

Mental/emotional imbalances, neck pain, 28-year-old Female

The Person & Complaint

Single, young, attractive woman, working as HR manager of a medium-sized hotel in Berlin while studying at the same time. She seemed a little reserved, and nervous, yet curious at the same time. The reason for coming initially was that she felt closed off to others and wanted to open up yet did not know how to.

Other issues

- neck pain, poor connection to ground (in legs)

The Story & Emotions

The client had got in touch with me after my offering AcuEnergetics® sessions at a Healing Arts Festival. She had intuitively felt attracted to AcuEnergetics® without knowing why. After the first session she started opening up and telling me about her having been sexually abused and held hostage in her hometown in Brussels, which she had left subsequently. At the time she started seeing me she had not told her parents about the event nor had she sought any support through therapy/treatment.

The Energetic System

- blocked in base, sacral centre, kidney centre, shen tao
- neck (C7) and throat centre extremely charged
- tension in diaphragm and navel centre

Treatment – first session

I gave her a C.o.L. to bring in light and assess where her system was most blocked and charged.

Treatment – second session

She felt better afterwards and came back for another session soon after. The client wanted to work on her grounding and sexuality. I decided on a sacral balance, which made a lot of previously held mental/emotional blockages surface.

Treatment – third session

The client returned a few weeks later to regain emotional balance. I gave her an energy centre balance. We talked about the sexual abuse she had experienced and her strenuous relationship with her parents (heart-navel: I had her release feeling sorry for her parents and talking responsibility for their actions/feelings, throat-sex: talked about no longer blaming herself and ex-boy-friend, parents). The release was powerful so that a lot of pain came up in shen tao. I finished off the session with shen tao & base, which made her relax and calm down.

Treatment – fourth session

The young woman continued seeing me over an extended period of time. I balanced her male and female poles, shen tao & base. She did not only open up to me, but also to her peers and parents. She started getting on better with them, establishing clearer boundaries and feeling less responsible for pleasing them.

Treatment – fifth session

She went through a period of not knowing whether to finish her studies. I gave her an energy centre balance where I asked her about what had her feel indecisive. She said she had felt uncertain whether completing her studies was really based on her own motivation or rather on feeling obliged to do so to fulfill societal/parental standards. We talked this issue through, which subsequently helped her make a decision on her own.

Treatment – 6th session

When I next saw the client she had finished studying and started seeing a therapist on a regular basis (financially supported by health insurance) to work through her abuse trauma. She was a lot more open and happier. Besides she was in a new relationship and enjoyed having sex again, yet felt somewhat blocked along the conception vessel (she described it very clearly as she had always been able to feel energy during the sessions). I treated the following:

- Shen tao-sex centre (10 min.) talked about trust in the unknown
- Sex-navel (30 min), talked about issues related to previous desire-based unhealthy holding pattern around relationship- very hot and started opening up towards the end
- Sex-kidney gate (25 min.), talked about process of finishing her thesis/studies, feeling unsupported and powerless towards institutional forces. She identified a similar pattern in sexual assault by ex-boyfriend 4 years ago and in emotional abuse by her father while she was growing up. First little response, then increasing heat and charge, which started dissipating through pericardium, which she felt along the inside of her arms and in her palms
- Shen tao-sex (20 min.) talked about trust issues, went through aftermath of being raped and how she had been feeling since, starting off having little or no trust and slowly reclaiming her sense of being more empowered and trusting her intuition
- Finished off with shen tao-base (10 min.), base-earth point (5 min.) to ground energy.

Treatment – 7th session

She felt more open in her sex after the session, and came back because of a UTI.

- I treated kidney gate & sex (hot, a little weak and painful, started to clear after 35 min.)- talked about UTI propensity before and after sex, issues with personal boundaries and pain during sex, and upcoming anger which had her pay more attention to her boundaries during intercourse. I then balanced CV17 to sacral centre (very sharp pain, first draft like and cold, then increasingly hot and charged, started clearing after 35 min.), felt release in her heart and started giggling, yet more aware of blocked throat, finished off with throat & sex, then throat & base to ground her.

Treatment – 8th

The UTI cleared after that and she returned to work some more on her sexuality. I gave her a reverse sacral balance (got as far as perineum & vagina/clitoris) and she talked about her current boy-friend and as to what extent she felt he was (not) able to respond to her needs. She felt able to communicate her boundaries better than request physical pleasure.

Treatment - 9th session

I gave her a 2nd reverse sacral balance (got as far as perineum & REN2), and she talked about not feeling sufficiently connected to her boy-friend in communication. She came to realize that the new man was not quite right for her. They separated without drama and she was happy to be free again.

Treatment - 10th session

The client got more involved in her trauma therapy and she returned at the beginning of this year (2020) for general tension release and exhaustion as a result of being overworked. I gave her a C.o.L. which helped her relax deeply and recharge.

Treatment - 11th session

During the spring lock-down period of the Covid pandemic the client started living at the hotel where she was working. A therapeutic massage- a gift provided by hotel management during that phase- backfired on her. It threw her emotionally off balance to the extent that she was not sure how to continue working. When the client came to see me in June she was feeling extremely vulnerable and exhausted. I balanced her energy centres- throat & sex were very charged (she talked about verbalizing boundaries as well as needs and daring to speak up).

Treatment - 12th session

One week later she wanted another session to bring her immune system up to scratch. I gave her a C.o.L. , which helped her regain balance and strength while stabilizing her immune system.

Result/ How it was resolved

Soon afterwards she went on vacation and has been well since. She has become a regular client over the years and keeps coming back for "maintenance" or to regain equilibrium.