

Case: 29 y.o Female, Lower Back Pain

The Person & Complaint

A young woman presented with constant 5/10 lower back pain and low energy. Pain had existed for about five months. She had her period during the time of the session and was experiencing a little bit of bloating, but this did not seem connected to her back pain since it was intermittent and did not affect the degree of the back pain. No other major medical history.

The Story & Emotions

- Client had been in a really negative living situation that she had to exit very suddenly after a threatening interaction with her flatmate, who was also the owner of the house.
- Back pain started as she moved house. Originally, she thought it was moving pain, but it had never gone away despite the move being many months before.
- She had tried a lot of different techniques to help her back, including physio, chiro, massage, and acupuncture. After not getting results from the more standard techniques, client had begun to suspect that the back pain stemmed from the living situation and that she had to deal with the emotional side before the back pain would go away.

The Energetic System

- Significant blocking at Kidney Gate. Client has a general attitude of feeling “special” and feeling that other people don’t “step up” as much as she does. She gets very frustrated when her efforts to go above and beyond aren’t recognised by everyone else.
- GB, Stomach and Belt channels blocked through lower back.

Treatment – first session

- Resonance to Kidney Gate and Navel Centre:
 - Talk about her frustration with other people not recognising all that she does
 - Talk about interaction with flatmate and how she did not feel her efforts were being recognised
 - “I release needing to be special”
 - Chat about feeling like she didn’t fit in at school
 - Both centres felt like they let go and came into synch with one another
- Resonance to Kidney Gate and Heart:
 - Talk about situation with flatmate → she was being so serious about it!
 - “I release being serious”
 - “I release feeling unimportant”
 - Once client relaxed and could see how serious she was being about it all, she had a big laugh and really let go in Heart
 - Kidney Gate and Heart came into balance
- Open channels through lower back
 - GB 41 to open Belt Channel



- Balance GB 41 to K1
- At end of session:
 - No pain
 - Client very relaxed
 - We had a chat about how she looks for acknowledgement from others vs. finding satisfaction in knowing she did what was right for her, and her constant search for “being special.” FEELING vs. analysing. Seriousness. She seemed to “get” how she was causing so much contraction in her mind that translated into her body.

How it was resolved

- I spoke to client a week later, and she said her back felt great right after session
- Back pain increased a little over the weekend, but when she realised that she was being super-serious about something, it then went away completely again
- At the time of writing this, 10 months post-treatment, client has remained free of back pain.