



Case: 39 y.o. Female limited breathing capacity, pain in back

The Person & Complaint

A 39-year-old woman presented with challenged breathing. She has difficulty getting a full breath into her lungs, and she said she also has pain at about T4/T5. She's had the breathing trouble for 3 months and had tried osteo, chiro, and massage, but while she gets limited relief from all of them, nothing lasts more than a day.

The client had an accident when she was 18 months old that compressed her vertebra at T5. She had been playing in her neighbour's garage when a metal fire door fell on her and crushed her vertebra and pinned her to the floor.

Other medical problems:

- Hashimoto's Thyroid – has been on Thyroxine for 2 years since being diagnosed. Three months previously her thyroid medication had been changed. She didn't think the breathing change was related to the medicine change.
- Heavy metal poisoning (7 years previously – rat poisoning!)
- Allergies
- Digestive issues

The Story & Emotions

- The client has been struggling with a strong pull to go back to the country of her birth. She said she was torn between going home to be with family and look after her parents, and the relationship she has with a man in Australia (relationship has been going for 1 year). Relationship is ok, but not great, no intimacy.
- Three months ago, her partner moved to Sydney to be with her. He had been in the Flying Doctor service as a pilot, so was not used to be constrained in the city, and he was further challenged since he did not have a job in Sydney. The client had really been struggling with how to make the relationship work, and also with the guilt that he had left his job to be with her, especially now things were challenging.
- Client was made redundant the night before the first session. She was not surprised (there had been dozens of redundancies in her company, and she was only one of four employees left in the team that had previously numbered 25). She seemed quite excited about the possibilities for her to figure out what she actually wants to do. The redundancy payment was exactly equal to the amount she thought she needed to move back to her home country, should she decide to do that.

The Energetic System

- Energetic flow (and maybe part of the spinal meridian) blocked to lungs through injury at T4/T5.
- Shen Tao blocked through lack of trust, protection, closing to partner

Treatment – first session

- Resonance to injury at T4/T5 – whole session.
- The blocked energy at T5 really opened up and released both the breathing and the pain. There was still emotional tension in back of heart and in the injury, so we talked



about her pull to her homeland, boyfriend, getting made redundant, what she now wanted in life.

- No pain in back at end of session
- No constraint on breathing at end of session
- Tension in heart did not fully resolve
- I asked her to have a chat with her boyfriend about the things that were bothering her and also to explore the possibility (and the reality!) of moving home

Treatment – second session

Results after last session:

- Felt great after last session, breathing was full and normal
- Things are going well with boyfriend, they have had several good talks and he is being really supportive
- She had three interviews for new jobs and she signed a contract for a new job exactly two weeks after she learned of her redundancy.
- Immediately after signing the contract, she got in the elevator and her breathing seized up. She felt herself dreaming of being made redundant again, and a lot of fear came up for her about not being able to look after herself if she didn't take the job.

Treatment:

- 3 finger resonance off crushed vertebra at back (T5). Incredibly painful!
- Asked her about her injury and her fear of not being able to look after herself that sent her into getting a job that she doesn't want.
- Story:
 - When she got hurt at 18 months, she was in hospital by herself for 22-23 hours a day. Her mum could only visit for 1-2 hours a day (hospital rules), and she felt very lost, scared, unloved.
 - She was in a full-body cast with only openings at head and private parts. Doctor sexually abused her through the opening at her private parts and she couldn't move and no one was there to hear her scream.
 - Mum took her out of the hospital early because she could see her daughter hated being there, but client went into "survival mode" for years and always was scared if she couldn't look after everything in her life to make sure she would be ok. Also, she'd gotten into bad debt the last time she had a major health problem (heavy metal poisoning), and she was afraid of doing that again.
- Resonance to front and back of heart while talking about story. Had her talk to the 18 month old version of herself, repeating "It's going to be ok..." Also, "I release being scared." Big release in heart and breathing returned to normal.
- We chatted about how tension in the heart seizes up her breathing and practices for keeping heart open and staying relaxed (Inner Smile, Belly Breathing, noticing when she goes into tightening in the heart).

How it was resolved

The client had a third session booked for about one month after the previous session, but called up a few days before to say that she had been feeling great and didn't think she needed the session. Breathing had remained normal and she said she was doing the Inner Smile and could really feel how often she went into protecting herself. Breathing has remained normal since the second session (this was written 5 months after).