

Rob Schuler Medical Intuitive Reading

AGE 36

OVERALL CHI LEVEL: (50/100 would be average for a woman your age) 43/100

MOST STRESSED ORGAN: (72 to 85 percent is normal healthy functioning for an organ - higher is not better as you do not want your organs to overwork)

Your brain and nervous system. Due to incomplete brain development, lack of brain integration, holes in your energy field that make you even more sensitive to all the energy around you, your brain and nervous system are on constant overload. This leads you to feel exhausted.

PM: 4

Note from Catherine Carrigan: You are an incredibly sweet, sensitive little soul. I believe you are an Indigo child, which means you are incredibly psychically sensitive. You can read more about Indigo children here: https://en.wikipedia.org/wiki/Indigo_children

In your case you often feel overwhelmed with the amount of information coming your way. Learning to integrate your brain, ground your energy and protect your energy field will be very helpful for you.

PHYSICAL

What I am getting about Reem's eyes is this. Your eyes are actually an extension of your brain. I have seen this in a few people over the years in my practice where as a consequence of fetal development the eyes never fully integrated with the brain.

Usually we have a dominant eye but through her lack of brain development I don't believe you have developed an eye dominance, which contributes to a great deal of confusion.

You need to repattern her brain. The directions will be explained below.

My first 10 years out of my 26 years in natural healing were all about learning how to heal the brain.

Just as you are either right handed or left handed, you also have a dominant brain hemisphere, a dominant eye, ear, hand and foot.

For all of us, when we are stressed, the non dominant hemisphere of our brain is 75 to 85 percent shut down.

This lack of brain development is not your mother's fault or your fault. It just happens sometimes.

I have done healing work on the brain for 26 years and during that time have only worked with maybe 3 people like you.

The work I do helps connect your eyes, ears, and brain so that you can use your full brain potential.

There's a tremendous imbalance in you in that your brain is not fully integrated or developed but at the same time you are highly psychically sensitive.

This is a tough combination because you have a tremendous amount of intuitive information that comes to you but your brain and nervous system can't handle what you receive.

ENERGETIC

Please watch this interview with Dr. Michael Breus, sleep expert:

<https://www.youtube.com/watch?v=F945HVZigEk&list=PLMyu8d1Ekddpd8b84PRWRkxVnZOTcqoo&index=86&t=2s&frags=pl%2Cwn>

He puts people into different sleep types. I believe you are a Dolphin sleep type, which means only half your brain goes to sleep.

Due to your innate sensitivity, you need to learn how to shield your energy on a daily basis.

<https://catherinecarrigan.com/cocoon-yourself-to-protect-your-energy/>

Cocoon Yourself To Protect Your Energy

Posted on Aug 5, 2015 by Catherine Carrigan in Blog | 7 comments

If you are a highly sensitive person, you will feel more emotionally balanced if you adopt the daily practice of cocooning yourself.

Although it's all one energy, all good and all God, within the one energy that we exist are a multitude of frequencies.

Those of us who live in urban areas are subjected to a higher degree of negativity and geopathic stress than those who live in more rural and natural settings.

On top of the combined effects of millions of people living together are the individual assaults that many people have suffered.

If you have experienced post traumatic stress disorder, you may have actual holes or tears in your energy field that a highly trained healer such as myself can perceive and repair.

Examples of this from actual clients include a woman who broke her back in a diving accident, a young man who had been raped, another woman who had gone through airport scanners and yet another person who had an unfortunate result from her surgical operation.

If you have holes or breaks in your aura, you will feel overly sensitive to other people's emotions and the world around you, making it difficult for you to cope with every day life.

Even if you are balanced and healthy, you want to shield yourself from other people's dramas and the geopathic stress of urban life.

You can balance and shield your energy field with this simple technique.

It was taught to me by my yoga teacher, Lillah Schwartz, who learned the technique by studying the teachings of Sri Aurobindo.

