



Case: Unable to relax, life falling apart, bad choices in men, 34yro, Female

The Person & Complaint

This lady is smart attractive easy to talk to, she is not short of a word, funny and has a lovely nature about her. She has the personality that jumps out and greets you.

This client works as a specialised nurse so she is used to being stressed out, but now, she is not coping. This lady is high strung, she constantly lives in her head. She has no time out from her thoughts and she is literally beating herself up in her mind.

The Story & Emotions

The clients parents are divorced. She has a good relationship with her mum. The relationship with her father is poor. He is not a father figure, he is selfish, a drug addict and hard to talk to.

While attending University she took a job taking disabled people on holidays. It was well paid and an awesome job. A trip came up to travel to England with a client. The catch was, her employer was going too. This made her feel uneasy. They had to share the same room. He groomed her by inviting men to their accommodation. She was ashamed by her behaviour. One night he forced himself on to her, he wouldnt let her go. He made out she was a slut that seduced him when the police became involved. She returned to Sydney.

After she finished her studies, she relocated to England to get away from her family, namely her dad and haunting memories of her earlier abuse. She fell in love and got married. Life was great. They produced 2 beautiful children.

They moved back to Sydney. Things were not working out and she missed the life style that she had created in London. The dynamics had changed since moving back home. The marriage was not the same, her husbands interest wane and was more interested

with things outside their home then in their family life. She realised that she had falling out love with her husband and regrets moving back to Sydney.

The client has recently separated and will divorce her husband. She is currently having a secret love affair with an influential married man in the town. She knows that is not right but she is enjoying it.

She is upset with the choices she has made in men.

She didn't have a good role model for a father as she was abandoned and not unsupported during her fundamental years. Her employer let her down by sexually abusing her when in fact he should have had been looking after her and supporting her in her workplace. She is angry and resents both of them.

Ultimately the 3 significant male figures in her life have let her down and the bottom line is, she was being a good girl, being nice and allowing people to take advantage of her because she could not say no. She doesn't like herself and she has no self-love or self-worth.

The Energetic System

- The energy centre **Heart** was blocked through deep seated anger with her dad. This was reflected in blocking **Chochma** and as a result she had no clear vision or discernment, there was only a cloudy mind for of indecisions and relentless thoughts. The **Heart** is also block as this client doesn't have the ability to love herself.
- The energy centre **Netzach** is contracted through the **Small intestines**. It is blocked by deep seated anger in the **Heart** and blaming her dad and employer. This was robbing her from not having the discernment or ability to make good choices in men because **Small intestine** is the yang fire partner of **Heart**. **Netzach** is also congested with lack of self-worth, self-love and not liking herself.
- The **Liver organ** was congested with resentment and anger this would of caused congestion in **Netzach** and the **Heart** energy centres.
- The energy centres **Yesod** and **Chessed, soul correspondences**, were blocked energetically by her dysfunctional relationship with her father, the abuse by her employer and her secret affair with an influential man.
- **Shen Tao** and **P 9** opened the pericardium so it will feed and nourish the sex circulation.
- Pathway **Nun** was compromised through lack of strength and harmony in her.

- Opened strange flows **Sp 4, thrusting channel**, to **P 6, yin linking channel**, to calm the mind, reduce anxiety and get stagnant qi moving in the abdomen.
- Opened **GB 41, belt channel**, to relax tension in the abdomen while nourishing the area.
- Opened **K 1s** to relax, calm and ground this brings your attention from your head to your heart.

Treatment – first session

Circulation of the Light

Cleared a lot of nervous jerky energy. Her knees felt like there were little energy marbles exploding out into my hands.

There was a huge release between mingmen and the sacrum.

Brow to GV 25 (tip of nose) was remarkable. The energy tension was building up in hard marbles and was trapped at the brow, and then, with an all mighty force it exploded through my hand in a massive release. It felt like a pressure relief valve for all her thoughts that were stuck in her head. At this point the client instantly went into deep relaxing state for the remainder of the balance.

In the clients words *"You have no idea how I feel. It is amazing. It was silence and I was present, it was special. I just didnt realise how much I lived in my head."*

I went through the inner smile meditation and recommended she do it daily.

Treatment – second session

The client was doing really well apart from a few days when she missed the inner smile. It was then she realise how important it is to her wellbeing.

For the last week her children has been with their father. This has been really hard for her. This is the longest time she has ever been apart from them.

Her father contacted her in regards to asking for help to support for his partner because she has just been diagnosed with advanced breast cancer.

She has become less motivated, started to eat bad food, has stopped meditating and generally feels awful.

