



Chest/Throat

Age, 56

Female (JB)

The Person & Complaint

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

This female presents with a feeling of extreme exhaustion, weak voice, tightness in chest with difficulty breathing deeply (kidney) and sore throat (timber of voice changed). She also has pins and needles in right arm running to 3 middle fingers. After first session also found out she had in past been diagnosed with scleroderma – disease of connective tissue – which didn't effect her much.

The Story & Emotions

What's the story with the client? Is there one? If there's nothing obvious, is it more of an attitude or recurring feeling? What are the emotions that the client is experiencing or repressing?

The symptoms started when the client's older brother P died suddenly in an accident 1 month prior to session 1. She was in a state of shock. She felt alienated from him as he never invited her to his wedding 25 years ago. She had her heart closed to him and mum (Heart/Pe5) as her mum took his side. She expects mum and brother were embarrassed at her being a lesbian. While she blames them, she has remained silent about the issue. Expected mum to bring children together.

- ➔ Control of Emotions/Silence in the face of shame
- ➔ Blame – Netzach.
- ➔ Control of Anger – GB/Liver, double pass
- ➔ Resentment towards brother and mum

She always felt resentment towards her brother as the family holidays revolved around his wishes. Her opinions were so different from his, she saw no reason to talk to him. This xmas holiday she wanted to spent time with him and discuss their different viewpoints. She never got this chance as he died a month prior. She feels frustrated at having lost the opportunity to talk to him. She does not cry easily.

She and her younger brother, who committed suicide 20 years ago, removed themselves emotionally from the older brother P.

After 15 years, she decided to retire from a very senior position in 2014. She informed her boss and is unsure of what she will do next when she leaves in 3 months. She fears letting go as this job has been a large part of her identity.

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?

- She blocked her heart to her older brother and mum.
- Shame and repressed anger block Hessed + right arm Pe/TH.
- Repressed sadness/breathing: LI/LU.
- She has difficulty in letting go emotionally.

- This blocks C7 (Geborah) and the Lu/LI channels (TCM sadness).
- She controls her emotions GB (GB 34) – in particular anger (Liver)
- Breathing & Strong Rational thought: Chochma – Kether (digestion, breathing, being stubborn)
- C7- heart: let go of the hurt
- Hessed – heart
- Malkuth and K1 – as she is very ungrounded

Treatment – first session

- Heart to Pe 5
- Hessed to Heart *** letting go of “silence in the face of shame” (her words). This opened the energetic field, which felt very very cold. Client refused to let go of shame alone. (suggesting next session needed to focus on her “control” of emotions, including shame).
- C7 to Heart letting go of the pain. She refused to let go as this would mean not remembering.
- Gevorah to Binah: Talked about fairness. Her limiting beliefs about her mum were revealed as she described her expectations of her mum’s need to bring kids together.
- To address her rationalising everything, alienation and separateness, Kether to Chochma (Magus). Saw her quieten down – reduced rationalised thinking – easier breathing
- Hessed to LI 1
- Ended with K1 – breathing/grounding

How was the client after the first session?

Described how powerful “I let go of silence in the face of shame” was for her...felt like repeating it.

How is the complaint? Improved or not? Throat better and breathing somewhat improved and she feels we are on the right track. Next need to address control of emotions.

What did you advise the client? Inner smile meditation

Treatment – second session

Control/Anger

How was the client after the first session?

Breathing improved and texture of voice closer to normal.

Has been able to speak out more about her rights. Still very controlling of emotions.

K1 and Base for grounding

GB/Liver

- GB organ to GB 34: over-control, rigid thinking, holding on → together with Liver controls muscles and sinews (scleroderma)
- GB organ to heart
- Back of heart – trust and Heart 7 confluence of GB and heart
- TH 1 to heart
- TH1/P9

Client more open and willing to forgive brother and mum.

Reduced pins and needles in right arm

Treatment –third session

- Checked base/ K1
- Netzach to Hod. Let go of control of anger. Talked about her anger towards others, including older brother and mum.
- Liver to throat (* very spikey)
- Liver/GB meridian BLB
- Heart – letting go of anger

Felt relieved at letting go of anger.

Felt less constricted in throat

Result/ How it was resolved

What was the result after treatments concluded? How was the complaint resolved?

Client was able to let go of past hurt and resentment, throat & chest constriction resolved pins and needles were gone. She reported feeling clearer headed and more grounded.