

Case 5 : Palpitations and Arrhythmias

The person & Complaint

A lady 40 years old presented with palpitations and arrhythmias which just started a few months ago. Her doctor prescribed her sotalol 80mg , a drug used to treat this condition. She was happy to take it but it had not helped her. She was willing to try alternative treatment. She felt tired ,anxious and run down.

The story and Emotion.

She encountered a lot of disappointment in her life and had been experiencing anxiety feelings for quite sometime . She never had a good relation with family and siblings . Being a lesbian , made her separated from her family due to rejection . She lived with her girlfriend partners and life was up and downs .

Treatment

First Session.

Listening to all her life history and getting her to share all her stories of her childhood and teenage years was the first half hour of the session . It then proceeded to release work on her heart. With one palm over her heart and the other over Shen Tao, engaging resonance, She releases the following :

- 1) I release being angry to my family , brothers and sister –repeating 10 times and asking her to be authentic and really meant it from her heart. Could not feel much release. All subsequent release work were done repetitively ten times to fifteen times emphasizing to her to really mean it from her heart
- 2) I release being upset ten times and that was not the issue.
- 3) I release being frustrated and that was not an issue
- 4) I release being disappointed with my life . The release was huge and then she was asked to repeat the following, “with infinite love and gratitude, I release all disappointment of my life “ x 10 times. She burst into tears and was really moved.
- 5) I accept love and I love myself was repeated 15 times.
- 6) I accept trust and I trust myself repeated 15 times .
- 7) Then I forgive my mum and dad and my brother and sister mentioning their names –repeated 10 times. The release was huge and she felt the shift in energy in her body.
- 8) Finally, a heart balance was done over her heart and shen tao. She was then grounded through KD1 point .

Result

Following the session she went home and felt so much better. She came back to let us know that she felt a huge shift in energy in her body and felt very calm and relax . She emphasized that the release work was really effective and that her palpitations and anxiety had settled down.