

Painful periods & intercourse, 34-year-old Female

The Person & Complaint

Physiotherapist in her early thirties, a charismatic, friendly and popular woman, she was spending time at a spiritual community to do some inner work. She came to see me because of painful periods and intercourse, which she had been experiencing for many years. She was glad to have a break from her demanding work schedule, and oscillated between wired and somewhat guarded in her behaviour.

Other issues

- chronic back pain
- symptoms of uterine cancer and polycystic ovaries six years prior
- history of depression and drug abuse from the age of 15/17
- ill-fitted braces (between the age of 15-18), which made her grind her teeth
- sexual abuse trauma, tendency to put others' needs first
- Aug 2020: severe back pain (8-10/19) protrusion in L5/s1, L3/4, inflammation top of L1

The Story & Emotions

The client had come to a spiritual community to deal with her addiction issues (tobacco, marijuana) and past trauma of sexual abuse. She had been diagnosed with symptoms of uterine cancer and polycystic ovaries six years prior, which she had surgery for at the time. The symptoms had got better since. Furthermore she had had chronic back pain since she broke L1/2/3 in her early twenties (during an accident when drunk, at a party). Her kidney energy was weak, she had been overworked and wired for many years and was used to few hours of sleep.

The Energetic System

- Insufficient flow in her kidney/bladder meridians
- tension in kidneys
- Shen Tao – trust issues
- previously broken vertebrae:
 - L1- LI (Shu point- BL22/GV 5)
 - L2- bladder (Shu point- BL23/ GV4)
 - L3- sex
- C7 centre- resentful towards men and authority figures

Treatment – first session

I started by balancing shen tao to the sex centre and she talked about what had come up for her recently as well as about her medical history around sexual abuse, painful intercourse, relationships with men (very sore, charged, hot, started opening up after 30 min.). I balanced hod & yesod and she talked about needs and self-esteem, her relationship to and beliefs around finances (very hot, charged and painful). As the centres seemed jammed to an extent I directed some formal release work: "I release denying my needs in order to a)please others/ b)belong -ich höre auf, meine Bedürfnisse zu verleugnen, um es anderen recht zu machen/ *um dazu zu gehören- more resonance from her side*). Major shift in both centres and they started moving and flowing better afterwards/ 30 min.). She then started talking about self-hatred during her teenage years and I treated CV17 & sex. (very sore and hot, about 20 min. can do

with more work). The client talked about the relationship to her dead father (alcoholic and drug addict) and other friends who died during her teenage years. She said that she felt responsible for/guilty/angry about the suicide of best friend from childhood and another friend of her ex-boy-friend's. I changed to heart centre & sex and had her do release work: "I release feeling responsible for their actions". A lot of intense charge came off the centres and they started centres connecting, which brought on a headache. I balanced the throat to the base (10 min.) to bring energy down and she talked about her dental medical history. Due to ill-fitted braces she was grinding her teeth at night. There was improved flow in the centres towards the end of the session, yet they can do with a lot more work. I recommended she take her time with her inner processes and be gentle with herself, eg. grounding in nature.

Treatment – second session

She returned 3 weeks later reporting that she was experiencing much less pain during intercourse and started to enjoy sex again as a result. I started with the reverse sacral balance and spent the entire session on perineum & vagina, which was very sharp, hot, painful. She talked about her past and recent relating to men and sex, to attitudes towards sex in her family and in the community. The points opened towards the end of the session.

Treatment – third session

When she came back another 3 weeks later she was no longer experiencing pain during intercourse, which made her very happy and able to enjoy dating a lot more. I continued with the reverse sacral, balancing the perineum to the clitoris, which took a long to connect (hesitant, hot, numb, painful) and she talked about her preferences in relating to one man at a time, which were at odds with the open relating practiced at the community. She felt that she was growing in her ability to deal with jealousy and own self-esteem issues. The points eventually opened at the end of the session.

Treatment – fourth session

She came to see me in Berlin about 3 weeks later after we had both left the community and I continued with the reverse sacral

- balancing the perineum & REN2 (very charged and painful, went through many cycles of numbness and pain). She talked about her first boy-friend, who had betrayed her with her best friend at the time. I asked her to do release work on him "I love you 'Thomas' and I am letting you go", which released a lot pins and needles. She said that her self-destructive behaviour had started after their break-up. We talked about current and past patterns of relational attachments- co-dependency, recent progress (or lack of) with setting boundaries. She said she would often feel afraid to set boundaries because she was scared of losing connection/offending people (with grandfather, mother, lover). The point finally started easing up and connected at the end of the session.

Treatment – fifth session

She returned one month later, having had relapses of back pain, no period issues or pain during intercourse though.

I gave her a sacral balance (both legs, right side: sharper pain, more pins and needles, yet unwinding more willingly) and she talked about having become more aware of when she was lying to herself about what motivates her to act- acknowledged that her current desire to return to community was related to seeing a particular man there. She said that she was trying to figure out how to get out of her patterns and be more interested in her own wellbeing. I suggested she observe escapist patterns and try her best to stay grounded (do things that help her fill her soul, make her feel more deserving of love).

Treatment – sixth session

Her next session was one month later and she had experienced yet another and even worse relapse of back pain in the area of her previously broken vertebrae (L1,2,3). The pain had come on directly after she had got confirmation that she was allowed to continue her programme at the spiritual community. She had gone ahead with her plans regardless and tried her best to look after her wellbeing in the meantime. Upon her return to Germany the client had seen a doctor and requested an MRI, which showed protrusion in L5/s1, L3/4. Besides, the doctors were suspecting inflammation at the top of L1. She had had no period issues nor pain during intercourse though. Furthermore she had been wired and on the go most of the time since I had last seen her.

- I started by balancing K1 BB (very wired, hot, painful, started easing up after 20 min.) I completed the sacral balance (hips and back) and the client talked about her recent experiences in relating, feeling that she would have to lower her expectations such as not to be disappointed time and again (by her mother, best friend, lover). She was also proud that she had managed to look after her wellbeing better. While she had to take pain killers on a regular basis (3 a day) during her stay at the community it had encouraged her to request work with less physical impact. Even though she had been abandoned by her previous lover during her stay she had opened up to another man, who was more reliable in his affection for her.
- I suggested chi gathering as homework

Result/ How it was resolved

The client has had more regular periods and no pain while menstruating or having sexual intercourse. Sexuality has become a lot more pleasurable for her. The back pain started going down after the last session, and she has committed to coming for more treatments for a while.