

Physical shock after accident on icy pavement, 40-year-old Female

The Person & Complaint

40-year old female based in Berlin, mother of a 12-year-old son, separated from his father and engaged to her Israeli boy-friend. The client walked in looking strained and rushed, with her forehead and eyes tense (as if from overly focusing). Her body was in a state of post-accident shock with her head, ribs and wrists aching.

Other issues

- Headache/ migraines (long-term)
- Ilio-sacral and hip pain (along GB channel), reoccurring at irregular intervals

The Story & Emotions

The client had slipped on an icy pavement on the way to picking up her son from school. She hit her head, back, ribs and wrists when falling and went into a state of shock. Neither her son's father nor her current partner had been around to support her and she felt abandoned.

The Energetic System

- Shen Tao – relationship issues with ex- and current partner
- Insufficient flow in her GB/Per meridian
- Gall bladder muscle meridian/ tension in gallbladder organ
- Tension in kidneys (K/BL meridian)
- Congested Stomach- worry

Treatment – first session

When the client first came to see me the three spinal gates were all hurting from the blow of the fall.

- I decided to start by balancing SI19 BB (very charged, pins and needles and waves of numbness discharging, took 75 min. to shift and open up) as she recalled the details of the accident and how she had felt before and after (sense of abandonment, angry that she had such little support in raising her son, felt she needed to control situation).
- I finished off by balancing the back of the head to the base to improve her sense of grounding. She had calmed down and nodded off.

Treatment – second session

She returned a week later and felt a lot better yet was now experiencing headaches and tension around the eyes (which still looked as if she would overly focus).

- I started by balancing the back of the head to the throat while the client talked about controlling her feelings of upset/anger in partnership (hot, sharp, painful, shifted after 20 min.),
- I continued by balancing the back of the head to C7 and she talked about resentments she was holding from both her former and current relationships, where she felt solicited to take the sole responsibility for raising her child and taking care of the household while working at the same time (hot, charged, better flow after 15 min.)
- I balanced the third eye to the crown and she found it hard to speak, nodding off as the

- charge was unwinding (better flow after 15 min.)
- I balanced the third eye to the navel as she talked about what worried her and kept her mind spinning: her son's upbringing, trying to convince her Israeli boy-friend to spend more time with them (hot, sharp, painful, easing up after 20 min.)
- I balanced GB 44 BB (sharp, very charged, painful, better towards end of session)

Treatment – third & fourth session

She was fine for a few months after and came back when she had recurring ilio-sacral and hip pain. I gave her a sacral balance in two parts:

1. both legs
2. hips and back

Treatment – fifth session

Some weeks later she returned pregnant, feeling exhausted and finding it difficult to adjust to the hormonal changes. I told her to be very gentle and careful and gave her some kidney love as well as gentle resonance to her heart. I suggested she stay in Berlin for the summer. However, she decided to fly to Israel and spend the summer there.

Treatment – 6th-9th session

She returned at the end of the summer when she had experienced complications in her early pregnancy and subsequently lost her baby. She was sad and depressed, finding it hard to motivate herself. She came for four C.o.L.s (most congested in (back of) heart, back of head and third eye) over the coming months and eventually started feeling much better and able to cope with her daily responsibilities.

Treatment – 10th session

In November she experienced headaches as well as an upset stomach. Besides, she had difficulty sleeping, felt worried and restless.

- I treated ST4 BB (very hot, dense pain, started shifting after 30 min.)
- I then balanced the back of the head to the diaphragm and the client talked about her wanting to get married and trying to convince her partner to commit officially (very hot, sharp, edgy pain, started opening after 20 min.),
- I balanced the back of the head to the navel and she talked about her trying to control her emotional fears by eating/working (hot, dense, congested, slowly unwinding after 25 min.)
- I balanced the back of the head to the base while she talked about existential fears (pins and needles, charge dissipating slowly after 10 min., can do with more work), base-earth point to ground (5 min.)

Treatment – 11th session

She returned in January, somewhat ungrounded and wired, but in much better spirits. Her right lower back was hurting around the kidney area.

- I treated k1 BB (very hot, charged, painful, started opening after 35 min., she had nodded off).
- I gave her kidney love (radiance to K), focusing on the right kidney and she kept nodding (intense charge, dissipating after 30 min.).
- I balanced K1 (right side) to the base (hot, wiry, eventually settling and opening up towards end of session)

Result/ How it was resolved

Her partner eventually agreed to marry her and she got pregnant again. She gave birth to her second child without major complications.