



## **Bipolar personality**

20 y.o. Female

Keywords: bipolar, personality, anxiety, international, overseas, life

### **The Person & Complaint**

The client came as she was going to fly to the USA and wanted to be less anxious. She also noted that she had been diagnosed as bipolar and was on medication for this.

Other health issues/history

- Fractured neck in a car accident in 2009 C4
- Tense neck under hairline at GB20
- Pain on right leg along GB
- Was diagnosed with Bipolar in Sydney in 2003 and was on medication
- Anxious

### **The Story & Emotions**

The client related how she had gone to Sydney to study at university, which she didn't want to do. She was doing a course she didn't want to do, she was in a relationship she didn't want to be in but didn't want to hurt her boyfriend. She was in a city she didn't want to be in – she wanted to be in her hometown. She seemed to not listen to her own wants and did things laid out for her by others. She says she doesn't trust what she feels and doesn't speak her truth rather follows others advice and then 'crashes' .

### **The Energetic System**

- GB is blocked aiming to hold onto her self – controlling her own feelings
- Back of Tifereth blocked by not trusting herself
- Small Intestines inability to make decisions
- Malkuth closed through fear of 'crashing' and possibly from car accident
- Triangle of action – blocked
- Yesod to Chesed blocked through not expressing her own needs
- Netzach closed by blocking her own feelings until she 'crashes'
- Kidney meridian blocked through fear.

About Heart and Smiles confidential

- Pericardium blocked

#### **Treatment – first session**

- Resonate on Back of heart she talked about how she doesn't trust what she feels or her own decisions. Then Back of Heart to P9
- Open Malkuth talked about fear of not making the right decisions. 'Am I putting myself at risk flying to the US?'
- Opened K1's release anxiety
- Opened GB 44 and GB 41 talking about keeping her feelings down/controlling her own feelings

I advised the client to practice the inner smile each day.

#### **Treatment – second session**

She had flown to the US and all was fine, as she had had no bipolar attacks. She had begun working with children in her hometown. Her relationship with her new boyfriend was OK. Her energy levels were low and she felt still unable to make a decision, this time about whether to do a diploma course in Child Care.

- Opened SI from SI 1 to SI 3 – decision making
- Hod to boost energy and honouring herself
- Tipereth to Binah – I trust myself
- Netzach to Chesed – I accept myself as I am

We talked about her confusion in making decisions and when she is confused to go to her heart and trust and wait for a solution – we practiced doing this during the session. I advised the client to continue the Inner Smile.

#### **Treatment – third session**

She had made a decision about studying.

- Lymphatic drainage to boost immune system and to affect the spleen – closed base indirectly affects the lymphatic system.
- SI 19

#### **Treatment – fourth session**

After the lymphatic drainage the client felt more energetic and relaxed. She also slept well and generally felt slower and less frenetic. In the back of her mind there was still the fear that the manic pattern will come back.

About Heart and Smiles confidential

We talked about being in her own power and speaking her own truth

- Begin opening the triangle of action - Netzach to Hod to Yesod
- Open Malkuth - grounded and releasing fear

#### **Treatment – fifth session**

We talked about being nice and the difference between this and being loving and coming from the heart. We also explored the feelings she felt at Netzach and how this can go to the heart and then practices saying her own truth. She was getting to be more in touch with how she felt and through practicing the inner smile she had a place to go.

We talked about being in her own power.

- Netzach
- Netzach to heart
- Netzach to Chesed – clarity in strength in mind and body

#### **Treatment – sixth session**

More confidence was evident in the client.

- Hod
- Hod to back of heart
- Hod to Malkuth
- Netzach to Hod
- Lu 11 to Lu 8

The client was encouraged to practice the inner smile

#### **Treatment – seventh session**

The client's medication was now down from 4 x a day to 2 x a day.

- Yesod
- Yesod to Heart

#### **Result/ How it was resolved**

The medication for Bipolar was reduced and she was working with her doctor to continue to reduce it. Her fear of the reoccurrence of manic states had been addressed and she felt so much more confident about making her own decisions and creating her own life. She moved out of home and was living with her boyfriend. She was working and studying child care and was happy.