

Painful intercourse and digestive complaints, 43-year-old Female

The Person & Complaint

Single, female Greek worker/student at a spiritual community, taking a break from her admin job at a design agency and spending an extended period of time at the community. The client came to see me because of painful intercourse and digestive issues ("uneasy" feeling in stomach and sex area). She walked in, looking slightly flustered and a little nervous.

Other issues

- pain on outside of hips on GB channel during period
- pain in jaw, shoulders and arm (especially right) in relation to not being able to express or get in touch with her anger (she goes straight to sadness)

The Story & Emotions

The client who was a trained Reiki Master and massage therapist (side job), was aware that her physical issues might be related to mental-emotional patterns. She mentioned that she had had trust and commitment issues in relationships all her life, feeling put down by potential partners and friends, as well as by her parents. During her "typical Greek upbringing" she had experienced emotional blackmailing by her mother. Besides, she described the relationship with her father as distant. As she was growing up he would make her feel ashamed of her body and sexuality.

The Energetic System

- insufficient flow in CV, P/GB, H, SI meridians
- tension in heart, back of heart
- congested navel, sex and throat centre

Treatment – first session

- I treated shen tao & sex centre and she talked about trust issues in relating to friends/family/boy-friends, which had been prominent ever since she could remember (very charged and painful, started opening after 20 min.). She could feel it in her left groin/sex area.
- Continued with CV17 & sex centre and she talked about boundary issues in relating, which had improved during intense community therapy the previous year (sharp, hot, painful, charge started releasing after 30 min.).
- When I switched over to sex & throat centre (first very charged, yet willingly opening up after 20 min.) she started talking about humiliation and overcoming it. The client mentioned an incident with her previously best friend and how she managed to set boundaries towards her friend. She said she felt good that she was able to hold her space better and proud of herself/ more appreciative about what she could do well (cooking as a form of creative expression).
- I then treated her throat centre & H7 & PC7, talked about relationship with dad and why she can get in touch with her anger better when relating to him (very charged, hot, sharp pain, 15 min.)/ needs more work
- throat & base to ground energy

Treatment – second session

She came back a few weeks later reporting that sexual intercourse had stopped being painful for her and that her digestion was better. She complained about a recent onset of pain around the mid and upper back (chi chung and shen tao) after emotional upset in her current relationship with a married man.

- I treated chi chung & SI3 right hand (pain/heat initially increasing, which brought up memories of jealousy and feeling abandoned, started flowing better after 20 min.). I continued with the throat centre & PC6 (very blocked, numbness, pins and needles, then heat, charged, eventually started opening up after 35 min.) as she vented her anger and frustration about the situation with her lover who had an open marriage arrangement. I balanced throat & base to finish off/ ground energy.

Treatment – third session

She was fine again for a few weeks, more able to stand up for her needs and request more commitment from her lover. She returned after another episode of jealousy/mistrust, which left her tense and worried (sense of discomfort in belly).

- I treated shen tao & PC6&7 (very charged and painful, started easing up after 20 min.) as she talked about her growing sense of trust, which had been sabotaged by her lover making out with a fellow student at the community. I continued by balancing heart & navel while she talked about relationship issues, unavailable father, overbearing, jealous mother. As the centres did not seem to move, I suggested release work, which she was open to doing. "I release feeling I cannot/do not deserve to have what I want". Waves of numbness and pain were discharged and the centres eventually started balancing after 30 min., yet can do with some more work.

Result/ How it was resolved

The open relationship became increasingly committed as she managed to stand her ground and speak her mind better. The client has been feeling mentally-emotionally as well as physically more balanced since I last saw her. She and her lover are about to go separate ways next month to find out if they want to proceed as a couple in the future.