



Case Study 4

Case: Anger and Relationship Issues, 56, Female

The Person & Complaint

The client rang and wanted an appointment as she was angry at a friend and could not stop thinking about it. She also had a sore neck and could not play golf.

The Story & Emotions

The story was the client went away on a weekend with a group of ladies and felt humiliated by her best friend so much so that she could not concentrate on anything else but these past events. She had a sore neck, could not finish her exams, was having difficulties because she did not feel supported by her partner or by anyone. She has a son living with her who is 29 years old and has a mental age of 10 years old. She has separated from her husband and partners over the years because they could not handle the son. Her father who she termed as "her rock" passed away 2 years previously. She loved him dearly and now she felt alone. She no longer feels supported by her world.

The Energetic System

The lady was angry at the world, she was quite sharp with her tongue and hurting. She was tired, had sore shoulders and she was putting on a brave but angry front. The heart was blocked, she did not trust anyone or anything except her new Harley Davidson. She was fearful and even nervous about her new motor bike. There was an underlying tension in the house as her intellectually disabled son stomped around.

Treatment – first session

The first session was started with back of heart to Pericardium 8 as she relayed what I thought was a relationship issue with her partner, P, which was stressed but it soon turned into a story about how her best friend had humiliated her in public and at a women's week away. She had brought up sexuality and men's lack of understanding of women's needs. Being in the upper North Shore crowd she said she realised after she had shocked some of them. Her friend in question had been very negative about the conversation. Later in the treatment she admitted that her friend's husband had hit on

her whilst her friend was overseas. She told her friend to come home her husband needs her. She felt rejected for who she is.

This feeling of rejection was repeated when the male partners were invited along for the weekend after the ladies week. I treated her back of the heart initially and as she relayed the story the top of the shoulders tightened and I treated GB 21 to gallbladder organ left and right sides.

This brought tears to her as she talked of the stresses of having an intellectually disabled child, 29 years old, living at home with her. I finished the session doing K1 for quite some time as it seemed the energy did not want to come down. The client said she knew how to meditate and I asked her to meditate though the week.

Treatment – second session

The client reported that after the first session her head was clearer and she could do the presentations for her course that she could not do previously. In this session she elaborated on her relationship with her husband, how he was a binge drinker and when the son was four months old he left her. The pregnancy was tough as there was lots of emotional trauma whilst she was pregnant. Whilst she was relaying this story I treated back of heart to HOD. I shifted to Gevurah from Hod towards the end of the session as the neck had got sore, tears came after I shifted to Gevurah and the pain in the neck dropped considerably. As the pain eased with the tears I then treated K1' s and she was difficult to ground. She said she had tried to meditate and it was difficult, her head was all over the place. She told me that she walked and I gave her mindful walking to do where the focus was on flexion and plantar flexion of the foot. Something taught one Thursday night at Acu 6 years ago. She was still angry and sharp at times and I thought this may bring the energy down.

Treatment – third session

She reported whilst she was a little better there had been a great deal of tension in her present relationship, there had been many disagreements over the last two weeks. Disagreements were about cleanliness, finances and respect. She feels rejected by the world and blames her children. Although she asked a shopkeeper how they found her (I felt that she was using her sharp mind and anger to keep people out) and the reply was that she was scary this concerned her. I treated Pericardium 8 to the back of the heart. As she relayed the story, we went through the meditation again and I asked her to persist with the meditation even if her mind wandered. Not to worry if her mind wandered and come back to the focus on her breath and the heart. She had been to a spiritual meditation class and found that did not help. She reported seven days later that she had been meditating and wanted another session.

Treatment – fourth session

Her foot was playing up at the junction of the spleen and heart meridians (Ocean of Streams) so treated that to K1's. She had developed a cramp at Bladder 57 when she went on a road trip with her brother and the motorcycle club. As she talked of this I shifted to Bladder 57, while still doing K1's. She then opened up quite a lot and admitted that she was scared of losing control if she dropped her protective shell. She felt when she dropped her shell she was needy, out of control, emotional and she did not like that.

I said keeping a lid on the emotions was creating a blockage that would eventually lead to problems. She agreed with this and was teary. A lot came off, a real lot came off. I did K1's to Liver 3 to finish. She reported a couple of days later that she had decided to sit her exams as the brain fog had lifted. She completed the exams in a three day period over the holidays with distinctions an incredible effort. This was one of the original reasons she came to see me.

Treatment – fifth session

The client complained of a stiff neck. I treated Kidney 1 and Liver 3 for most of the session with some work on the pericardium point on the bottom of the foot and also some work on Bladder 57. Trust must have developed as in this session (and the last) we went into quite some detail about earlier events in her life. When she was three she went and stayed with her Grandmother in Liverpool. The grandmother was a strict catholic. She had to sleep in the same bed as her Grandmother. The reason for staying with the grandmother was that her mother was given bed rest whilst she was carrying a younger sibling (sister). Whilst there she fell in love with an older cousin who she dubbed "sexy Remy" (he was 15 years old) she was seven at the time (so she stayed quite some time) and claims this was the only time she was in love in her life. Her mother had a series of weird ailments that she said were later diagnosed as cerebrovascular disease. But symptoms presented as lung problems, diabetes and allergies. On speaking with Professor Lusby the head of Neurosurgery Sydney University he said it was unlikely that the symptoms were related and that there is a little known fact that the calcification of the arteries actually assists with diabetes, Cerebrovascular disease is a hardening or blockage of the vascular system in the brain. My client felt the sickness was her mother's attempt to gain affection and attention. Her father was very loving in the family and towards her mother but she later found out that her moral father who was in the police choir was a "pants man" (her words for liking ladies) and he apparently had a number of affairs. As a child she was indulged by her parents as the mother had lost a child near birth a year earlier. My client demanded attention and got lots of loving attention from both parents and particularly her father. Trust was developing in the Acu process. I finished with Liver 3 and K1 (it has been put to me that is like watering

the liver tree, allowing it to be flexible and positive, if the tree is not watered it is easy for the energy to rise and for the liver to be brittle and hard. I liked the analogy and shared it with the client.)

Treatment Sixth session

My client came in and had lots of news. I started treating Liver 3 to Kidney 1. She had met the friend who initially caused the concern that led to the treatments, the friend who she was so angry with her when we started sessions. The friend sat down in Chatswood Chase and ripped into my client who calmly sat there and took it on board without getting angry and the other woman just ranted. She held her space and the other woman stormed off. Eventually after a couple of phone calls they met again and my client just said this is a difference of opinion and that she loved her even though they disagreed. This was HUGE shift for my client.

Other things began emerge as she gained more trust and confidence in AcuEnergetics. She had an abortion when she was 17 years of age and incredibly her hymen wasn't ruptured even. This was organised quickly by her parents who it turns out were married because her Mother fell pregnant in similar circumstances. There were some tears, basically the abortion was arranged so quickly and over quickly that she did not have a chance to think or feel about it.

Second abortion when she fell pregnant to her husband after she had given birth to a mentally disabled child. The relationship during the term of the second pregnancy was in a similar state of distress as it was with the disabled boy that she gave birth too. Her father encouraged her to stay in the relationship with her husband. She thought it was poor advice, but also realised that he had probably done that with her mother. Apparently there were numerous affairs and mother may have had known on some level. My client pondered, that, perhaps this is why the mother was continually sick and attention seeking.

Result

There has been sadness since the session and the client wants to resolve relationship issues and there will be ongoing sessions. But the original reasons she came to see me have been sorted out: brain fog, unable to study and complete exams and unresolved anger at her friend. She has worked hard and done very well these problems have now been solved for a number of months.