- Opened **Heart** and talked about how she felt about her fathers request. It made her angry.
- Staying with **Heart** and opening the **Liver organ, I release anger**. There was little moment, so I changed it to, **I release being angry at you dad**, there was good movement. We move onto **I release resentment** there was a big release of contracted qi.
- Staying with **Heart** and opening **Netzach, I release blame** and **I release being angry with myself** this was also a key release.
- Staying with **Heart** and opening **Yesod, I release being abandoned**. Good opening movement in these centres. We went on to **I forgive you dad**, this was a hard concept for my client but she realised the value in it when she felt the release. Then **I open my heart to you dad**.
- Opened **Sp 4** to **P 6**
- Bilaterally opened **GB 41**
- Bilaterally opened **K 1s**

The client commented that the release work was intense and tough but worth it as she feels amazing.

Treatment – third session

The client was doing well for a couple of weeks then it all got too much for her. She was not coping at all.

Her sister is now going through a marriage break up. She can see the parallels between her break up and her sisters situation. She is now looking at it from a different perspective, seeing another side without the anger... *"did I make a mistake??"* This has brought up a lot of feelings again.

She is becoming more forgetful, she even left the hot plate on and this makes her so upset and emotional. Her dad and his partner is demanding her time. Her mum is cranky with her sister and herself, she just can't take anymore. She feels completely full and completely overwhelmed.

"I am searching for something to make me feel together. This keeps happening all the time. I just want a little bit of peace and not take on somebodys elses dramas. I dont trust myself or my decisions right now. I dont know what I want."

- Open **Heart**, talked about what she wants, she has conflict with her decision of having an affair and fear of being caught. What she has now is not enough, running around trying to fit in all this secret space in my life is just too hard. I dont know how to finish it. She misses her husband in her life and she does have feelings for the other person in the affair but not enough for a long time commitment.
- Do you want to be a mistress? *"No. I am always the one comprises to fit in with him. It is always the woman who looks bad, this is symptomatic of what you think of yourself."*
- Staying with **Heart** and opening **Netzach. I release comprising myself for others, I release being angry at myself** there is a lot of congested qi being released here.
- Staying with **Heart** and **Netzach**, when was first time, as a child, that you comprised yourself or discounted herself. There was a little girl she played with that would bite her and be nasty to her. When it was her turn to choose what they would play, the little girl would get her way so she never got her turn. This made her feel that she was not good enough. **I released not being good enough**. This was a really deep release. Lots of expensive movement.
- Staying with **Heart** and **Netzach, I released being hurt, I release hurting myself, I release being unworthy, I release doubting myself, I release hating myself**, she was holding back it was really hard for her to let go, the problem is she hated herself about a lot of things. Stopped and talked then returned to **I release hating myself**. Lots of movement, her chest felt nice and light.
- Staying with **Heart** and **Netzach, I forgive myself**, she found this so hard to deal with. *"There are a lot of things to forgive, not being there when my dad was taken away but that is not my fault, my employer would use this against me when I was at my must vulnerable. Allowing myself to be treated in a certain way with those men."*
- Staying with **Heart** and **Netzach, I release (clients maiden name), I release being angry at (employers name), I release being a good girl** huge release of expanding energy.
- Staying with **Heart** and opening **Yesod, I release being abused**, client feeling much clearer, **I release (employers name), I forgive(employers name), I open my heart to (employers name)**, Now are you ready to release the man in your affair? *"Yes I need to do it."* **I release (name of man in affair), "I just want be strong enough to walk away because I see him every week. I just want to be nice. It is my only one good thing I have in my life but I know it isnt really."**

- Staying with **Heart** and **Netzach**, I release the dramas in my life, I accept myself, I accept my life, I am strong and confident, I love my life, I am grateful for my life, I open heart to myself, guided meditation to meet her inner child.
- Opened **Shen Tao** and **P 9**
- Opened **P 6** to **SP 4**
- Bilaterally opened **GB 41**
- Bilaterally opened **K 1**

"I feel stronger, I know it is the right thing, I feel so good."

Result/ How it was resolved

My client now has the understanding why she was unable to make good choices in men through the emotions she was holding on to from her past. These sessions have changed her life.

My client is feeling stronger within herself, more at ease and centred. There is no desire to take on drama of others. The weight of her anger and blame towards her father and her anger towards her employer for the abuse she endured has lifted off her heart and now she feels like she can breathe.

She finally feels more confident and contented in her ability to make good choices. She is happy and enjoying her life. She meditates daily with the inner smile meditation.