



Case: Emotional issues- not speaking up and invalidates self Female 50 years old

The Person & Complaint

The client is an Occupational Therapist and a Reverse Therapist. She wants to look at her emotional issues here not the physical ones. She is very nice and does not speak up she also invalidates herself.

Other Health Issues

- She does have food allergies and is being treated for stomach, liver and LI problems by another type of therapist. She often wants to throw up and also has a choking feeling. She has had the food allergies since she married.
- She had CFS 15 year ago,
- Asthma 10 years ago,
- Hay fever for 22 years; and also a heart virus some 14 years ago.

The Story & Emotions

Her background is one of sexual interference from her father. She was pregnant at 15 and her mother forced her to have the baby adopted. Her family were catholic. She has an adult son who is living. She is married.

The Energetic System

Obvious centres contracted are Chesed, Gevurah, Tiffereth, Netzach, Yesod and Malkuth.

Also look at the meridians kidneys, bladder, spleen, stomach, small intestine, large intestine, liver and GB.

Treatment – first session

Opened the following:-

- Chesed - ability to speak up and say no etc.
- Gevurah - let go of controlling feelings
- Malkuth - release fear This was major.
- Netzach - release fear
- K1's - release fear
- Back of heart - apology to father
- Spleen - letting go of the story

I spoke to her about the inner smile and the importance of practicing this.

Treatment – second session

She said, 'It's like a new wind is blowing through the trees. I am the wind. 'She felt calmer.

Session looking at her being pregnant at 15 and some eating problems

- Opened Stomach 45 She said, "She holds an image of a giant rock between her and her mother." This represents the pain and anger between them.
- Resonate to Liver 1 release anger at the catholic church
- Resonate to Chesed & Yesod letting go of shame and guilt
- Opened Liver then Netzach release anger at her mother

About Heart and Smiles confidential

- Heart further release of anger

Treatment – third session

She said she now had an image of red roses and menstrual blood going between herself and her mother. She said she feels different, enjoying the calm; she is walking in nature and feels more settled. Her throat feels different and she is speaking up with her husband.

Now work on stomach and not absorbing food, bowel not working.

Opened the following:-

- Stomach 1 - concern re her living son 'no one will take you away'
- Netzach - doesn't want to bonsai/ constrain her children. Letting go of son.
- fear of separation
- Stomach 36
- SI 19
- LI 1 & 6

Treatment – fourth session

Stomach has settled a lot. Feels there is not so much backlog with all the emotional issues. She is eating more although still careful about what she eats.

Feels much better more able to cope, heart is more open to vibrations of love. Feels more settled not screaming and flowing more.

Opened :-

- Netzach
- Chesed to Yesod,
- Open Tiffereth to father
- Open Tiffereth and Chesed
- Opened K1's

After this session this client returned to Europe. She returned the following year and booked in further sessions. She was extremely grateful for the changes she had observed and said it had been like a new beginning.

I advised that she continued the Inner Smile practice.

Treatment – fifth session

She reported that she had noticed a new emerging aspect of herself. It was like a bud forming however she "still felt scared to be me and fly". She said she felt she wanted "to give up what she thought is me and allow the new".

Opened

- Malkuth and K1's - need to be grounded out of her head.
- CV 6 CV 21 - images of her child in a field
- Netzach to Chesed - her child on a mountain cloud - I love you and let you go
- Chesed - this was the main centre to open – issue of abandonment

Treatment – sixth session

She said she felt more 'solid'.

Today she wanted to work on 'speaking her truth with greater humility but she was afraid to do that.

Opened :-

- Malkuth
- Malkuth and Chesed
- K1's cleared. - 'I can let go of fear. When the cloud of fear is gone like a veil – there is love.'

Result/ How it was resolved

About Heart and Smiles confidential

The client was very happy with the changes in her emotional state. Over the time she had made great changes. She practiced the inner smile regularly. She was able to forgive her father and mother and let go of her child who was adopted out. She was extremely grateful and commented how she had pursued many therapies in her life and was very grateful for the amazing shifts that had resulted from AcuEnergetics. She returned to Europe.