

Case: 41 y.o. Female with Low Blood Pressure

The Person & Complaint

A 41 year-old woman presented with low blood pressure. The problem had persisted for several months, and she had been to a Western GP and cardiologist to get it checked out. Both had told her there was nothing they could do about it. She has also been suffering from low energy since about the same time.

The Story & Emotions

- She separated from husband two years ago (relationship was 18 years long). She had been feeling really well and both she and her former partner had moved on to be with new people after finalising their divorce.
- She is now in a new relationship, but challenges have been coming up for the past few months. Essentially: she gets very hurt when partner “goes inside himself” to think about problems instead of opening up and talking with her. Low blood pressure started when these problems started.
- Mum died when she was 8. Dad couldn’t cope with work and raising two daughters, so her Grandmother came to live with them and look after them. Grandmother said, “Mum went to heaven,” but the client had never heard of heaven before. She asked her grandmother, “So, when is mum coming back???” Grandmother said, “Stop asking questions and don’t cry. It will upset your dad!!” She was constantly told not to show any emotion and her mother’s death was never discussed within the family.
- She never allowed herself to feel loss of mum, quite sensitive to feeling emotion because she was always told it was wrong to cry.
- Very TOUGH look and feel about her, similar to “Rosie the Riveter:”



The Energetic System

Shen Tao, Heart, Throat, Pericardium – all blocked through loss of mother and pattern hurt and not expressing emotions



Treatment – first session

- Shen Tao to PC 9 – 30 mins
 - A few mins of Releasework: “Mum, I love you and I let you go.”
 - Very big. She really meant it and felt it. Says she feels much different now. “Much lighter.” Heart more open, but constrained by throat.
- Throat to Heart: 10 mins
 - “I release being tough” – MASSIVE!!! Whole field filled with shooting needles.
 - Afterwards, she said, “You know, there are so many things I’d like to tell my eight-year-old self. I can’t believe how I never realised how scared and shut off I was from being raised that way after my Mum died.” So, she talked really openly from her heart about what she wished she’d been told (you’re safe, you can cry if you need to, I’m here for you, etc....) and both heart and throat opening up very expansively.
 - Huge for her and after she shifted it, she just smiled and really opened in her heart. Very warm, centred, and open after.
- Wrist Gates – opened both sides, felt very good by end. ~20 mins
- Chat re: communication with partner vs. being tough and closing down
- Homework: Inner Smile

How it was resolved

Client’s blood pressure returned to normal ranges and she got her energy back immediately following the treatment. She called later to say how transformational the session had been and share how she was doing (3 months post-treatment).