

NOTES FROM SESSION w/ LAURA

continued PAST LIVES

Name: Asha Schechter

Date: 9/30/16

Email: fromasha@gmail.com

Birthdate: 9/11/78

FOODS:

Lemon, Spinach,
Carrots, mushrooms,
Chamomile, banana, ginger
pomegranate, apples,
onions, turnips, Asparagus,
Coconut oil/coconut water
Celery

ANIMALS:

less squirrel/more hawk
Eagle, mouse - lifetime tokens
Owl, Spider (creative ^{obsessive in} details energy)
More otter, penguin

penguin, Deer - past life oriented
More Dragon, Boar - close to ground push thru things
more power, less control.

PAST LIVES:

Female Egyptian Muphriz - Isis - taken Crocodile 18 BC
Einstein fic - knew him / thought him Germany late 1800s - 1920s

STONES:

Lapis Lazuli (Sovereignty, intuition) ^{Director (Boss stone)}
Angelite turquoise (speaking your truth) ^{good for throat}
Hematite/lepidolite (Anxiety)
Malachite/Rhodochrosite (self forgiveness, opening the heart)
Black tourmaline (protection)
Citrine, Selenite (clearing) (focus & personal power)
Carnelian (sexual & creative confidence)

OILS:

Juniper - opening 3rd eye.
(medicinal)

GUIDES:

mom's mom's Dad.
Great grandfather
Shiva, Mother Mary - self compassion
Horus, Sirian

Alkalinity

greens, reds & orange

lifetime tokens

past life

* - More Stones -> Aragonite star cluster.