

OLIVIA DYDYNA

Psychic Body Scan

Energetic Insights for Deeper Love

SAMPLE REPORT

Couples Scan

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OVERVIEW

About This Report

This Couples Scan is based on the psychic body scan performed during your session. The scan identified energetic and emotional blocks, as well as limiting beliefs, that may be affecting intimacy and connection in your partnership. Below, you will find insights for each partner and the couple as a whole, along with actionable recommendations to help cultivate deeper love, intimacy, and alignment in your relationship.

PARTNER 1

Key Insights

- Repair of root chakra is in process
 - Strong energy coming up around parenting, becoming a parent, fear or worry over parenting styles
 - Heart was shown being brought up to shoulders, feels like an awareness to bring heart to a more elevated and respected place
 - Creating invitation for Partner 2 to express himself more (almost like he doesn't know how to express always so he needs a safe space, this can be co-created through more inviting language)
 - Big pregnant belly was shown with a split down the middle, it felt either showing twins or lots of attention to the word "split", the deeper I felt into it I was hearing splitting of the timeline from old to new, and of you making peace with the split. You took my hand and were just showing me your belly.
 - You were shown holding Partner 2's face in endearment and providing words of affirmation, the words of affirmation felt like a way to instill confidence and safety in your bond and seems like a way to repair Partner 2's trust in communication and expression i.e. "We're going to get through this"
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PARTNER 2

Key Insights

- Strong energy of reaching and connecting to Partner 1 but almost being stopped by a shame like response, head is down and feels like a losing fight. Seems like carried over from past relationship of a pattern of reaching to connect but not being reciprocated.
- Kundalini seems strong towards core but isn't able to flow with ease to heart/throat
- Image of a painted heart, Partner 2 is learning to paint the heart and see it as an art form that is developing vs possible old associations of heaviness of the heart. Still some strong beliefs around pain in the heart and that the heart has pain. Story and belief of heart must be recreated.
- Feelings of strength and renewal are coming through. An energy of wanting to show up for Partner 1 in a strong and confident way. Feels good.
- Repeated phrase heard from Partner 2 is "I want to be shown how to do this / what's possible." It feels like Partner 1 is the vision creator so she needs to share the visions so Partner 2 can feel into what he likes. "Wouldn't it be cool if we did this?" or "How do you feel about...?" This will allow more creative exchange. Also felt this applied to intimacy as well.

THE COUPLE

Key Insights

- Desire for the relationship to be a way to release pressure off both of your shoulders instead of add pressure. Learning how to balance the pressures of life and not let it affect the relationship. (Recommended downloads found below)

RECOMMENDATIONS

What Came Through for Each of You

For Partner 1

- Clarity: Getting clarity on what you want to experience creating in partnership
- Unshakeable Confidence in Partner: Showed me the power of delusional confidence in partner. Knowing "He's going to do it for me. He's got this." Still some energy of partner needing to prove themselves or doubting one's partner vs full trust and confidence of partner.

Download for Partner 1:

- ◆ *I know what it feels like for my partner to meet my needs and desires*

For Partner 2

- **Grounding:** Showing me Partner 2 using his hands and touching the ground, grass/tree to bring him more into the body during stressful days. It sounds simple but they're asking to do just that: touch some plant life with the hands. If you don't have time to meditate, give yourself a minute to touch some plants.

Download for Partner 2:

- ◆ *I know how to balance work and my relationships with ease*

For the Couple

- **Creating Vows:** Do this as an expression of creating the partnership of your dreams. The written vows instill the creation of a new relationship both of you haven't experienced yet.
- **Tantric Practice:** Heart to heart breath and touch for greater coherence and presence

Downloads for the Couple:

- ◆ *I know how to disconnect from the outside world in order to connect with my partner*
- ◆ *I know what it feels like to see eye to eye in relationship*
- ◆ *Intimacy grows and gets stronger over time*

With love,

Olivia Dydyna

If something in this report stirred something deeper, I would love to connect. Book a complimentary connection call and let's talk about what is ready to move in you.

[BOOK A CONNECTION CALL](#)

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