

SOULFUL DOULA DIPLOMA

CASE STUDY 1

Clients Name /Gender: Priti Chouhan Female

What has the client/ patient come to you for:

To embody and align my deep spiritual wellbeing and creativity.

Condition: Fear of my POWER

Self-exploration: Developing my spiritual growth and trusting my inner source.

Fertility:

I am birthing myself 😊 becoming open to how I engage and embody my feminine connection through body and spirit.

Pregnancy:

Therapy:

Developing Kinaesthetic Listening, Kriyas as well as Breathwork, Visualisation, Sound and Colour connections and various other modalities that could help myself to heal and evolve.

When this is your case study. What led you to this course?

What led me to this course was from a very simple space EXPAND and GROW my spiritual workings and be taught EMBODIMENT.

Use the biorhythmic nature. The moon cycles of yourself or client to comprehend the resonance of feelings and emotions during phases of the waxing and waning moon. Her relationship or yours to the sun. How much daylight and connection to nature is there?

I loved doing a deep dive regarding Moon cycles and led me to look further into my astrology. I was born under a waning moon so noticed my patterns of going inwards to reflect and think and ponder. Especially where my energy would be not on action space. I began to become aware of shadow aspects and felt this gave me a better understanding of how I can work during these times and not give myself a harder time feeling I am not active but rather still working but just on a different plane! However, once I allowed the inner reflective period the need to be out with nature and absorbing light would come upon me as an urgency. My patterns seem on occasion extreme, dark and light! This has taught me to embrace challenging aspects much more gently and allow joy when embracing light or my sun cycles. This has been an awakening!!

Her or your connection to her feminine. Her cycles her bleed. Her connection her nurturing self to become a mother.

I no longer have bleeds wholeheartedly embrace Menopause. Beginning of this course my experience of having pain on my left side near ovary unveiled my relationship with feminine. What does this look like how do I connect?? Throughout the first couple of months I took to a deep meditation looking at the Feminine side of my family, beginning with my grandmother and all females beside her and below her. I could see her face very clearly from deep resentment and bitterness and as the meditation went on her face changed to serenity and love. I knew the healing was very powerful as this was one of my stages to embody the inner mother that has always been within me.

Her or yourselves relationship to sexuality and own sacred anatomy. Is it masculine /feminine or both or beyond the body?

This will determine fertility and vitality and immunity. The nervous system

reaction survival resonance or thriving resonance within their or your

Personality.

Masculine. The drive is very action driven so a goal did need to be met. Learning to embrace my feminine side has brought up what nurturing could look like becoming gentler and having a gentle energy with Power and Strength.

Look at patterns of generational trauma through the bloodlines in particular matriarchal for fertility, pregnancy. Look at union within herself. Her relationship or yours to the divine masculine and feminine within yourself determines the strength of relationships to others.

One of the interesting aspects I discovered through generational trauma of matriarchal on fertility not once had any female family member expressed the desire of motherhood. This was simply what was meant to be done!! Being dutiful and doing the necessary act came from habitual patterns and not desire. The trauma I uncovered was where was choice. This had a big impact so I allowed this choice to come into my world and gave myself space to decide. I broke a pattern. This allowed myself to go deeper within and seek out my desires and how I may align and create a balance within. Which I am still uncovering since opening to this courses' teachings.

Outline your plan using the KMRT® delivery practice to help them.

My plan had consisted of Daily Kriya Practice and honouring the practice of Kinaesthetic listening. A frequency of evoking my inner vibrations of light, sound and visions of the rhythmic conscious and unconscious field with meditation, healing, chanting, affirmations and rituals. I found various modalities can be used depending on what might be needed depending on what feels right during each session. Also realising that plan could change depending on what other issues could arise so creating some flexibility.

How many sessions have you offered as cycle of healing exploration or

connection to their baby and birth? When this your case study. How much time have you devoted to your own body soul practice and how does it feel as resonance within your heart, mind and soul?

I chose a daily cycle for myself. Each day of Kriyas and meditation as well as constant physical movement. Each Kriya session was different sometimes my nervous system would feel a fluttering other time big expansion.

Also had wonderful third eye openings from downloads to expansions I did not always fully understand. The downloads would give me inspirations on how to create sometimes this would align within the womb area. That's when I knew a creation or a seedling was being planting. I genuinely enjoyed this space as this allowed new experiences to come into fruition like gaining more confidence in my ability work with my own clients or how I can create a business in a more flowing way. Also, and more importantly my relationship with loved ones became more grounded and not as emotionally attached or taking things personally. My heart was expanding.

The plan of therapy or self-improvement to their personal exploration of self-awareness.

My plan of therapy is to continue with the practice that has been taught throughout the KMRT classes as well as adding various other modalities like light language, sound medicine, movement and anything else that I might be guided to.

When this is your case study. How has KMRT® as a visceral practice through the body feel and through your emotional body. The expansion through outer and inner circumstances in your life?

The body and emotional body created some powerful experiences. Sometimes the Chakras would immerse in a fluid and imagery energy where I could be floating or flowing in a frequency that showed colours and sometimes beings. Sometimes there

could be physical shaking so the emotional body has a release. Many different connections allowed me to feel free on how this journey could support me depending on what may need to be released and healed as well as given guidance on the next stage of development.