- Step One. Sit in a comfortable position. Cocooning is a great way to conclude meditation or a pranayama practice. Even if you don't have time to meditate, start your day off right with this centering practice.
- Step Two. Bring your two hands behind your head, setting your intention to gather your scattered thoughts. Gather the chi around your head and bring your palms together in prayer position down to your heart. Repeat this practice two or three times.
- Step Three. Bring your hands behind your lower back, setting your intention to gather the thoughts and feelings of your lower self. Gather this chi and bring your palms together in prayer position at your heart. Repeat this practice two or three times.
- Step Four. Now stretch your arms wide over your head. Visualize the white light of protection. Gather this white light from above your head, fill your energy field and seal the white light below your body so that you visualize yourself in a bubble of white light, knowing and experiencing that you are completely protected.
- Step Five. Extend your arms wide over your head again. Visualize the clear blue light of healing. Gather this white light from above your head, fill your energy field and seal the white light below your body so that you visualize yourself in a bubble of translucent light. Know and experience that you are surrounded by healing energy.
- Step Six. Extend your arms wide over your head once again. Visualize the clear golden light of transformation. Gather this golden light from above your head, fill your energy field and seal the gold light below your body so that you visualize yourself in a bubble of gold. Know and experience that you are open to transformation for your highest good.
- Step Seven. Know and experience that you are divinely protected, full of healing energy and open to beneficial transformation.

If you have less time, simply visualize yourself in a bubble of light.

I like to use the affirmation: NOTHING COMES IN AND NOTHING GOES OUT EXCEPT UNCONDITIONAL LOVE.

If nothing came in to you and nothing went out of you but unconditional love, you would be happy and healthy all day long!

The benefits of cocooning include decreased anxiety and depression, calmness and increased discernment.

You stay in your own energy because you are centered and grounded.

From this centered place, you can access your own intuition.

To learn more about what you can do to cope with being a highly sensitive person, set up an appointment today for a medical intuitive healing by emailing catherine@catherinecarrigan.com or calling 678-612-8816.

You are not grounded in your body or grounded to the earth.

The plant medicine you have chosen is quite grounding and will help you.

Spending time in nature on a daily basis is essential for you.

You also have holes in your energy field that need to be patched by a trained energy healer.

EMOTIONAL

I believe your loneliness has happened because you haven't found many other people who are quite like you.

Underneath your sweetness is this anger and frustration. Not understanding yourself, not feeling understood and never really knowing how and why you fit in can lead to these feelings.

MENTAL

I think it's imperative that you integrate your brain and ground your energy before embarking on any study of your psychic abilities, otherwise you will simply be even more overwhelmed.

I believe you are bored for two reasons.

One, you have not yet discovered your soul's purpose for being alive during this lifetime.

Secondly, there really aren't any people quite like you around you.

It will help you mentally as well as emotionally to be around other people who are highly psychically sensitive.

I understand where you are coming from because I myself am highly psychically sensitive.

People like you and I are really here to serve the planet.

You will not be able to serve at the planetary level until you integrate your brain, ground your energies, learn how to shield your energy field and do a better job handling your innate sensitivity.

When a person is as sensitive as you and I, I say it's like owning a Ferrari.

If you own a high performance car, you better learn how to drive it or you will get in trouble in a hurry.

SPIRITUAL

One of the things that is holding you back is a lack of purpose in your life.

Even if you don't need to earn money we all need a purpose - a reason to get out of bed in the morning and beyond that a deeper motivation that will inspire our soul.

During your ceremony you may want to ask the plant medicine for your higher spiritual purpose.

When I ask my guides about your higher spiritual purpose I am being told that you are to use your innate sensitivity for plant communication.

Your soul may receive great benefit from tending plants.

Although I know you crave human companionship, I believe you will find it most easily when you find other Indigo children like yourself.

Even though you are close to your family and love them and they love you, you will do even better when you find your soul tribe.

This article talks about a third generation of Indigo children born between 1978 and 1988. It mentions what I see about you - that you have a minimum protective shield:

<https://www.learning-mind.com/do-you-belong-to-one-of-the-five-indigo-generations/>

ENVIRONMENT

Spending as much time as possible in nature will be incredibly helpful for you both in grounding your energy, calming your nervous system and helping you to reconnect to the natural world.

NUTRITION

Please go on a gluten-free, dairy-free anti-inflammatory diet to heal her stomach pain.

Often people are not technically celiac but they are sensitive to glyphosate, aka Roundup.

When wheat is harvested it is often sprayed with glyphosate, a known neurotoxin.

Cow's milk products are also very aggravating to the digestive system.

Food Sensitivities: What To Avoid

By Catherine Carrigan

You can achieve your ideal size more easily, heal your digestive system and improve your mental and emotional functioning by taking care of what foods you choose to put into your body. Since 90 percent of serotonin is produced in your gut, avoiding foods you are sensitive to can have a huge beneficial impact on your total well-being.

