



Case Study 7 Amenorrhea, 28, Female

The Person & Complaint

This Case Study client came to me after not having had her period regularly for seven years. The periods became irregular after her parents divorced (she was 14 years old), at the time she ran away and broke up with her then boyfriend. She shifted from school to school, eventually going to school in Queensland. Shortly after completing school she had an operation for uterine fibroids (18 years) and had not had regular periods since. It was seven months since she had last had a normal menstruation (generally very light and very irregular) when she first saw me and this had distressed her quite a lot.

The Story & Emotions

The client seems to use anger to keep people at a distance. She was traumatised by the events when she was 14 years old and likes to keep people, particularly men, at a distance. She has had problems with completing education and drug use.

The Energetic System

The sacral centre was extremely blocked and the liver was hot. There seems to be an underlying fear and trust of people particularly males.

Treatment – first session

In the first session I did a Circulation of Light and noted that sex and navel were blocked. I treated those for quite some time, there was starting to be some movement but it felt congested. I continued the Circulation of Light and finished in just over two hours. I noted the throat was not opened and things were also not great at the back of the heart. At the end, the client felt more present. I asked the client to do the inner smile and to be kind to self.

Treatment – second session

She had felt a bit more grounded and less emotional since the last treatment. In the second session I did a Liver Flush. The liver cleared reasonably well, but needed extra work close to the Gallbladder and on the left hand side of the body level with midline to the left extremity of the liver. I did the cylinder of light to clear the congested areas.

Liver 3 was also hard to clear. I did the liver organ to the throat to finish the session and grounded the client. I asked her to drink lots of water as an energetic liver flush was similar to doing a liver detox with herbs. She was a bit harder to ground than the first time. The liver still felt like it needed work to do on it. It was still not opened in areas.

Treatment – third session

The Pathway of Temperance (which goes through the liver): I asked her if there were events relating to this pathway and being serious that she felt affected her? We talked about these events being in the past and to release being serious. She spoke of how she was angry with males, particularly her brother and father. Her brother used to physically fight with her and call her dumb. She was bulimic at one stage; she said she used to hate dinner time and would be so worried that when she gave her news of her day that she was going to get into trouble for not doing enough to present her story. She related how, one time close to the end of her parent's relationship, her father verbally abused her and her mother for my client being dressed like "a whore" going to church. Her mother cried and my client kicked the seats and verbally abused her father. She said she was so angry that she could have killed her father. Her face was red and her eyes steely.

I asked her to release being angry at her father. At first she did not want to but relented when I said would she prefer to carry this around for the rest of her life and create problems in her liver in later life?

She did the release work and then we talked of why she felt so angry. She said that her mother and she thought she looked beautiful at the time and that her father was just being nasty. She viewed herself as being the beautiful one in the family and whilst not as smart as the others at least she was beautiful.

The release was around being serious for the pathway and so I got her to release being serious. She tends to take life and opinions seriously so the release was a good one to do. She seemed to be a bit tired at the end of the session and I suggested she take it easy and perhaps go for a nice long walk to allow the body to process when she felt up to it. I grounded her and we went for a short walk around the park.

Treatment – fourth session

She had felt better after the last session but it had stirred her up somewhat. We talked of how she saw her life, and she said that she had wrecked it by being angry and not studying. How she could not amount to anything. She had a dream that she was going to go overseas to study and marry a wealthy man. I treated the pathway of the Devil Yesod to Tiferet. I asked her about how she was going to afford university and living in Europe, how was she going to do the work to get the money?

I suggested it might be three jobs: a cleaning job early in the morning, a regular day job and bar work on the weekends to save the funds to study overseas, I guessed she needed \$100,000 to complete a degree? I suggested even with three jobs it was probably 4 to five years of three jobs to save \$100,000. Would the degree be recognised if she decided to come back to Australia?

How was she going to find a rich man? Was she going to do what a few ladies did, save up for a year go to the French Riviera and snag a rich guy? I told a story of a wealthy man who liked to pick up girls for the summer like this (generally six weeks after they arrived when the women ran out of money) and how he and his mate had a boat for themselves and one for the women. I said both these men were in their seventies. How would she go dating a seventy year old?

I was trying to show just looking at the end picture that it would be pure fantasy and possibly delusional. She needed to plan how to achieve her goals.

Was she just running away from situations that were uncomfortable to situations that could be more uncomfortable? I suggested if she really wanted to go to Europe and study perhaps do an undergraduate degree here, to try for a scholarship and /or save up. Do an exchange at a university in Europe, either way it looked like it was a five year plan unless she could find a wealthy gentleman on the Riviera. She did not like that idea at all!

Perhaps a good idea was to use her creativity, think of something, talk to people about how to turn the concept into reality and then do it. Simple thought word action.

I think the session shocked her a little and she said so. I said it is lots to think about, but if I let her delude herself would that be kind? I asked her to write down a plan to make her dream come true. With realistic steps mapped out on how to achieve her goals.

Treatment – fifth session

We talked initially of the exercise in mapping out the life plan. She had a number of options for doing University in Australia and selecting courses that would allow her to work overseas, like nursing or language degrees that would allow her to translate between English and Spanish or Italian. The plan was reasonably well developed and she was looking at things more practically. This session I treated the “The Hanged Man” which is Tiferet to Gevurah. Physically it relates to the menstrual cycle and letting go of old useless patterns. She admitted to using anger to keep people at a distance, but anger had also isolated her from the people she loved (she was living with her father at the time). I encouraged her to trust, not judge. She had started to study early childhood education and was having difficulty with being the oldest person there and said the girls were young and dumb. The course was beneath her (ego). She was scared she was going to fail and almost gave up on the course numerous times. I suggested that she look at the course as a stepping stone to a place in University and allow her to let get on with her life plan.

Treatment – sixth session

In this session I treated Nipple to Yesod. The reason for this was the client came in with a sore at the nipple and I decided on Yesod /Ovary which is part of the front sacral balance. The treatment of these two points was very powerful and after 40 minutes she got off the table and went to the toilet and came back and hugged me tightly which was kind of strangeshe then explained that she had got her period! We continued to work with these points. A lot more came off and it she said she felt nice and warm. She was so happy, she told me she was fearful that in the future she would have to have a hysterectomy before she could have children. I gave no advice at the end of the session.

Treatment – seventh session

In the session we did Nipple to Yesod again. It all seemed very balanced, and Tiferet to Gevurah again quite balanced, there was a little tension but it cleared quickly. We treated Yesod to Netzah which was open, Yesod to throat where there was a little tension (she had had an argument with her sister) which cleared quickly with a little release work.

I said that things seemed very good, that she should continue to meditate and asked if she wanted follow up to keep the period in cycle. She wanted to be in time with the full moon and so we settled on doing full moon treatments to keep the cycle in line.

Other Subsequent Treatments

Subsequent treatments were monthly treatments for six months to ensure the period stabilized. Once the period stabilized (towards the end of the six months) we then treated only when the period did not come after 33 days. This happened occasionally in periods of high stress, exams, break up with boyfriend and family arguments.

Result

The complaint resolved which allowed her to travel with confidence on a long backpacker adventure. I have treated only once for period problems in the last two years since the initial lot of treatments and that was during an exam period that was very stressful. The problem cleared quickly in 30 minutes. She is now studying at University running at credit/distinction average, which is a far cry from the girl that was giving up on a certificate in childcare. I met her recently, the periods are fine, she is planning to do an exchange with a University in Spain and looking for extra work to fund the adventure.