



Case: Shoulder pain - 52 year old Female

The Person & Complaint

The client presented with very bad shoulder pain and was booked into a Sydney Doctor to get quartazone treatment.

The top of the arm is painful and the back of the shoulder blade. Lifting the arm to the side hurts. It aches when she is lying in bed. There is pain if she tries to take the arm back. The pain is all in the upper arm.

The Story & Emotions

The female's second partner had recently died of cancer.

The children of the second partner were fighting her over his will. Her first husband shot himself. She was grieving.

The Energetic System

- Balance the shoulder to the heart – the heart is closed
- Joint gates – Lu 5, H 1
- Heart, lung, pericardium congested due to sadness at the loss of her partner
- SI blocked pain in the shoulder blade area

As I had driven to her property to stay with her for 5 days to give her sessions we talked a lot and went for walks talking. The content of these talks are not written up here, however many discussions were about, where we send our minds, accepting the reality as it is and letting go. I showed her a power point display on what emotions affect the different energy centres and meridians.

Treatment – first session

- Opened Lung meridian - talked about the story- released sadness.
- Opened Shoulder injury to Tiffereth
- Opened SI

There was less pain between the Lu 1 and Lu 2 meridian. Her shoulder felt looser.

We talked about how our feelings affect our body and how repressing the sadness and anger would cause the pain in her shoulder.

We practiced the inner smile together each morning. We walked about the property to be active and to tune into nature and the energy of the sun.

Treatment – second session

The shoulder was looser and she was able to talk about her situation. There was pain along the Pericardium and heart meridian.

- Opened Heart 9
- Opened Pericardium 9 - She released 'being strong'.

Treatment – third session

The pain had decreased to 5 out of 10

- Opened the shoulder gates Lu 5 and H1
- Opened Shoulder injury to Malkuth

About Heart and Smiles confidential

Treatment –fourth session

- Opened Tiffereth & Yesod - letting go of the story of her second partner.

Treatment – fifth session

She was able to sleep. She felt she could put her shoulders back and she was not so slumped. Pain was down to 3 out of 10

- Opened liver meridian at Liver 1 and Liver 3 released hatred and anger at the step-children
- Opened Netzach and continued releasing anger at stepchildren and her partner leaving her.

Result/ How it was resolved

The pain in her shoulder was down from 10 out of 10 to 3 out of 10. As she lives on a property in the country the sessions stopped at that stage. She was very happy with her progress. She was no longer worried about the stepchildren and their law suit against her. She felt it was something she could go through and was now focusing on what she could do on the farm and a holiday to friends in NZ. She could see a future for herself and had begun to plan her next stage in her life.