



Case: Nightmare overwhelming fear, 42yr, Male

The Person & Complaint

This man came in for treatment after having a nightmare, 6 days ago, that he just cant shake off. Prior to the dream he was well, he meditates regularly and lives with an open heart. He is a person you instantly like.

He is going to New Zealand for a holiday at the end of this week with his partner. Since the dream, he has developed:

- Sinusitis
- Soar throat
- Hoarse voice
- Heaviness between his throat and naval

The Story & Emotions

His first wife died from cancer 10 years ago. He loved her very much. He was her carer. He is now in a loving relationship with a new partner. He is returning to the place he married his first wife with his new partner.

In the dream he was in his house and he was walking towards the front of the house. He noticed a little boy with huge alien eyes. He was living and hiding in the front room. He was surprised to discover him. He grabbed his arm and instantly everything went black – blacker then night time. It felt like he was shut down.

The energy and emotion that he felt, described by the client, was watery, he said it was fear but he wasnt scared. *I believe this was hidden grief.*

A pond waking he felt something enter his throat. As the days pasted his symptoms appeared. It started with the sinuses and continued to his throat, chest and naval.

The Energetic System

- The energy centre Chessed was blocked as he needed to acknowledge, validate and express his love for his first wife.
- The energy centre Netzack was blocked through emotional fear of what the dream represented to him especially as it was an unknown fear.
- The pathway Nun was compromised because both chesed and netzach are blocked with emotions. This limits the energy flow and in turn takes away the strength qualities that Nun possess.
- The Heart was blocked with fear in the ko cycle from the kidneys, water extinguishes fire.
- The Yin Heel channel was opened to treat his sore throat, open up the chest area and calm his spirit from the nightmare.
- The Kidneys was compromised by the fear my client was experiencing.

Treatment – first session

- Opened **Chessed** to **Netzack** and released **the unknown**. My client resonated with that straight away and said he felt really weird. The feeling of heaviness eased a little from **Netzack** up to **Chessed** but still there.
- Staying at **Chessed** and releasing **the unknown**, I **magnetically** stroked up from **Netzach** to the throat along the **Nun** pathway. It sounded like he was processed as his voice changed dramatically in the process. The heaviness had eased more.
- Opened **Chessed** to **Netzack** and released **the darkness**, he had a great release. He said it was really bazaar as he felt it leave his body.
- Opened **Heart**, I **opened my heart to the light** instantly his heart opened and expanded to feel the whole room. At this stage it appeared he was gone. I gently aroused him and he indicated he was ok.

Something special was happening as candle I had lit, had split into two flames. The flames were dancing around each other. The energy felt beautiful. I let him continue to enjoy his experience while I opened points.

- Bilaterally balanced **K6**
- Bilaterally balanced **K1**

He told me that when he opened his heart it felt like he was a monk lifting his hood up and over his head.

When it was finished he told me that his wife came and visited him as well as many other spirits. He said the room was full.

Result/ How it was resolved

He felt he needed to acknowledge his love for his wife before going back to New Zealand with his new partner.

The watery emotion he felt in his dream I believe was unresolved grief. This session allowed him to reconnect and move on with his life knowing he has made peace with himself and his wife.

He felt fantastic. All the heaviness was gone. His sinuses felt clearer and his throat much better.

Something special did happen in this session because after seeing this gentleman out, I returned to my room to see that the candle had exploded all over my wall and carpet.

I contacted him before they left for New Zealand and he said *I feel like a new man*