



Case Study

Case: Relationship problems with husband
Female 56 year old,

The Person & Complaint

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

Female has a partner and they have a teenage boy.

Her relationship with her husband is the main issue. She suggests her husband is on the Asperger spectrum. The client owns a business and works very long hours.

She also has high blood pressure.

The Story & Emotions

What's the story with the client? What are the emotions that the client is experiencing or repressing?

'It's lonely relationship. There is sadness as it feels like having a relationship on your own.'

Story of trying to keep all the plates twirling in the air and making things happen. She can't rest as he doesn't help her and she wants to achieve. She is nearly 60 and still they don't own their own home.

Story of fear of dying early - many in her family had died of cancer she thinks this daily.

Very much 'in her head'.

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?

- Malkuth is blocked - Fear
- Kidneys - High blood pressure is associated with the Kidneys
- Hod - respecting self and others then and energy for the body
- Hod to Yesod - Fear -Talk about how judgments affect your life?
- Geverah to Chesed - affected through being lonely in the relationship
- Tiffereth to Chesed - Closed to others, - accepting love
- Tiffereth to Yesod - open your heart and sex to your partner
- Bladder

Treatment – first session

- Resonate over Malkuth
 - Recognises she tries to work it all out in her head/ very much in her head
 - story of husband, he has been retrenched 3 times
 - release trying to keep all the plates spinning in the air
 - release/story of fear of survival (financial) when he is retrenched again– her legs went to jelly and couldn't hold herself up, trying to keep her head above water,
 - Release/ story of daily fear of dying early
 - sadness came up on a number of these releases I stayed with Malkuth thinking it may need a couple of sessions to open. Initially there was no feeling from the base then slowly pain. While there was some sensation in the base it still was not open.

- **Opened Bladder meridian** - release feeling she is wired together but soon returned to
- Resonate over Malkuth - as the issue of her fear of survival returned.

How was the client after the first session?

She had shifted from blaming husband to seeing her need to shift and let go of fear and sadness.

What did you advise the client?

- I talked about how the fear and holding onto it all, and trying to work it out in her head was a way of operating in the world and there is an alternate to this of coming from the heart. As she has Kevin's book I suggested she read the sections about Malkuth and bladder.
- Practice the inner smile
- She wrote down about coming from her heart and praying to God to help (this is based on her beliefs) her with problems and seeing what were the results rather than her pattern.

Treatment – second session

How was the client after the first session?

The day after the last session she woke up as if from a hundred years sleep and thought there is very deep reorganisation going on here. Today very tired and arrived late.

How is the complaint? Improved or not?

Relationship is in a very bad place.

What did you do in this session? What happened? What was the conclusion at the end of the session?

Continue to work on letting go of fear.

- **K1's** for most of the session. She said I am not very courageous. Her father was on Dialysis
- **Hod** for lack of energy and also re respecting others and self.
- Checked Hod with the back of Tiffereth, Yesod and Malkuth.
- As she was tired there was little release work.

What did you advise the client?

- Continue doing the inner smile and let go of some of the work in the shop.
- This week she will read up about Hod and kidneys.

Treatment –third session

How was the client after the last session? How is the complaint? Improved or not?

Relationship with M goes between ugly and lovely. She is not so tired and is aiming to reorganise her workload as she works 60+ hours per week. If not she has no life and (no time or energy for relationship).

What did you do in this session? What happened? What was the conclusion at the end of the session?

- Hod
 - how do you feel dishonoured?
 - Always waiting for him, I'm the conductor of the orchestra and lonely
- Geburah to Chesed also horizontal meridians CV 21 to GV 13
 - She talked about how she talks less and less in the relationship
 - She sees 2 options being resigned or challenge him. We talked of other options if energy centres are open.
 - Sadness
 - Let go of fixing it up
- Tiffereth to Chesed
 - I accept love
- I talked about changing the patterns or cycles of thinking it out and solving it in your head to open your heart, and to nurture yourself
- She said, "It is wonderful letting go of trying to fixing it all the time in my head".

About Heart and Smiles confidential

- I next opened Tiffereth to Chesed as I talked her through the inner smile. She could see and feel the shift in her patterns as we did this.

Homework: Practice the inner smile in her shop and at home and set up a symbol to remind herself to do this. She has a bowl at home with a lotus flower and peddles in it. I suggest she get a notebook and when the other issues come up she jot them down and return to the practice of the inner smile. I explained how we are building a new cycle and the need to practice it.

Treatment – fourth session

How was the client after the last session? How is the complaint? Improved or not?

The relationship is in a lovely space. She and her partner 'were on a lovely footing this week, I did have something to say without charge'.

She focused on what brings her joy. 'When work got too much I thought I'd chuck the business in. It's not a true expression of myself and there is turbulence there. Wants to work on an exit strategy. May consider getting her builders licence always playing with design of houses on all homes. Her father was a builder. This is the problem with renting not changing what you want.

What did you do in this session? What happened? What was the conclusion at the end of the session?

- Yesod - work overload. "Stop doing my staff's work as then I have to do my work at night or on the weekend. Work smarter."
- Yesod to Tiffereth - "If I don't stop I feel I will have an heart attack."
- Pericardium 9 & 6 - energy is very weak (sex circulation)
- Heart 9 to 7 -

What did you advise the client?

Continue with the inner smile and doing things she enjoys. Put into practice working smartly.

Treatment – fifth session

How was the client after the last session? How is the complaint? Improved or not?

The client felt happier and working better resisting doing the girls jobs. 'They are paid to do these'. She is interacting with partner with less charge. 'I have been thinking about and like the statement you said last time- "If I come from a place of love then other solutions may come as opposed to my 2 options" '.

Slight pain above right hip. (May be liver or GB point)

What did you do in this session? What happened? What was the conclusion at the end of the session?

- GB rt 44 & 41 - talked about being irritated & resigned to the situation with M
- L1 & L2 (from the back of the toe) - 'Before I would conduct the relationship now I'm thinking about letting it be... I'll see'
- P 9 - talked about feeling sad about not getting what I want – i.e. more communication
- Tiffereth (Front) - Slept 'I didn't know I was so tired"

What did you advise the client?

Continue with the inner smile. Talked about as she is letting go of control and her anger towards her husband and opening the heart to him other solutions will open up.

About Heart and Smiles confidential

Treatment – sixth session

How was the client after the last session? How is the complaint? Improved or not?

Time with her partner is easier and sometimes very pleasant

Pain in the neck around GB along the base of the skull

Still some pain at hip - Li or GB area

What did you do in this session? What happened? What was the conclusion at the end of the session?

- Binah (very strong) - issues of control
- Binah to Gevurah - Talk about fairness and unfairness. She holds these very tightly.
- Binah to Tiffereth - I trust myself
- Binah to Kether - I release control
- Binah to Malkuth female pole
- GB and Liver - both still strong
- Tiffereth to Yesod - open her heart and sex to M. He likes me when I am not busy.

The pain in the neck had greatly diminished.

What did you advise the client?

Play with opening her heart and sex to M. Enjoy her holiday with M. Importance of down time.

They are going on holidays so resting from the business.

Result/ How it was resolved

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

Her relationship with her husband had improved greatly. She was not trying to control the relationship and relaxing from work at times. She also stopped doing her employees work and had taken a day off, which was new for her. High blood pressure has gone down.