



Case: Increased Uterine Thickness, 58 y.o. Female

The Person & Complaint

A 58 year old woman presented for treatment of her swollen uterus. All of her clothes felt tight around her abdomen, her uterus felt heavy and uncomfortable. She felt like she was 5 months pregnant. The uterus lining was 10.7 mm, her doctor advised it should be around 1.5mm.

The woman had been advised if the lining didn't reduce she would have to have a hysterectomy. She was due to go back for another ultrasound in 3 weeks, if no improvement the gynaecologist wanted to operate. Client wanted to avoid surgical intervention.

Additional symptoms:

- Multiple fibroids
- 10mm polyp
- Tender breasts
- Mild pain at the GB/liver
- Sore knees at the patella and medial on Spleen channel, which are becoming painful mostly when walking up stairs. Pain level: 5/10.

The Story & Emotions

- Her father rejected her when she started puberty he was unable to relate to her, so she hated puberty and disliked her breasts, because she lost her father's love.
- Her mother called menstruation 'the curse,' and there was a family pattern of not liking being female.
- The client always wears trousers as not to be feminine.
- She was only recognised for being a 'good girl' so she held her emotions in.
- She worries about everything and is fearful.
- She had a termination at 20 and has felt guilty since.
- Now has 2 children, her daughter self-harmed as a teenager, and the client felt a failure as a mother.



- Earlier this year her son announced he was homosexual, and while the client has had gynaecological problems most of her adult life, but the latest problem started around the time her son came out. This was very traumatic; she was devastated, angry and sad and felt guilty about feeling this way. She has not shared this with anyone except her husband.
- She expressed that she had failed as a parent.

The Energetic System

- The Sacral energy centre would be congested from: her relationship with her father, rejecting her femininity, the termination and her relationship with her son, the catalyst. Additionally, guilt about her termination and judging her son's sexuality would also congest the same centre.
- Inability to express how she was feeling would congest Throat centre, which also is the soul correspondence (key energetic relationship) of the Sacral centre.
- She appears to have blocked Navel centre from all the worry (worry also affects the knees), and which through the 'double pass' as part of the 'lower triangle' of energy centres has congested the Kidney Gate at the back. This would also be congested through the emotions of abandonment and not feeling good enough as a parent.
- Holding on to anger may have affected the Gallbladder / Liver causing the pain.
- Breasts are tender at the PC 1 point both sides.

Treatment – first session

- Opened Back of Heart centre to PC 9. Practitioner's hand ached with pain as the client talked about her Dad, how she felt angry with him, talked about holding on to anger, closing her heart to her Dad. Client felt pain ease in her heart, soreness in her breasts too. Additional Release Work: "I open my heart to you Dad," "I love you and let you go", sadness. Father had died 2 years previously. With this Release Work at the Back of Heart, there was a huge opening in the energetic congestion for the client.
- Opened Heart to Sacral Centre. Sacral Centre was lifeless. Client talked about her childhood, problems with mum and dad, then about the termination, said she had never discussed this with anyone, as she'd felt too guilty to discuss.



Significant pain in the heart "open my heart to you baby love you and let you go."

- Talked about her son coming out, lots of pain and a big reaction in Sacral Centre, this was a traumatic time for her and the problem became much worse for her at this time. Released guilt, "I open my heart to my uterus".
- Her Heart Centre opened and balance to her Sacral Centre. She felt much lighter.

Treatment – second session

Result from last session: She felt a weight had been lifted off her shoulders emotionally. Her uterus is less distended, clothes fit better, uterus doesn't feel uncomfortable. Had some pain in her liver (near the GB organ) after last visit, and mild head pain at occiput. Feeling overwhelmed with work this week, felt blocked not able to move forward. Son lost his job and felt she had a sword in her heart.

- Opened GB organ (Practitioner could feel it releasing lots of air bubbles) to GB 34, both were very congested, then they settled. Client felt pain in the Back of Heart centre, which was not surprising since the GB divergent channel goes into the back of the heart.
- She was very angry son lost his job. Opened GB organ to Heart Centre, pain eased at Back of Heart centre, but then she could feel pain at the Occiput Centre. Opened Back of Heart Centre to Occiput Centre (her need to control things) and the pain that felt like a sword in her heart. Pain at both locations began to move, client felt sadness about son. Felt congestion in heart ease and the sword-like pain dissolved.
- Opened Throat Centre, which was not moving at all. Release work: "I release feeling hurt/humiliated", not speaking her truth. She felt a lump in her throat. Practitioner spoke to client about swallowing anger and emotions not expressing them. Opened Throat Centre to Sacral Centre (soul correspondence), which balanced really well.
- Talked with client about the inner smile, meditation.



Treatment – third session

Result after last session: Client felt emotional for a couple of days. She is becoming aware when she is holding emotion. She is starting to feel the connection, between worry and her knees, as they are worse when she is stressed.

- Talked about embracing the feminine in her body, accepting herself.
- Opened Female Pole: Occiput Centre to Base Centre. Occiput ached and Base felt very heavy.
- Opened Male Pole: Brow Centre to Sacral Centre.
- Resonance on knee and Sacral Centre. Knee 'jumping' as she talked about her son. Knee pain reduced from 5/10 to 3/10.

Treatment – forth session

Result from last session: Her Doctor was amazed at the change in the ultrasound results, uterus normal, polyp gone. Fibroids had reduced down considerably. Has had a stomach problem this week: wind, burping, irritable. She is scared about "not having a crutch," as in she has always had an illness not sure how she will be without one. Knee pain 3/10.

- Opened Stomach organ to ST36 - very sore. Talked about worry, work, children.
- Resonance to Navel Centre: very tight, blaming herself for not being a good mother.
- Resonance to Kidney Gate Centre: talk about self-worth, not feeling recognised, abandoned
- Resonance from Navel to Kidney Gate (Double Pass). Took a while, but they came into balance.
- Resonance Sacral Centre to Base Centre: discuss feeling scared
- Opened knee gates: Sp 9 and Lv 7, both very blocked.
- Spleen felt spikey, lots of noise and felt tight.
- Opeend Spleen organ to Back of Heart Centre until Spleen settled.
- Knee pain now 1/10.

**How was it resolved**

- The ultrasound showed a reduction in the lining of the uterus from 10.7 mm to 1.5 mm. No need to have a hysterectomy.
- 10mm polyp gone completely
- Knee pain whilst walking on stairs now only 1/10
- Client was very happy