Peace by Peace Healing

Standard Emotional Release Session

Client: Anonymous
Date of Birth: Withheld for privacy
Focus: General Emotional Release

Session Summary

This session focused on identifying and clearing trapped emotions that may be contributing to emotional heaviness, anxiety, and difficulty feeling at ease. These are emotions stored in the body that can create patterns of stress, disconnection, and recurring emotional pain. The timeframes listed reflect when each emotion originally became trapped in your system, not when it was released.

Emotional patterns can form during specific life periods and remain stored until consciously cleared. Releasing these layers supports greater emotional ease and opens space for peace and clarity.

Emotions Cleared

Emotion	Timeframe	Definition
Grief	12 years ago	A deep emotional pain connected to loss that settled into the body and created ongoing heaviness.

Emotion	Timeframe	Definition
Anxiety	8 years ago	A stored state of worry and unease that kept the nervous system in a constant state of alertness.
Abandonment	20 years ago	A deep fear of being left without support rooted in an earlier chapter of life.
Shame	15 years ago	A painful belief of unworthiness stored during a formative period that quietly shaped self perception.
Overwhelm	3 years ago	A more recent accumulation of emotional weight connected to ongoing stress and responsibility.

After Your Session

Your session is complete and your body has begun its process of integration. In the days that follow, be intentional about resting and drinking plenty of water. Your system is adjusting and hydration supports that process more than most people realize.

Some people notice an immediate sense of relief or lightness. Others experience a temporary wave of emotion, fatigue, or even mild physical symptoms as the body clears. Either way it is a sign that something has moved. Trust it.

In the days and weeks ahead you may begin to notice shifts in how you feel emotionally and energetically. Pay attention to those moments. They matter. The work continues long after the session ends.