed I needed to make a lot of space for myself in preparation and the admin tired me out as it is organising time, which I want to

find a better automated system for. I am looking into this now for next clients so I can make this process more easeful.

I Received guidance on her needing to root, seeing feet in my visualisation, and balancing with her crown and the ocean came through. She is Piscean so naturally very intuitive I saw a lot of purple and violet which made sense connected to the crown chakra and her intuitive abilities. Also, I received the message we should start with ancestral healing feeling density at my solar plexus.

## **Month 1 – OCTAVE – First Trine**

### ***Session 1 – 08.04.22 - 90 Minutes***

I was guided that my client needed a re-wombing experience as I felt a lot of density in my solar plexus when I meditated to tune in to her. I sensed that we needed to address her matriarchal line and create space for her to re-imprint her womb experience before doing anything else. To establish amplified sense of self and move any unexpressed emotion left over from childhood experiences.

We met and created a safe space for her to move back into her fetal state, I created a spoken visualisation for her to rest within the womb of her mother and listen to what was around her and feel into her emotional frequency at that time. She felt a bit of resistance initially but relaxed into the visualisation.

Once she re-emerged, she expressed a sense of being rushed, not wanting to come out of the womb. She is the youngest of three sisters and felt overwhelmed a lot in the dynamic between them all when young and still now. We spoke about her sense of being pushed too soon, and how this had also been mirrored in sexual experiences with her husband, how she had issues with boundaries with her sisters, asking for what she wanted and saying no.

She also mentioned a pain in her right hip, a tightening on her masculine side of the body.

## **HOME PRACTICE**

1. I recommended taking a set of self-portraits, a weekly image that reflects how she feels. As a way to tune into her rhythms and identify her emotional waves.
2. I recommended she focus on the first trine meditation and bring awareness to her right hip and solar plexus.
3. recommended bringing awareness to times in her life in the past and present where she feels rushed or pushed before she is ready. To allow her space to see

## **HOW I FELT**

I was surprised that my intuitions on the initial discovery call were in line with what her needs were. I felt a confidence build through the session and during the re-wombing practice I felt at ease and calm. Listening to her experiences was fascinating and seeing how much came through from the short 30-minute process was really eye opening. I listened to her reflections and tuned in to what would support her and felt confident to deliver her reflections on her experience and her home practice. The process of writing out the recommendations after the session helped me to organise what had happened in the session and create a closure on delivery of the document via email. I felt light after the session and swam afterwards to clear my field. I felt a sense of relief and clarity as my inner critic always wants to discount my viability. But in this process of looking back I can see I was thorough and clear in delivery and notating the sessions. *Phewph!*

## **Session 2 – OCTAVE – First Trine**

### **25.04.22 - 60 minutes**

We started by reflecting on her images and self-portraits she had taken images that were of her in a reflective state, in nature. She felt slight discomfort at taking the photos but warmed to the process and you could see the shift in her as she shared a collection of photos she had taken. She had moved through a process of integrating the womb healing in the previous session, and she had dreams of her mother and sister in the week after and had interactions with her sister too, where she had noticed the patterns, we highlighted in the session before. She also mentioned her right hip had still mentioned her right hip was stiff.

We spoke about the homework of her noticing where she had been forced to move before she was ready, there was emotional release, tears, we allowed this, and I moved her to support her heart with touch and allow the tears to move. I took her into a gentle visualisation and got her to connect to her inner power - Asked her what did she look like, feel like, how did she move? Led her to see a sense of herself as fearless. In the visualisation her face and body movement changed, she recognised this piece of herself. We integrated the visualisation through the heart.

I then led her into the First Trine once again, with focus on her right hip and her heart space. She was somatically more responsive, with lots of yawning as I led her into connection with her Kundalini. She moved with less resistance into the meditation and there was more emotional release in the heart space, grief at her boundaries being crossed. She let go and I led her to soothe herself and receive her light, connecting the sensation of wholeness to the visualisation of her in her power.

