



Case: 62yr old Female back problems

The Person & Complaint:

Client complains of constant back pain 3/10, probably caused by scoliosis. Standing for too long makes it worse. Weak knees and ankles. She is type 2 diabetic and her GP told her that she probably has ME but 'I like to ignore that' is her response. She is also slightly hunched at the shoulders and her neck rotation is limited at 2pm (using the clock face)

The Story & Emotions

She feels like she didn't get any love in her life as a child and now her mum lives next door to her and she has to look after her - she hates it.

She loves it when people get their 'just desserts' when she feels she has been wronged.

The Energetic System

Her whole system feels heavy like she is holding something tied to her chest.

C7/ Throat are blocked - she is so angry

Hod - blocked

Shen Tao is blocked

Brow / Occiput are blocked

Treatment - first session

- Shen Tao / C7 - very tight with no movement
- chatted about her children and the centres started to move - she thinks she is a better mum by giving her kids the love that she missed out on as a child
- Pulled to Occiput and Hod when she was talking about her mother and her childhood -
- Chatted about Release work - client doesn't want to go there.

Homework - sit still for 5 minutes in her garden and watch the leaves on her trees.

Treatment - second session

Client feedback - She is adamant upfront that she is not going to do release work - and no she hasn't noticed any change, and she didn't have time to sit still for 5 mins.

- Double passes - hod/navel - throat/c7 - Occiput/Brow.
- Hod/Navel - very tight and painful when talking about her mum and dad, chatted about release work and she admitted that she is scared to let go.
- Throat/C7 - so tight in her throat - talked about her mum and has she ever told her mum about how she feels.
- Occiput/Brow - chatted about relaxing and not being stubborn or too serious about life and what she feels lacked in her childhood.

All the centres need more work but they all communicated with their partner and became more in balance.

Homework - chatted to the client about giving her permission to let go, I want her to try and sit in front of her log burner with a pile of emotional logs and literally put them on the fire and let them go.

Treatment - third session

Client feedback - She is 'bloody wound up' and laughs (for the first time)

- Treated C7/Throat - very painful today and we talked about herself - (she talks about herself in a very negative way)
- Release work 'I release holding on' slight change but still holding
- Release work 'I release the fear of letting go' - this was huge, it was such a big shudder before it opened

Homework - sit still in her garden for 5 mins - before she left I said 'you know that bag of rubbish you have strapped to your shoulders pulling you forward and down, do you want to leave it at my door before you leave?' She said 'No, I couldn't leave you with it' I replied 'But I will choose not to pick it up' She laughed.

Treatment - fourth session.

Client feedback - She had to go around to her mum's this week, but this time she didn't get angry or frustrated - she stayed did what she needed to do and then left. Before our sessions she would never have been able to just do this, she would have been so angry and resentful.

She has been able to sit in her garden on 2 occasions and just sit for 5 mins.

Clear the residual pain from her back - belt channel.

- Gallbladder organ (on) very tight and holding - moved my other hand onto C7 client started talking about her husband and how she was unable to let him know how she was feeling. This got the organ to start releasing and made a massive gurgle.
- treated GB41 - holding at first but it did open.

Client noticed at the end of the session her pain was down to 1/10.

How it was resolved

Client didn't come back to finish her sessions, however, I bumped into her in the street and she explained that it would probably take years to fully fix her but she is happy with where she is for now. No pain in her back.