



Case: Infertility, 26 y.o. Female

The Person & Complaint

A 26 year old female presented with infertility and repeated miscarriages:

- One before the birth of her 3 year old twin girls
- One in September 2010, spontaneous at 6.5 weeks, and
- One in February 2011 the scan showed no heartbeat at 7 weeks

Other health issues include:

- Mild lower back problems at T5
- Tilted pelvis with one leg shorter
- Grinds teeth at night and headaches.

She works as a physician, mainly delivering babies. It is a stressful job working shifts.

Her husband is also a Doctor.

The Story & Emotions

She said she is desperate to get pregnant. Her job is stressful and she controls all aspects of her life, her husband is also very controlling. He wants to have a boy so he only wants her to conceive on the day just on ovulation so she has to take her temperature and monitors her cycle all the time.

Her father died last year and she is in a nasty legal battle with his partner because her father left everything to the partner so she has had to contest the will. Mum died when she was 21, she misses her.

The Energetic System

- She has blocked the energetic centre at the Back of Heart (Shen Tao), the pericardium from grief and sadness from father's death, and mother's death at 21 plus the grief from the miscarriages and hatred towards father's partner.
- She is holding at energetic centre at C7 from resentment with father's partner.
- She is blocked navel centre from stress/worry, and through the double pass to congest the energetic centre at the Kidney Gate.



- She has blocked the divergent stomach channel through the sacro-iliac joint (creating the different leg lengths and back pain) as well as the gallbladder (control and anger) and bladder channels.
- Possible blockage in belt channel, also the TMJ's from the teeth grinding.

Treatment – first session

- We talked and we discussed how holding and controlling your emotions contracts your body, how the energy needs to flow from the heart to the baby. Her whole body was so tight I decided to work on the heart first.
- Opened Back of Heart Centre to PC 9 on the right hand. It felt very tight and prickly talked about father's death, no time to grieve.
- Released hatred, bitterness and resentment with father's partner. She became very emotional sobbing and the centre started to move with lots of pain.
- Explained cup of poison and forgiveness.
- Talked about Dad and her being angry with him for dying. Felt pain in PC 9 and in heart, lots of heat. Angry with Dad for not looking after himself and giving up and drinking.
- Felt centre start to flow PC9 still some congestion. She said she felt much lighter that a weight had been lifted off her shoulders.
- I told the client that she may be emotional for a couple of days after session.

Treatment – second session

- Client had a good week she felt lighter and happy that she had let go of some of the emotional stuff.
- Opened St 4's to release pelvis and leg length, right side was blocked and took a while open. Showed client the difference in leg length beforehand.
- Opened TMJs very tight and painful. Took 30 mins to clear. Client felt jaw relax completely lower back pain gone.
- Explained the connection between the throat and sacral centre. Relax jaw, relax cervix.
- Resonance to C7 energy centre: talked and released resentment towards other pregnant women, new mums and babies, very congested/heavy started to move, needs more next time.



- Talked about the inner smile meditation importance of stilling the mind.

Treatment – third session

- Had a couple of emotional days after last session. Feeling ok now no back pain, jaw is better no grinding.
- Resonance to C7 energy centre while talking about resentment towards father's partner. Big release centre opened.
- Opened Back of Heart Centre to PC9: talked about sadness around mothers death
- Opened Back of Heart Centre to Sacral Centre: talked about first miscarriage. Release Work: "feeling sad," "losing you baby," "I open my heart to you baby," "love you and let you go." Very powerful release, client crying.
- Talked about 2nd miscarriage at work, she was just about to do a Caesar list, very distressing, sad. Release Work: "I open my heart to you baby," "I love you and let you go," "angry," "alone."
- Resonance Kidney Gate energy centre: Talked about husband not supporting her and being there for her. Released feeling disappointed by him, pissed off, dishonoured. Heart and PC 9 cleared.

Treatment – forth session

- Client was feeling happier, not so sad about miscarriages.
- Opened Back of Heart Centre, still feeling congested. Talked about trusting and control, how she controlled her life. She realised she closed her heart to people not trusting anyone anymore. Talked about fear contracting the body. Release: fear.
- Gallbladder organ to GB 34: talked about control of getting pregnant, controlling life, gallbladder went crazy lots of noise. She felt it releasing and she understood how her thoughts/emotions were affecting her body. Opened GB 41 belt channel.
- Resonance to Navel Centre, not moving. Talked about being worried about losing baby, about not getting excited about being pregnant in case of miscarrying it, so she was ignoring the baby not sending them any love or



attention just in case. Release worry about getting pregnant because may lose baby. Worried about it not being a boy, pressure from husband to have a boy.

Treatment – fifth session

- Client is thinking of trying for baby this month. We talked about most recent miscarriage, she felt very sad.
- Resonance, Heart to Sacral Centre: "I open my heart to you baby," "I love you and let you go," "I release pressure around having a baby," "I release desperately wanting a baby."
- While resonating to Base Centre, talked about fear of losing the baby fear of getting pregnant and fear of feeling the pain of losing baby again.

Treatment – sixth session

- Ovulation time so gave client a Circulation of light.
- Client felt energy moving in her body.
- Occiput and Brow centres congested: Open male and female poles next session.

Treatment – seventh session

- Client was secretly happy she was not pregnant because she is going on holiday to Thailand and wanted to have fun and drink while away.
- Discussed with client that she had dropped the desperation and control around getting pregnant she had a much better chance of getting pregnant and keeping the baby to full term.
- Opened male and female poles. Opened Heart Centre to Sacral Centre, energy flowing between both centres, felt good, whole body has relaxed. She has dropped the control and fear.

Result: 2 weeks after her return from her holidays she reported that she was pregnant.

Treatment – eighth session

- Week 39
- Heart balance and pelvic alignment balance

**Treatment – ninth session**

- Week 40
- Heart balance
- Opened base

How was it resolved

A healthy baby boy was born in May 2012 (a natural birth after a caesar for the twins.)