She looked clearer when she came out of the meditation, the sense of grief had passed, and she felt density and then a motion in her solar plexus and heart chakra. When we completed, she was lighter and softer

## **How I Felt**

Slight nerves beforehand, again took lots of time in nature. Did the First trine myself in the days before to ground me in my solar plexus before holding her. After the session I felt clear and confident. I was a little tired afterwards.

## **Home Practice – Continued First Trine Meditation**

1. Focus on energetic integrity in all relationships – Home, friends, work.  
A review of how much energy goes out and to who. Journaling around how she feels within exchanges and where she would like to rebalance.
2. An embodiment exercise around her yes and her no, focussing on her pelvic bowl as an instrument to say YES and NO. Visualising situations from the past where she wanted to say no but said yes and getting her to re-imprint through voice and movement.
3. A recorded present moment meditation connected to natural abundance to tune into when she wanted to find presence and shift from lack to abundance.

## **How I felt**

A little self-conscious, we moved a lot in the first session, and I held an awareness that I wanted her to feel good and felt pressure for her to see improvement where the process takes its natural course. I understand now there is an arc to this motion, and we get to move deeply first and then build on the information and clearing in these first sessions, this takes time to integrate and as this was my first time I felt pressure as I did not yet know this process and how it takes time to integrate and build.

## **Session 3 – OSCILLATION – Second Trine**

### ***06.05.22 - 60 Minutes***

The heart was a major focus in meditation before this session. I tuned in and felt numbness in my client's heart and throat. I spoke to her about her experiences in the weeks before and it felt appropriate to focus on the centres I had identified as in need of support.

We reflected on the home practice and how she felt moving through it all. Touched on boundaries and how she felt positive having seen where things were out of balance and a sense of empowerment that she could adjust it. She really enjoyed the embodiment practices which was great to hear. Enjoying the music and Motion and how it shifted how she felt in her body.

We moved into activation of the second trine, her body was fast to respond, a lot of somatic motion came through as we moved into heart. Her arms and hands were expressive, and I guided her to release in the throat with lions' breath – tongue out. She released a lot of sound, quite guttural, low heavy breathing, also more tears moved through.

When we reflected on the practice, she said she felt awareness of a grief at not being able to receive and guilt attached to it too. Unworthiness at the heart of it. I got her to place hands on heart in response and offer her inner child forgiveness and love from the woman she was now, in the present moment. She held herself and felt a shift through this action! encouraged her to move with the emotion. Explaining the principle of oscillation to her once she had returned to a neutral state.

**How did I feel?** – I was amazed at how much shifted in the second trine activation, I was really taken aback at seeing her bodies response and how naturally her body followed her energy. It was beautiful to witness and any doubts I had of my ability to hold space started to clear which was a relief. I could begin to really connect to my sense of self during the sessions and felt grounded and so full that my client had been able to rest in the space I was holding. It was very affirming and a turning point for my client and me too.

### **Home Practice**

She had a very busy time in the weeks after this session so I did not give too much home practice, I recommended she continue with the first trine and gave her an embodiment soundscape to move from the heart so she could continue amplifying the second trine through embodiment and gentle oscillation and breath work.

### **Session 4 – OCTAVE – 2<sup>ND</sup> TRINE**

#### ***20.05.22 - 60 minutes***

We met again to explore the second trine I took her again into the meditation and again her body responded swiftly there was no resistance. When she came out of it she said she felt stagnancy on her right side, signalling a call to connect to her inner masculine.

She reflected that she felt a lot of rage and so I took her into an embodied exercise of turning her away from me and allowing her to embody the rage and speak out the words she needed to. She had some resistance to this and then got into it and began to let out through her voice and body the feeling of anger and rage she had at her husband and father at not being there for her in the way she had needed them to be.

Once the exercise was finished, she was alive, happy, and felt a sense of release and energy. She surprised herself at how much anger was inside of her and expressed a situation that had happened to her in the weeks before to do with boundaries she had faced that week.