Identifying and eliminating food sensitivities is also a huge step for helping you avoid pain. Pain anywhere in the body is inflammation, and inflammation begins in the gut. When you avoid foods that you are sensitive to, the mucosal barrier in your intestines can heal, the pain you experience may be eliminated and your immune system is strengthened.

Your food sensitivities may be highly individual – you may develop a sensitivity to any food you are consuming frequently.

One of the best ways to avoid developing a food sensitivity is to rotate your diet and include lots of variety. That is one of the many reasons why we have produced this cookbook for you.

Here is a list of common food sensitivities. As you read over this list, notice how many of these foods are processed – if you simply choose a diet of organic meats, nuts, fruits and vegetables, you will avoid common food allergens and achieve new heights of health and fitness.

If you know for certain you have a food sensitivity, there is no substitute for reading labels carefully.

Lastly, if you have multiple food sensitivities, ask your Total Fitness professional how we can help you heal your mucosal barrier. You can overcome many food sensitivities by healing your gut. This is an individual process and involves identifying any pathogens (parasites, bacteria, etc.) that may be interfering with your gastrointestinal function and a six-month gut restoration program that includes replenishing the good bacteria in your gut and healing the mucosal barrier.

As you heal your gut and avoid your food sensitivities, you will notice that your abdomen flattens out, your core muscles work better and you have better balance when performing your fitness training program. The nerve that goes to the transverse abdominis is the gastric nerve, so if you are eating anything that inflames your gut, you will not be able to flatten your abs or get your core muscles working properly.

Remember, here at Total Fitness, we work to put together the big picture for you – your health, your fitness and your nutrition. Everything works together.

FOODS TO AVOID IF YOU SUSPECT YOU ARE SENSITIVE TO WHEAT OR GLUTEN GRAINS

Barley

Rye

Oatmeal

Spelt

Breads

Bagels

Crackers

Cereal

Pizza

Pretzels

Whiskey

Breaded fish and vegetables

Gravies

Hot dogs

Cookies

Candy

Pasta

Cereals

Ice Cream

Pudding

Meat loaf

Processed foods

MSG

Bouillon cubes

FOODS TO AVOID IF YOU SUSPECT YOU ARE SENSITIVE TO MILK

Casein

Whey

Yogurt
Butter
Bread
Cakes
Puddings
Ice Cream
Mashed potatoes
Sherbert
Salad dressings
Margarine
Donuts
Scrambled eggs
Soup
Cheese
Breads
Coffee whitener
Sausages
Cream
Chocolate
Cocoa
Whipped toppings
Cookies
Custard
Cold cuts

SUPPLEMENTS

High quality Omega 3 fish oil to help your brain develop.

Bilberry extract, an herb supportive for the eyes.

Take a good digestive enzyme, such as Total Enzymes by Nutriwest, at every meal.

https://www.amazon.com/Nutri-West-Total-ENZYMES-120/dp/B000NI81V4/ref=sr_1_4?crid=12APB4TFVSUZJ&keywords=nutriwest+total+enzymes&qid=1567248161&s=gateway&srefix=Nutriwest%2Caps%2C219&sr=8-4

Please spray yourself with Angelic Canopy Aura Spray twice a day to help you shield your aura:

<https://www.healingorchids.com/livingtreeorchids-products/sprays-new.html>

There's a line of flower essences called Indigo Essences made specially in Ireland for people like you:

<https://indigoessences.com>

You would benefit from using Bubble of Love:

<https://indigoessences.com/collections/the-gold-series/products/bubble-of-love>

You would also do well to take SoulShield+ on a daily basis to help you shield your very sensitive energy field:

<https://www.healingorchids.com/livingtreeorchids-products/combination.html>

SUPPORTIVE THERAPIES

Please have Reem repattern her brain every day, twice a day for 10 weeks. This exercise is very powerful. See the article below. It contains links to videos to explain how to do this.

<https://unlimitedenergynow.com/repatterning-a-natural-healing-remedy-for-your-brain/>

Repatterning: A Natural Healing Remedy for Your Brain

by Catherine Carrigan | Feb 27, 2015 | Blog | 8 comments

One of the most powerful natural healing remedies for your brain is a simple three-minute process called repatterning.

You can watch three one-minute videos that describe the three steps to repatterning for FREE at this link on my website.

You have two hemispheres of your brain – a right hemisphere and a left hemisphere.

