

Ever feel like Half of You is missing?

- ✓ Do you feel like you have gone through life – like you are surviving an experience – but you don't know what that is?
- ✓ Do you find you get hung up on things being perfect?
- ✓ Do you feel a hole deep inside where no one can reach – feel abandoned or not loved enough – even when getting tons of love and affection?
- ✓ Do you sabotage your relationships? Or avoid them altogether?
- ✓ Are you sensitive, feel vulnerable and tend to be an introvert – needing to spend time by yourself?
- ✓ Do you have a low opinion of yourself, or have a lack of self-love, or feel deep grief – about something or someone – but you don't know why or who?
- ✓ Do you think that you must go it alone, you must do it all yourself, and block yourself from receiving?

You couldn't place it. Talk therapy doesn't reach it, or uncover it. But if this resonates with you there is a way to transform the genetic memory and release this pent up energy and feel good again. Take the quiz on the other side. Or pick up the ebook at www.jessymorrison.ca

Could You be a Surviving Twin, and not know it? What is a VANISHING TWIN ?

Did you know that as mammals we humans are like kittens and puppies? As many as one in eight of us start out in the womb with company (womb mates), and then something happens and the womb mate vanishes – usually between the 3rd and 4th month. This is one of the reasons doctors wait to give us an ultrasound at 4 months. Human women tend to focus on what they lost, rather than on nurturing the surviving fetus. Besides this huge feeling of grief and loss a mother might feel, this leaves a number of physical and emotional issues & reactive behaviors for the Surviving Twin.

Take the following quiz and find out if you might be a Surviving Twin too... which of the psychological repercussions of Vanishing Twin Syndrome do you have?

Do you have:	YES	NO
A need to over-manage or be in-control		
Unexplainable Guilt		
Overwhelming Grief or despair		
Experiencing a feeling of loss		
Apathy, you do not care if you live or die		
Occasionally have thoughts of suicide		
Often think "what's the point" or "what's the use"		
Dislike competitive sports unless you are competing against yourself		
Are a mediator? Want everyone to get along and work together		
Victimized by your own Procrastination		
Feeling emotionally paralyzed, unable to get into action		
Sabotage your good Relationships		
Feel Undeserving		
Are a major giver, but not a very accepting taker		
Overly sympathetic, or too compassionate		
Have Money issues, refuse to own your money		
Put everyone else's needs before yourself		
Attracted to or fascinated by twin energy		
Feel abandoned, left out, or excluded		
Don't make friends easily, a Loner		
Feel like others can't relate to what you are going through		
Constantly searching for close relationships but can't seem to find them		
Prefer to spend time with older people, rather than those your own age		
Low self-esteem, lack of self-love		
Trust issues		
Constant anxiety		
SCORE		

What is your score? These are issues that no amount of psychoanalysis can help. You cannot uncover the unconscious cell memory consciously by trying to talk about it. If any of this sounds like you, and you want to resolve these issues gently and easily, or you feel compelled to know more, let me help. [Book your appointment now.](#) Or email me at relief@jessymorrison.ca