She felt empowered and clear and energised at the close of the session.

### **How did I feel?**

I was felt clear and happy that I had been able to be responsive to her larger emotions and hold a place for her to transform them. I was also proud of my client for letting herself go there. We both felt empowered at the close of the session. The doubts I had were clearing as I could see she was identifying the work we were doing in session and applying her awareness to situations outside of the sessions. *It was working!*

### **Session 5 – ORGASM – Third Trine**

**31.05.22 – 60 minutes**

We started the session with a catch up and in-between sessions we had spoken briefly about boundary setting which my client had been able to revisit a situation that had made her very angry from a place of empowerment since the session. So good to see my client clear and able to empower herself in a situation where she had felt challenged previously. She stood in her power and spoke her needs and the situation was resolved. With her sense of self confirmed so she could in the future state her needs.

We started the session by activating the third trine bringing awareness to the third eye, and inner vision, she was responsive and said she felt density on her right side.

Listening to this I took my client on an inner visualisation to meet her inner masculine. I walked her through a landscape, and she visualised her inner masculine, he walked from the shadows in a valley into the light so she could see him and embrace him, in this embrace we integrated her inner masculine back into her heart. There was a reunion and she got to speak out her needs to him and forgive him for not being there to protect her. “You are safe to be in pleasure” Was the main phrase that came up in this visualisation. There was a sense of union through the visualisation and when we spoke about it afterwards, she said she felt like her inner masculine was safe to trust again. She was held.

She noticed numbness in her breasts through the visualisation, so I offered her space to connect with her breasts through touch in the session. She responded well and I suggested a breast connection ritual as her home practice.

### **How I felt**

I felt nerves at activating this final trine, I think because it is in such a powerful place within the energy field of another. I grounded before this session in nature and gave myself time to prepare so I felt confident and clear for the session. I was then so happy to see the huge shift that happened from integrating the final trine and then the shift in her heart towards her inner masculine. It was a massive transformation to witness and facilitate.

## **HOME PRACTICE**

Wheel of Consent by Betty Martin – To deepen boundary Work

Body Massage – Sensual self touch practice using KMRT® guidance

Recorded a Guided Breast Reconnection Ritual with touch practice.

## **Session 6 – ORGASM – Third Trine**

**20.06.22 - 90 minutes**

This was our final session within which I led my client through a LUNA SOMA self-pleasure journey. To release blocks towards pleasure and support integration of earth connection and balanced masculine and feminine energies in the body.

I took my client through a process of grounding, welcoming in the solar and lunar light into her field then guiding therapeutic touch to the clitoris yoni, mouth and perineum. We ached in both the lunar Naga And also the Wolf connected to Sirius as guides to protect the space in which she gave herself touch and moved her gently through a journey of sensual connection.

My client was relaxed after the session and felt a sense of softness towards her body, she was clear and open after the experience. She shared with me she had been away on a writing retreat and had found time and a space where she felt safe to pleasure herself on the earth in the week before. She had written about it and was going to use the experience in a book she is working on. Her joy and confidence was so well expressed and any shame or guilt she may have carried at the start of our journey together had vanished and her creativity flowed in support of her pleasure. I was honoured she shared this intimate moment with me and had moved so much internally she felt confident to share it with other women. We made a closing prayer and honoured one another on the journey we had taken. We were complete.

**How I felt –** I was so moved her transformation, transformed me, I felt validated that I was able to hold a woman through this process and was so moved at receiving this shift. Any doubts I held about being able to give this expression of KMRT® to other women cleared. It was also the first time I had witnessed it in action, having only previously received the transmission from Darshna. So, to witness KMRT® in action was special. It was also interesting to see how much boundary work was essential to her feeling safety in her pleasure. The work we did with her inner masculine really supported her to feel held by the masculine energy within her field. Also it was interesting that the experience she had moved through with self-pleasure was in nature and the sunshine, like the masculine solar energy allowed her to relax onto the feminine land and find orgasmic union. A beautiful metaphor of the external environment mirroring her internal landscape. I really grew through the

journey and faced fears at holding space for someone. The experiences reaffirmed my ability to both intuit and respond to my client's needs, which surprised me in a good way. Really understand it is a path of through the experiencing of the transmission is where we learn and grow as a practitioner.

