

Right small toe swollen and aching, 40-year-old Male

The Person & Complaint

The client who was originally from London but had been based in Melbourne for over a decade, attended a one-week dance festival where his right small toe started swelling and hurting again. He was experiencing discomfort and pain at a level that still allowed him to move and dance, yet made the experience increasingly uncomfortable. He felt like resting when he came to see me and was open to chatting about his condition.

Other issues

- lower back pain
- somewhat stiff and tight, especially back of body

The Story & Emotions

The symptoms had been latent for a year since he had attended a dance festival in Goa and were reactivated at the Contact Improvisation Convention in Australia where he was based. The client described his time in India as a period of excessive states of bliss,. However, during the Goa festival he got pissed off with another dancer whom acted carelessly and stumbled over on his right foot, which consequently got injured. When reporting the accident to the festival organization they did not really respond in a way that made him feel safe.

The Energetic System

- blocked base, fear issues
- weak kidney gate, feeling dishonoured and pissed off
- insufficient flow in kidney and BL meridian

Treatment – first session

I balanced BL 67 to BL66 on the right foot (very tight and charged, painful, went through many cycles of numbness, pins and needles and pain, opened up after 65 min.) and he talked about how the first accident happened, during which the foot had suffered the injury. The careless actions of a fellow dancer as well as of the festival's organisation had got him upset, pissed off and not being taken care off appropriately.

I then balanced BL67 (right) to the base on the and he talked about other incidents where he had experienced a lack of safety in human interactions, eg in his family and with teachers as he was growing up (stuck and tight at first, then pins and needles and pain, eventually better flow after 25 min., can do with more work).

Treatment – second session

The client came to see me in Berlin half a year later and said that the swelling and pain had subsided after the treatment, yet he was worried it might come back when dancing more frequently. In addition, he occasionally had lower back pain, eg after the long transatlantic flight.

I balanced BL 67 (right) to the base (charged, yet more willing to move than previously, opened up after 25 min.) and he talked about the contact improvisation scene in different places and why he felt safer in the dance scene in Australia than in many other places.

I continued with BL 67 (left) to the base (sore and charged at the beginning, started opening up after 25 min.) and he kept talking some more about his experiences with travelling and safety/security issues around that.

Finally I balanced the kidney gate to the base (painful and tight, started flowing better after 30 min., can do with more work) and he told me about incidents where he had felt dishonoured and pissed off, starting back during school and continuing in his adult life, but usually outside of work.

Result/ How it was resolved

The client went back to Australia a few days later and his return flight had little physical impact on his health. His lower back and feet have been fine since.