

Fertility issues, emotional instability, 37-year-old Female

The Person & Complaint

37-year-old Dutch woman in a committed relationship, unemployed because she had wanted to focus on getting pregnant. She came to see me because of her irregular periods and to strengthen her fertility. She walked in somewhat overexcited and chatty, curious and nervous.

Other issues

- Inner knee ligament torn about 1 year prior to starting AcuEnergetcis® treatments

The Story & Emotions

The client had not been able to conceive in spite of having tried for about 2 years with her partner of 9 years. She had been feeling stressed by the pressure of family, friends, societal as well as her own expectations. Displaying an open, curious nature, she was aware of being easily influenced by others and often felt uncertain about the rightness of her own decisions. She had got acupuncture treatments for infertility and started having cramps and spotting before and at the onset of her period (for the past 9 months). This had got her worried that she might have endometriosis or similar issues. In her confusion she had changed to seeing a naturopath who had been able to help her to an extent, yet some of the pain and spotting have remained and she gets stressed every time she gets her period. Her partner found it hard to deal with her unhappiness and suggested IVF, which made her even more anxious.

The Energetic System

- congested in back of heart (shen tao), heart & sex centre, netzach, kidney gate
- insufficient flow in her K, SP meridian
- SP organ- obsessive tendencies, "mindfucking"
- shen tao- relationship issues with partner

Treatment – first session

I treated shen tao-sacral centre (very tight and painful, eased up after 20 min.) and the client talked about finding it hard to truly connect with her current partner and relax in the relationship. I continued with heart-sacral centre (piercing pain to start with, hot, wiry, less charged towards end of session, but needs more work) and she admitted to being obsessively worried at times, stressed and pressurized as she had not been able to conceive. She regretted that she had "told everyone that she was trying for a baby" and people were checking in with her on a regular basis. On the other hand she had been able to let go of feeling that she did not have enough (predominantly financial resources in the past). Being with her current partner had eventually made her feel safe and secure, as if she was "on a good path". At the same time she had been rather insecure about making her own decisions, not knowing what was right for her. She had sprained the (medial) ligament of her right knee a while ago while doing sports that she did not like (but was considered the right thing to do by some of her peers). She could feel the injury echoing as I was giving her resonance.

Treatment – second session

I treated sacral-heart for most of the session (release work on ex-partner: I love you and I let you go), open heart and sexuality to current partner (waves of shivers, pain, heat and cold, goose bumps, etc.). I changed to shen tao-sacral (better flow in centres, she rested from the release, 10 min.). Continued with sacral-navel (super tight, not wanting to move) I asked her how she related to ideas of guilt and shame and she talked about two episodes of betrayal that she had not told anyone about and felt very confused about. She considered this kind of behaviour unlike herself and was not really sure why she had engaged in it, possibly because of the (mainly physical) attention. The centres started to open up towards the end of the session, but need more work.

Treatment – third session

I continued where I had left off during the last session, sacral-navel (centres were still very tight, hot, painful, cleared after 75 min.), and the client talked about her worries related to the job situation, social pressure, fertility. She mentioned feeling compression in her head when she would go into deeper meditative states. Besides she worried about her partner's reaction to her doing energy work and felt she had to hide. I continued balancing the sacral centre to the kidney gate (tight, painful, a bit better after 15 min., but needs more work) and asked her why she felt she needed to hide her passion for energy work. She was unsure whether it was the right thing and whether he would be able to relate, and I asked her what might happen if he found out and she admitted that it might be better to tell him, avoiding yet another lie/betrayal. At the end of session I suggested she try the AcuEnergetics® inner breath and inner smile meditations to help her agitated mental emotional state.

Treatment – fourth session

It was the last session as I would have to leave the country the following day so I started with shen tao & spleen (hot, charged, better flow after 15 min.) checking in on the client's current emotional state. She said she was feeling more balanced and at ease about everything. I picked up balancing the sacral centre to hoi (tight, painful, hot, opened after 30 min.) and she mentioned that she had finally told her partner about the energy work and that he been approving. I continued balancing the spleen organ to Sp6, first right side (hot, prickly, discharging like a spray and opening up after 40 min.), then left (very charged, needs more work).

Result/ How it was resolved

The client no longer had pain at the onset of next period but still experienced spotting and irregularity. She was feeling more focused and grounded, yet still worried about what others think of her, seeking their approval. She felt very excited about AcuEnergetics® as a modality and started studying it. She has had many sessions since I last saw her, but her periods are still irregular, yet less painful, and she has not been able to conceive. She is currently interning at the clinic in Sydney and aims to start working with AcuEnergetics® once she has completed all her studies and moves back to Europe.