**Notes:** About two weeks from completion, I had an email from my client that she had had a very potent dream that disturbed her, and she wanted reassurance on the process we had moved through. I reassured her and found out she had been drumming late at night in deep Wales so felt that the dream was a potential evoking of an entity that had flashed through her subconscious. I also brought her to the attention to when we move a lot of shame, fear or guilt our subconscious can respond in the dream state. Reacting in intensity, I thought it may be a shame response from her vocalising her pleasure experience to me and a subconscious response trying to silence her. The dream had a masculine figure in it and because we had moved so much with inner masculine it could be a potential deep stored shame response processing through her dream state. She received the reassurance and felt calmer after we spoke.

It made me see it can be of value to have a seventh session to see how the trines have integrated, as a check in without any deep work but a space for my client to vocalise any shifts, discomfort or to ask any final questions so they feel supported as they move into their personal practice on their own.

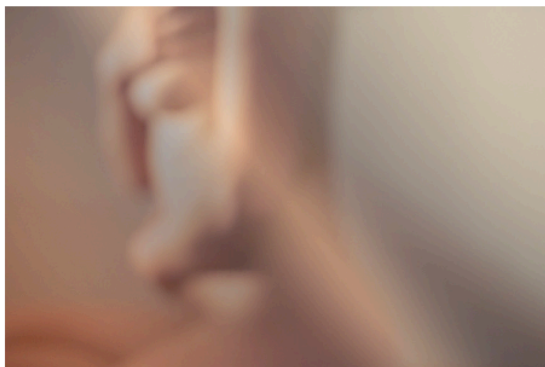
*We moved from spring into summer through the journey and I really felt like my client allowed her light to shine through her!*



1. WEEKLY SELF - PORTRAIT
2. FIRST TRINE MEDITATION
3. BRING AWARENESS OF YOUR RHYTHM

# OCTAVE

1



## Journaling Prompts

- How ready am I to be seen today?  
(1-10 be honest with yourself)
- What element of me am I comfortable sharing today?  
(Tune in to the different sides of you you want to witness)
- Is there fear present when I think about it? If so where in the body?
- Is there a thrill, if so where in your body?

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## REFLECT

3

### SELF - PORTRAIT PRACTICE

I invite you to begin a self- portrait practice as we journey together.

Each week capture a reflection of you that mirrors how you feel that day and represents how you feel about being seen.

Give yourself a scale from 1-10 and check in with yourself.

Then create an image that mirrors this emotion. Get creative and play with this experience.

### BRING THIS INTO FOCUS

This practice is preparation for being seen

Be honest with yourself and express vulnerability or the courage you feel week to week.

Use this space to practice tuning in to how you feel, then creating a reflection that holds the level of vulnerability or courage you feel that day.

Don't hurry yourself, you have time, there is no rush, let this be a space for you to play with seeing yourself in preparation, before more people will see you and receive your wisdom.

Practicing seeing ourselves, before we allow others to see us builds resilience and helps to be present with any fears we carry around this element of sharing our gifts with the world.



## UNDOING CONDITIONING STARTS WITH AWARENESS

- Society, social pressure, patriarchy all add up to ways in which we have learnt to cope with what the world expects from us and what we expect from ourselves.
- Tuning into where these overlap in us, starting to notice how these external or internal pressures show up

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# AWARENESS 5

THERE IS NO HURRY  
TO SHARE YOURSELF BEFORE YOU  
ARE READY

### FIND YOUR OWN TIMING

In reference the meditation we moved through together where there was a point of emotional release relating to - others expectation of you and moving from the womb space into the world.

