



Jannine Oberg
The Heart Chakra Coach

*Falling in Love is Easy – Staying in Love takes Skill. Stay in Love with
Heart Centered Relationship Coaching*

Client Love Story

Liza – Lover from the Past

Graceful and poised, Liza walked into my garden office with the presence and radiant spiritual aura of the yoga teacher that she is. Brilliant, beautiful, and articulate she already had some knowledge of the tools I offered. So I realized my role would be to provide a framework for her to practice and really embrace these tools in her daily life.

Through deep personal analysis she had already determined that her current relationship was hampered by memories from a previous relationship. Releasing it was becoming a problem, because as she focused energy on releasing the past relationship she was actually affirming it! I ran ***Astrological Charts*** for her, for the past relationship, and for her current lover Ryan.

Her highest relationship goal was to be married and to become a mother. Ryan had planets that fell in the 'astrological house' of children. Indeed, he had the energetic potential to be the father of her children; her previous lover did not. However, the previous lover had many wonderful alignments in the house position of sexuality and intimacy. The physical energy between the two of them was palpable and clearly was transcending both their break up and their physical distance apart.

And the intimate energy shown astrologically with Mars and Venus for her current lover was a reverse of stereotypical relationships – her Mars (male energy) connected beautifully with Ryan's Venus (female energy). We used a ***Relationship Profile*** from the ***Imago Techniques*** to determine the positive and negative repeating patterns that were showing up with these two men.

Next we scheduled a few sessions to tap out the negative patterns with ***EFT***. Liza was extremely motivated and worked with ***EFT Tapping*** as a self-healing tool at home in addition to our sessions. Liza moved into new levels of understanding and reduced the emotional physiological triggers to the point where she was finally able to release the energetic pull, as well as stop the inadvertent replay of memories from the previous lover!

I often noticed that when we were working together, Liza would move away from emotional awareness to analysis. In fact, she did this so fast that I wasn't always able to catch her in time! And when we would "talk" about the New Age admonition to follow her heart, she just couldn't get in touch with her feelings at that level.

So I checked on her **Energy Chakra Centers** and it turned out she was operating much of the time disassociated from her heart chakra and from her **Sacral Chakra** (sexual energy wasn't working well in the current relationship; she was waiting for Ryan to initiate, and he wanted to be desired and loved by her as much as he desired her – the planetary reversal definitely showed up here).

We discovered her yoga meditation practice was keeping her aligned much of the time in her **Third Eye Chakra** and **Crown Chakra**.

These beautiful energy centers of wisdom and higher conscious were perfect to use in her yoga practice and supported her work as a profound and inspirational teacher.

However, it is difficult to move into the **Emotional Love Body** when your attention is connected out to the **Matrix or Qi Field** much of the time.

Being 'in body' wasn't all that comfortable for her. So she began reclaiming energy in the 'lower energy centers' with awareness, intention, and focus. With a bit of EFT Tapping aligned with her innate brilliance, and strong motivation, Liza quickly honored and balanced all of her energy chakra centers. This culminated in Liza safely accessing deep emotions, more love from her **Heart Chakra**, and more sexual desire from her sacral chakra. Her relationship shifted into a conscious loving expression on all levels!