Describe your connection evolving to your feminine embodiment and spirit

baby womb work?

My connection showed a strong desire of nurturing and mothering to myself. This is still an ongoing process the tools that were taught during sessions is still teaching me the art of mothering. Allowed me to embrace motherhood and how my body opened a doorway to communicate with my womb energy. I felt once the Trine were established within this gave a new lightness to working with creation.

What is my Conscious Womb telling me?

My conscious womb opened a doorway of creation. The vibration and communication showed me many levels of being an instrument or vessel to enhance my creative skills. I felt much calmer and gentle as on occasion the sound sometimes comes through as my inner child or a young spirit gently guiding to possibilities of much with continuous connection. I adored this very much!!

Describe the Interaction of you and your guides or how you feel mentally, in the body and in connection to your soul?

My guides have always been present through signs, inner images or a loud inner voice!! Through meditation or dream state sometimes through prayer as well as movement. Feels natural to have them with me. Their energy creates vibrations sometimes through my auric field on other occasions through my third eye or heart chakra. Stillness brings a feeling of a feather gently caressing my soul to awaken me.

I guess I would describe my body feeling lighter and my heart more expansive. Beautiful and loving.

How do you plan to use it to build community and empower other women and their families?

The best way would be to communicate and create a practice the art of wellbeing. Inspiring women with everyday ways of inner connection, encouraging and engaging in the art of enquiry of their physical, mental, emotional and spiritual journey.

Practical level would be to set up specific sessions on subjects that would be appropriate on a current condition ie Fertility, Creativity, Trusting their inner voice, Meditation Practices. Whatever the energy requires and creating a space to invite them in.

How confident do you feel?

I feel confident because I am inspired which then helps with motivation and focus to go forward and share.

When this is your case study what vibrations thought forms could you feel from your client/patient at each stage of your healing or evolution?

I felt many different layers of vibrations during journey. In first couple of stages I was opening up a new relationship with my womb. How the connection was making me feel a little bit uncomfortable to fear then an opening of embracing and acceptance. This sometimes felt like a dance, flowing and fluidity to feeling light body. The final stage feels like an immersion of many modalities in one sitting. What I mean is I don't have an expectation anymore I just allow which helps me embrace my evolution naturally.

How did these thoughts or consciousness create the symptoms or relate in their or your body and life circumstances?

My symptoms were caused by the lack of connection with my feminine identity. Not knowing how to truly embrace being the nurturing mother as well as the creative woman I can be. My life had always been about being dutiful and achieving someone else way of being. So my body reacted by being rigid. The idea of flexibility would be a new concept. The thought forms were always from a discipline space and sudden changes would create fear. Allowing the mind to become more softer in tone is still a journey to embrace.

What frequency (emotional resonance. The strongest emotion in relation to their body action, a nervous system response) do you feel they are or you are at in yours/ their conscious awareness.

? A nervous system response is whether they react through survival or thriving.

You are taking them from subconscious to conscious level. The first trine coaching level.

My strongest emotion has been survival rather than thriving due to a belief system of 'just get on with it'. The feeling of not having enough space or time constantly getting on with the next asap as if something is on my tail!!! Once the conscious began to set in and I began to embody the first space of connection I found myself becoming more present to the now and being in the moment of current motion. The motion of being still and listening to my bodily rhythms was a game changer.

Is your client or you in t/her Unconscious or conscious more?

Note this to see progression. at the beginning of their journey with you and when their sessions are completed: how are they/you feeling body mind and soul?

Describe these emotions of connection

I am much more in the conscious field much more natural since doing KMRT® practice on a regular basis. The trine has supported my embodiment of physical in a level that

is still new to me. I have begun to feel layers of subtle to deep frequencies especially when doing my own practice of healing or coaching when with client. My observation within myself is there a less of a critical tone, the fear of not desiring more has calmed down and embracing more of the unknown. I am learning to desire more out of life and feeling much more worthy.

When this is you how have felt being connected to yourself in this depth of awareness and healing

I have deep sense of inner knowing, a feeling of trust and lightness there is no judgement. A space to feel one with my heart not a constant negative chatter in the mind. My inner chatter has slowed and calmed which has allowed connection to my spirit and consciousness to evolve very deeply.

What has been created through the sessions as cyclical healing/transformation/connection.

A cycle meaning the circumstance at the beginning. The reason the client has come to you and how has it been resolved or healed on its way of progression of healing through this cycle?

In which way has it been transformed/healed/connected?

The beginning for me was how can I truly embody? This was very new as can understand from one level ie my psychic abilities and connection but never truly embraced from a deep inner physical connection. I felt this had been missing. So the first cycle was learning the techniques and saw myself devouring the knowledge not fully able to engage but still making sure to practice, practice and practice. Once I felt solid enough to trust the natural process of the teachings many wonders unveiled. For the first time seeing and hearing spirit babies, sometimes they were with clients during my own practice or chatting to friends. Feeling and seeing their energy was amazing. From there another layer developed how to honour my own knowledge? To trust my

inner wisdom my voice. This is still ongoing but the healings that have taken to get here has been phenomenal and still growing. I genuinely feel transformed on the energy of trust within me. Greatly looking forward to more signs and experiences.