

## **CHAPTER 24**

### **HEALING MOTHER AND DAUGHTER SEPARATION**

#### **Overview:**

Separation instances can create feelings of abandonment, inadequacy and imbalance. Too often these events cause harmful entanglements and lead to different types of compensations that cause unhealthy behavior. These frozen moments of separation can become biological blockages as chronic muscle tensions are developed because of repetitive startle reflex responses. Through awareness and release the client can turn these barriers into a new reservoir of life force energy and creative intelligence.

#### **HEALING MOTHER AND DAUGHTER SEPERATION**

Please take a few moments to sit back comfortable and relaxed-taking easier and deeper breaths to feel a sense of your own existence-your awareness of being aware-your awareness of what you are not aware of-and all the awareness you have learned in your life most of which you are not aware of at this moment but still play an important role in your life comfortable absorbed in your subconscious mind handling the functions of your body and coordinating with your conscious mind when necessary.