

The Person & Complaint

A 47 year old woman presented with depression and a general feeling of anxiety and overwhelming grief. She had not smiled for months and was on the brink of a divorce (noting she had not made love to her husband in over 6 months). She felt like she had no happiness inside her and was stressed with all aspects of her life situation. Other specific symptoms included dizziness, 'needle' feelings in head (top and front), heart palpitations and pure exhaustion. She also feels she has PTSD (Post Traumatic Stress Disorder) and OCD (Obsessive Compulsive Disorder). Due to the nature of the interaction and availability (travel, etc.) it was known that this one session was all that we would be able to have.

The Story & Emotions

The story and emotions were many and complex. From childhood abuse to several divorces, to being involved in (witnessing) murders, to having pregnancies terminated by force, etc., she had more traumatic 'stories' than any one person I had ever spoken too. Added to this was a dramatic surrounding element (family) which had additional 'stories' (also very traumatic) that she was allowing herself to be drawn into – many of which were very current.

The Energetic System

Given all of the above, her energetic system was in shut down mode. She was becoming numb in every way she could as a method to protect her from experiencing pain. Her symptoms were related to these contractions in the energetic system taking place. This was evident and confirmed by feeling associated channels and Centers. We discussed this being the one and only treatment and because of that the 'cut to the chase' approach I would be using (including very specific release work as it was clearly appropriate and needed in this case).

Treatment 1

- After the intake which included getting a baseline feeling on certain hand channels (most all of which were blocked) the Client got on the table for Centre opening work and related Release Work. We worked through this in a very frank and focussed manner (as was previously explained to the client) opening up her Centres and releasing several held emotions and related



specific traumas/stories. It was an absolutely amazing experience from an energetic point of view. The feeling in the room as Centres opened was so tangible at times that the lights were tangibly affected. The client went through several stages throughout her time on the table including limb twitching, full body shaking, uncontrollable screaming and crying, etc. As the Centres became unblocked and open during this process, the client then went into uncontrollable laughter and utter bliss. When the session ended – there were no words that could be said for several minutes. She finally got off the table, was grounded, and continued to have a beautiful glow and almost uncontrollable 'giggle'. She stated that she had never experienced anything like that in her entire life. She felt light, awake, full of energy and glow and – most importantly – happier that she can *ever* remember feeling. She could not thank me enough for the session and told me she was going home to now make love to her husband.

Treatment – Resolution & Follow-up

- Immediate follow-up that week confirmed that the change that took place (the opening of Centres and Release of held emotions) during the session had a 'sea change' effect that was lasting. She did in fact make love to her husband that night, after which they recommitted themselves to the marriage and all of her other noted symptoms were now gone. She had a completely different relationship with all of the other 'stories' in her life as well – no longer contracting or feeling a need to numb herself. She loved life and walked around with a big smile. Many of those around her noticed this change as it was so significant. She was telling everyone she could about this amazing modality and could not believe how incredible the session was and how significant (and lasting) the subsequent results were.
- Additional follow-up months later confirmed that the symptoms noted did not return. She communicated that her life changed in that session and she has been living with a smile ever since. She remains a vocal advocate of the modality and would like to become a practitioner.