



The Person & Complaint

A 26 year old woman presented with general anxiety/general depression and noticeable period pain. She also had some pain in her left nipple that has been present since a breast reduction procedure several years ago. She also noted that she has no sex drive.

The Story & Emotions

She was experiencing a lot of stress in her life having just ended a significant relationship in a very public way (the wedding was cancelled). She was also in the process of leaving her current job. Further discussion pointed out that she was very angry with her mother and feels like she (the client) is unable to love. She was overweight as a child and teased often because of this. Mom was a 'happy drunk' and Dad never stood up for her. She was diagnosed with depression at age 17 (was having panic attacks as well, etc.). This got better after seeking some professional help at that time. She felt humiliated by mother and others and had several specific stories in that regard that she was holding onto.

The Energetic System

Upon feeling the energetic Centres it was noted that most were blocked. This was especially true for Netzach and Yesod – as well as the Heart.

Treatment 1

- Worked on Centres to feel as a baseline with a focus on attempting to open up Netzach/Yesod. Discussed an overall strategy to that would begin with a proper CoL to reset her system. Gave client 'homework' of Inner Breath (15 min.) and Inner Smile (15 min.) each day.

Treatment 2

- CoL. Centres starting to connect – work needs to be continued on Netzach and Yesod (very cold and blocked). Client very emotional but feels like she is making progress in her journey back to clarity and better overall health.

Treatment 3

- Client reported continuing story drama with her relationship. Worked on Pericardium during this conversation (which was very blocked). Got client on table to do release work, focusing on letting go of stories tied to closing Netzach and Yesod (relationship and associated desire). During this work

the client stopped and needed to 'tell me something' – that had come to her during the release work. She proceeded to explain a traumatic story from her past that involved being taken advantage of sexually and something she had not thought about for some time. She was clearly holding on to this story. We then did release work on this particular story / individual – including forgiving the person and 'letting them go'. This release work had immediate impact on the energetic Centres as they now started to open up (Yessod/Netzach/Tipereh). The client felt 'amazing' at the end of the session.

Treatment 4

- Client reported feeling much better since last session (on week ago) while I worked on PC9. She did, however, at this time have a pain in her jaw (SI19 point) – this pain was at a "7". By opening up SI1 this pain went down to a "2" within 10 min. Centre work then commenced with a focus on opening up Navel to Heart and Sacral to Throat with positive result. All seemed to flow/connect. Yessod, however, was still somewhat prickly.

Treatment 5

- Client reported for the first time since she can remember her period pain is not a problem and thanked me for the work we had done. She was also feeling much better generally and did not feel as much anxiety. Focus today was on nipple pain which was addressed by opening up the PC channel (PC 1 – PC 8). Client noticed immediate improvement. Client discussed now wanting more overall energy (and increased sex drive). She now also mentioned a sore foot (SP4 area) and tight hips that she has recently noticed in her yoga practice – a Thrusting Balance was scheduled for the next session.

Treatment 6

- Thrusting Balance completed. Energetic movement noticeable and upon conclusion of the treatment the pain in the foot was gone and hips felt 'looser'. Overall health mental/emotional state very positive and received confirmation that nipple pain had not returned.

Treatment 7

- Client happy that all factors had been successfully addressed. Her energy is noticeably improved since last session and her sex drive has returned. Centre work confirmed that all were open and flowing (including Yessod, which was no longer prickly). Spent remainder of session discussing meditation and her continued personal practice/outlook to ensure maintained success. Client was extremely pleased with the entire treatment process and results and assured me she would be in touch if anything came back (or if new items arose).

Treatment – Resolution & Follow-up

- Follow-up over two months later confirmed that all factors were successfully addressed. Period and nipple pain is gone, there is no more general anxiety and/or depression and her energy is up (including a returned and maintained sex drive). *Client has returned for treatment periodically for continued direction and assistance on new/unrelated issues.*