Notice in your life where you:

- Apply pressure to yourself to move before you are ready to
- Agree to things that are perhaps beyond a personal boundary
- Give in to pressure about creating, sharing yourself or expressing yourself that goes against your natural rhythms.

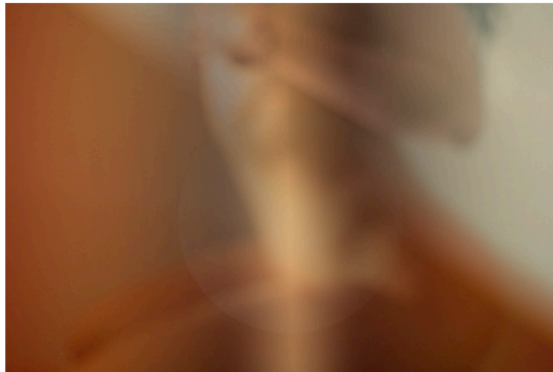
Does the pressure come from you and your expectations?

Or does it come from the expectations of others?

- NOTICE WHAT SHOWS UP MORE.

You don't have to change anything, just notice these small or large over extensions and how they show up and with who.

Have compassion for yourself in this observation and know that evolving these habits takes time.



## IF ANYTHING FEELS TOO MUCH IN THE MEDITATION

1. Visualise an anticlockwise spiral moving down your body and into the earth.
2. Pat your body to bring you in to physical presence and connect to the earth beneath you to ground.
3. Make a VHOOOO sound with your mouth. Take soft breaths and rest.

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# RECONNECT 4

## FIRST TRINE MEDITATION KMRT®

The recording has been sent to your phone.

I recommend you keep practice going, it is a pathway to building a relationship with your KUNDALINI energy, your sexual life force.

Let your body express and MOVE, let your energy move you.

FOCUS ON CREATING STABILITY IN YOUR HIPS - SENDING A BALANCED FLOW OF ENERGY FROM YOUR PELVIC BOWL TO YOUR HIPS THIGHS CALVES AND DOWN THROUGH YOUR FEET

Enjoy the process and feel your way through.

### Going deeper

The meditation is a safe and grounded way to connect to your kundalini energy and turn it inwards, amplifying pleasure and allowing you to connect to your sexual source at your own pace.

It is a gateway to know your true self on an energetic level, you meet your innate OCTAVE

Feel into the energy centres in your body and notice what rises during the meditation.

What do you feel? What are the sensations? Do you receive visions? Have insights?

Have a journal by your side so when you emerge you can catch any reflections or insights, this is your inner guidance speaking to you.

Don't try to change anything, just notice and feel., allow your energy to nourish you.

Most importantly ENJOY the journey.

Examples of documents delivered with home practice and reflections of each session. Some have audio inserts so meditations can be sent via these documents too. I also gave a divination card for each session. I think there was a slight fear of the sessions not being powerful enough so on reflection I over compensated with what I offered as home practice, and actually I now understand less is more so not to overload my clients with practices but to focus them on the trine work. I also want to find a more streamlines way of delivery as it takes a lot of time to put this together. All a learning.

*'I had the pleasure of meeting Sophia who was a guest facilitator at a Spring Yoga/Goddess Retreat, and I was immediately drawn to her gentle and magical presence.*

*I chose to invest in a 3 month/6 session package and I am so grateful for the personal growth this gave me.*

*Sophia has this beautiful and gentle way of holding space that immediately helped me relax and be my most vulnerable self. In these spaces I was able to let go and embrace the deeper aspects of myself that needed holding and loving home. Throughout I felt totally safe and held, even between the sessions as I looked forward to receiving her KMRT guided meditations that supported the integration we did during the live sessions. Since completing my time with Sophia I have been delighted with the depth of transformation that has taken place in a most graceful way. I feel my sexual power has been more deeply activated, my intuition and knowing deepened and I have a set of tools and embodiment exercises that I have integrated into my daily practice. I highly recommend Sophia and look forward to working with her again.'*

**CLIENT TESTAMONIAL OF THE MENTORING JOURNEY**