



Age 33, Male, Relationship Issues

The Person & Complaint

Include a brief description of the person, their relationships/family, their complaint, any relevant facts, health issues, history, etc.

This client is a 33 year old single male who has difficulties relating to females in a healthy manner. He either becomes obsessive with them or feels used. He has a history of constipation. He is an only child and was doted on by his mum, who was needy.

The Story & Emotions

He has a pattern of falling in love with women who are not available. His first girlfriend went overseas – leaving him feeling obsessed, angry and abandoned. A more recent interest refused his interest in having sex but expected him to pay for dinner. He felt used and embarrassed about his need for sex.

As a child he had to compete with his dad for attention from his mum. This left him feeling abandoned.

The Energetic System

How has the story, attitudes and emotions affected the energy system? What is blocked/congested? What obvious centre's, meridians, fields etc are contracted?

- 1- Malkoth - Terror of being abandoned closed the base, BL and Kidneys
- 2- Yesod likely to be closed due to continuing enmeshment with mum & need to compete with others/dad for female attention. Also closed due to embarrassment of wanting sex.
- 3- Throat – shame of asking for sex after being refused,, not speaking out
- 4- Blame, anger at self will have impacted the double pass as netzach will be contracted due to anger/control and Hod due to lack of respect for self.
- 5- Anger impacts the Liver and control the GB
- 6- Heart will be closed to throat and netzach – feeling hurt and inability to speak out his anger
- 7- Gevurah to tiferet – holds onto pain
- 8- Gevurah to Chesed – being lonely – hermit
- 9- Constipation due to???

Treatment – first session

Resonance to Netzach – talked about blaming self and fighting self

Resonance to Hod – honor his feelings

**Netsach to Hesed: I let go of fear of sounding like a fool - big

I advised the client to do inner smile meditation daily

Treatment – second session

How was the client after the first session?

Girlfriend said no to sex and wanted him to still pay for dinner.

How is the complaint? Improved or not? Feels guilty of asking for sex

Double pass opening

Yesod** releasing feeling guilty and mum (of asking for sex - then realisation he competed with dad for mum's attention)

Throat * release feeling ashamed

Base – terror of feeling abandoned (more next)

Advised to continue Inner smile meditation and next session needed more work on anger

Treatment –third session

Constipation better but noticed gets worse when wanting to control.

Complaints about flatmate taking over, even if it is his flat. Wants to claim back his home. Feels like prisoner in own home.

Resonance to :

Base – fear of rejection – spend 30 min there, while he talked about how he felt rejection from flatmate

Binah – control – likes to have order in flat but tend to retreat then get angry

Base to Binah (female pole)

Finish off with inner smile and resonance to heart

Recommend continue inner smile

Treatment – Fourth session

Netzach to Heart – releasing anger to self and dad

Liver organ to Hessed

** GV 8 - liver shu point (sinew contraction)

Felt release of anger throughout body and a more settled feeling in body.

Treatment – fifth session

Continue on GB/Liver balance

Resonance to

GB organ – GB 34

GB 41 to harmonize liver and GB

Gevorah

Treatment – sixth session

Deal with loneliness

Gevorah

Gevorah to Tiferet

Hessed to Tiferet

Gevorah to Hessed – Hermit – talks about how he has tendency to still lock himself in room when others are taking over. Has made decision to get rid of one flatmate who is friends with other and select own flatmate...greater sense of control now.

Result/ How it was resolved

Realising link between getting angry, holding it in and feeling impact on body through constipation. Now more open about saying how he feels. Constipation resolve. Easier to make decisions and feel respect for self. Drawn to women who are ore available and equal to him.