

### **The Person & Complaint**

A 62 year old male presented with throat agitation. He also has spasms that he could not control; this happens mostly when he focusses on his throat agitation and when lying down. It has been troubling him for approx. 3 months and now seems to be getting worse.

### **The Story & Emotions**

He is very concerned with his sexual excess. This has always been a problem for him for as long as he can remember. He has too much sex (including frequent masturbation) and notes that this activity seems to make his throat symptom worse. He cannot control this behaviour and it seems to have a 'power' over him as a clear addiction. He spends hours on end at times (on an on-going basis) engaged in this type of behaviour, enjoying many times the 'process' not just the concluding orgasm. He can spend 2-3 days at a time engrossed in sex, online porn, etc. This has been a problem for him since he was 12 years old and has now grown into a total obsession. This has impacted his ability to have healthy relationships. He was holding stories from his childhood that had a clear and direct tie to this stated addiction.

### **The Energetic System**

A related factor (and the most important complaint to address in his view) is that he now feels as though his energy levels do not come back after these activities; sometimes for days/weeks. In the past, his energy would come back immediately (or at least the next day). Upon feeling the Throat and Yesod it was clear that these Centres were blocked and very congested.

### **Treatment 1**

- Did resonance to the Throat and Yesod Centres and associated release work (on Humiliation and Shame / childhood stories). Discussed Pre-heaven / Post-heaven Chi and direct connection to the importance of getting control over his behaviour (i.e. the direct impact to health) which is his ultimate goal.

### **Treatment 2**

- Throat still sore and now voice is harsh. Chesed felt more open than last time, but now very prickly – which supported the harsh voice symptom. Client talked about some stress in the work environment (story) that he was

clearly holding onto. This included him wanting to say certain things to some individuals that he had been holding in and not voicing. Worked on double pass (Gevurah/Chesed) with "Letting Go" release of this situation. Also worked on Chesed to Yesod and Tiphereth to Netzach and Yesod to Base. During throat work – got client to say the things he was holding in that he wanted to voice. Felt strong movement in Chesed when this took place. Feeling of Centres warranted a complete Chakra balance which was planned for the next session.

### **Treatment 3**

- Throat agitation now much better (since last session). Porn urge is still very strong but he is doing better in not acting out. Talked about 'feeling' these urges but not needing to 'act' on them. Also discussed benefit of Inner Breath meditation to get into the feeling sense. This seemed to be a new realization for him (i.e. the ability to feel them but not be controlled by them vs. trying to push them down/a-way). He informed me that his back collapsed the other day and he could not bend over for a day but that is now better. Performed Chakra Balance as planned. A lot of movement and connections taking place. Limited release work included on certain Centres. His energy is still not where he wants it to be so discussed administering a proper CoL during next session and a thrusting channel balance after that. Client agreed with plan (i.e. a 'back to basics' approach).

### **Treatment 4**

- Performed full CoL. Movement stale and dull at first but then more open and connected. Client felt immediate change (raise in energy) at the conclusion of the session.

### **Treatment 5**

- Client communicated much better 'control' now in place on behaviour since last session and that energy levels were feeling better – but still not where he wanted them to be. Performed Thrusting Balance as planned to jump start energetic levels and distribution now that a CoL has been performed. No immediate impact at the conclusion of the session but it was noted that



the impact of this balance may not be instant. Client agreed to call in a week to touch base.

### **Treatment – Resolution & Follow-up**

- A phone consultation the next week as planned confirmed that the day after the Thrusting Balance his energy levels had been higher than he can remember – and this has remained. He was also feeling like he finally had a 'handle' on his behaviour from the work we had done – and associated conversations/understandings of how things are connected (Mind/Body/Emotion) and the importance of 'feeling'. He was practicing the Inner Breath daily and had made notable progress in the relationship category.
- Client was very satisfied with the results of the treatment program; his throat agitation was gone, his spasms were no longer taking place and he felt very much in control of (and not controlled by) his stated addiction. His energy levels were high and he was experiencing associated benefits in many areas of his life. He advised that he would reach out in the future as needed.
- A chance meeting / brief conversation with client 3 months later confirmed all was still "Wonderful".