You have a dominant brain hemisphere – meaning you are either right-brain dominant, and lead your mental processing with the right side of your brain, or left-brain dominant, and lead with the left side of your brain.

Under stress, your non-dominant hemisphere is 75 to 85 percent shut down.

I first learned about repatterning years ago when I first began studying Brain Gym. I went on to learn that repatterning is one of the most important tools used at an institute in Pennsylvania that works with severely brain-injured children.

Even if you have never suffered brain injury here are the benefits you can receive from repatterning:

- You will use your full brain potential
- Reduction of stress
- Natural healing remedy for depression
- Natural healing remedy for anxiety
- Suicide prevention
- Better scores on tests
- Natural vision improvement
- Increase your energy
- Overcome learning disabilities
- Healing from brain injuries
- Integration of your brain functions, so that you can see, hear, speak and think more easily

My mentor in healing, Sue Maes of Ontario, Canada, has done brain research about repatterning. She says that if you repattern every day, twice a day for three minutes each session, you can integrate your brain in 10 weeks.

I have used this simple, drug-free natural healing remedy with all sorts of clients during my 21 years as a holistic alternative healer.

On one occasion, a new client came to see me early one morning. She reported that she was so depressed she had been contemplating suicide.

“When are you thinking of doing this?” I asked her.

“In the next week,” she replied.

I put down all my paperwork – the intake forms I use with all my new clients – and showed her how to repattern her brain.

She came back within a week and not only was she no longer suicidal, she had taken herself off Xanax, a prescription medication for severe anxiety.

On another occasion, I was working with an older gentleman who had suffered a stroke and could no longer read. I taught him how to repattern and he was finally able to read again.

On yet another occasion, I was working with an elderly woman in her 90s who had lost the ability to walk. I taught her and her caregiver how to repattern and she was able to walk again.

As you can imagine, this work is so rewarding to me that I made a FREE video of each of the steps so that people all over the world can access this very important information!!!

Step One of repatterning integrates your right brain. Watch the first step here. It's exercise No. 17.

Step Two of repatterning integrates your left brain. Watch the second step here. It's exercise No. 18.

Step Three integrates your two brain hemisphere. Watch the third step here. It's exercise No. 19.

If you have been suffering from any challenge with your brain, I recommend that you get up out of bed and repattern right away.

Then find another time later in the day to repattern – it could be when you come home from school or work or just before bed.

You will feel less stressed immediately and over time you will notice a dramatic improvement in your ability to use your brain.

If you would like to learn more about how to heal your brain naturally, email me at catherine@unlimitedenergynow.com or call 678-612-8816 to set up an appointment.

The first thing I ever studied in healing work was natural healing for the brain. I have helped countless clients overcome depression, anxiety, eating disorders, head injuries, obsessive compulsive disorder, learning disabilities and other brain challenges.

No matter what your brain challenge, just know that you can feel better – and start today by repatterning! Craniosacral therapy to heal her brain on a weekly basis.

Reiki to patch the holes in her energy field.

Read and/or listen to the audiobook version Unlimited Energy Now. This is a book about how to have more energy:

https://www.amazon.com/Unlimited-Energy-Now-Catherine-Carrigan/dp/1627471057/ref=sr_1_1?keywords=Unlimited+Energy+Now&qid=1567249899&s=gateway&sr=8-1

Read and/or listen to Unlimited Intuition now to understand how you can use your innate psychic sensitivity without being overwhelmed by it:

https://www.amazon.com/Unlimited-Intuition-NOW-Catherine-Carrigan/dp/0989450619/ref=sr_1_1?keywords=Unlimited+Intuition+Now&qid=1567250855&s=gateway&sr=8-1

EXERCISE

Even though you don't really want to exercise you would benefit from walking in nature on a daily basis to help ground your energy to the earth.

Daily eye exercises.

For years I taught Vision Gym, which is simple little eye exercises you can do.

You are reminding me that I need to make videos of these eye exercises!

You can read a book about Vision Gym here:

<https://www.amazon.com/Vision-Gym-Playful-Movements-Natural/dp/3932098188>

Vision Gym is taught as part of Brain Gym. I teach both Vision Gym and Brain Gym classes.

You would also benefit from learning Brain Gym, which are simple little exercises that help you integrate your brain.

Here are videos of a few Vision Gym exercises:

<http://heartsatplay.com/videos/vision-gym-activities/>

Here are videos of a few Brain Gym exercises:

<http://heartsatplay.com/videos/brain-gym-activities/>