



Case: Atrial Fibrillation and Arrhythmia, 71 y.o. Male

The Person & Complaint

A 71-year-old male presented with atrial fibrillation and arrhythmia. Recent episodes of fibrillation had resulted in two stays in the hospital where he had multiple EKGs, and subsequently a Holter monitor, showing frequent episodes of fibrillation and arrhythmia. Client had been prescribed multiple drugs in order to reduce the risk of stroke from the fibrillation and he did not like the effects that he associated with the drugs – lack of energy and itchy, paper-thin, and easily-bruised skin. He had previously had multiple sessions on his knees through AcuEnergetics and returned to see if he could control fibrillation without drugs. He said the arrhythmia was at least 15 years old, and it didn't seem to concern him too much. There is some history of electrophysiology procedure to eliminate arrhythmia, but details are unknown. The atrial fibrillation had been a problem for about six years and was increasingly impacting his life.

The Story & Emotions

The fibrillation had been a problem for about six years, which is when his marriage started to break down. He felt that his wife was always judging him in social situations and that he couldn't just relax and be 'himself' with friends. He and his wife entered marriage counselling together, and he ended up starting an affair with the therapist. He felt very guilty about the affair and nervous that even six years later that his ex-wife might find out.

The Energetic System

The client had started to protect himself from his wife and getting hurt by blocking in the Heart and Back of Heart centres, as well as the energetic meridians that flow into the heart, such as the Pericardium. From the story, it is possible that Sacral Centre may be blocked through Guilt, but we had done a lot of work on the Sacral Centre when we worked on his knees (in preceding months), so the focus here was on the heart.

Treatment – first session

- Resonance to Shen Tao and Heart while talking about how he felt about his ex-wife and their marriage. Some shifts in the heart, and both centres started moving. Did not do any Releasework as client had always been reluctant to engage in formal Releasework, but was always happy to just talk through his experiences and emotions.
- Shen Tao to Pc 9 – very tight, some small shifts
- PC 6 to TH 5 (Wrist Gates) – very sludgy, slow and achy pain. Started to shift a bit, but needs a lot more opening.

Treatment – second session

- Resonance to Wrist Gates (PC 6 to TH 5) for whole session. Congested in channel for first 30 mins, then shifted into heart and heart shook and fibrillated for 20 minutes non-stop. Very shaky and painful, then finally calmed.
- Continued opening into heart, but the "normal" pattern for the energetic pathway through heart was not achieved



- At end of session: energy was much smoother, but still needs much more opening

Treatment – third session

- Resonance to Wrist Gates (PC 6 to TH 5), alternating one hand from PC 6 to PC 9 a couple of times throughout session.
- Only took 10 minutes for energy to enter heart and start moving. After about 30 minutes, normal energetic pathway through heart was established and atria started beating normally for prolonged periods. A few episodes of atrial fibrillation, but they only lasted for a short time.
- Established open movement at wrist gate points and up through channel
- At end of session: much calmer, generally good movement and energy, but some bursts of pain and congestion

Treatment – fourth session

- Resonance to Wrist Gates (PC 6 to TH 5). Also some PC 9 (still at TH 5 with other hand).
- Energy entered heart immediately and followed a normal pathway for energy conduction.
- Four episodes of “fibrillation” during session, all of which calmed very quickly. No episodes within final 30 minutes of session.
- Some residual very low-level conduction congestion in the heart. It felt like it could be a scar from the original electrophysiology procedure years ago. I was unsure if this small conduction issue would affect the overall potential for fibrillation, as the fibrillation seemed to have dissolved while the “scar” feeling remained. Client advised to follow up with cardiologist to determine current risk factors.

How it was resolved

Within two weeks of his fourth session, the client returned to his cardiologist for his planned follow-up exam and EKG. The cardiologist told him that his fibrillation must “come and go” (the client had not shared that he’d had the AcuEnergetics sessions), as there was no evidence of the previously documented condition. He suggested another exam within six months to assess his condition.

Within two more weeks, the client had to have an EKG in preparation for a minor surgery. The report concluded that the client had normal heart function with no evidence of fibrillation or arrhythmia.

At six months, the client had another EKG and exam. The report concluded that the client had normal heart function and no evidence of fibrillation or arrhythmia.