

## Case 8 : Severe Depression and suicidal attempt

### The person and complaint

A lady 25 years old presented with severe depression and suicidal attempt. She was on antidepressant Paroxetine 20mg, anti-psychotic Seroquel 300mg and Alprazolam 2mg for her anxiety. She was disappointed with her life. She studied nursing into her final year and had to put it on hold due to her illnesses. She felt empty and her dignity was jeopardised by her dad.

### The Story and Emotions

She held so much anger to her father and they were constantly arguing and fighting at home. Her father discounted her abilities and labelled her silly for lending big sum of money to many of her friends and boyfriend and being cheated all the time. When she was in high school, she worked casually in café and had an affair with a married man and was later dumped. She was really angry to him for cheating her and also to her father for being unsupportive to her life problems. She also resented her mum and younger sister and felt that her younger sister was always the favoured one in the family. She trusted no one. She was also unsupportive. She suffered sleepless nights and her personality was aggressive at times according to her mum. She was not able to concentrate on her work and was unemployed.

### The Energetics System

She was blocked in her heart chakra and throat chakra (Geburah to Chesed). She was not willing to accept her life and the events that followed. She was blocked at Shen Tao and the sepiroth from Hod to Geburah.

### Treatment

#### First Session

First session was aimed at listening to all her problems and what she felt inside her and how she perceived life. Conversation regarding the most traumatic events in her life and the level of anger, disappointment and frustration to someone was thoroughly investigated. She expressed her anger towards her father and disappointment to herself for being cheated and falling for a married man. She was frustrated with her unsupportive father and felt being betrayed, unappreciated by her parents and disrespected by her younger sister and she felt she lost of her dignity. In this session, the aim was to break the ice and get her to trust the practitioner. The session went well and she was willing to share and participate. She was made aware that not letting go of her past could have caused her state of mental health. She was asked to participate daily in “feeling her breath” relaxation exercise rather than telling her to meditate. She was taught how to do it for 5-10 minutes to start off daily and build up gradually to suit. No pressure was put on her that she has to do it compulsorily.

#### Second Session

She came back a week later and said she felt so much better and the breathing exercises help her. She was encouraged to increase her duration of meditation to half an hour twice a day as an ultimate goal in three month's time.

Resonance was done over her heart and Shen Tao and at the same time to ask her to repeat her stories of the past. Release was done as follows:

I let go of closing my heart

I let go of being angry to my dad

I let go of anger to my past boyfriend –mentioning his name

I let go of being hurt by my boyfriend.

I let go of being frustrated to my sister (name mentioned)

I accept love

I love myself

I accept trust

I trust myself

With infinite love and gratitude, I open my heart to love and to have courage let go of all my past problems and disappointment. She was grounded after this.

She felt a shift in her energy after the release work and felt very calm and relax . She was eager for another session. She was also counselled on forgiveness and was told to forgive when she is ready. Ready means that she is truly sincere and authentic that she wants to forgive or else it's worthless.

### Third Session

She returned a week later and informed me that she had definitely improved in her mental state . She was happy with her progress. Release over her throat chakra was done in this session as follow:

I release being angry to dad, boyfriend (name mentioned)

I let go of holding back my feelings and not expressing myself .

I let go of shame

I let go of humiliation.

I let go of guilt.

Then resonance was performed from Geburah to Chesed for half an hour .She was then grounded .

### Fourth Session

Resonance was done to Hod and Geburah individually for 25 minutes each, then from Hod to Geburah for another 30 minutes to open up the sepiroth.

She was asked whether she was ready to forgive others and the response was positive .She was booked in to do her fifth session .

### Fifth session

Release work was done again over her heart on forgiveness.

I forgive my dad

I forgive my boyfriend (name mentioned)

I forgive myself

I sincerely forgive everyone who has hurt, taken advantage and cheated me.

This was a huge release and she broke up into tears during the release work .

Finally she was grounded.

### Sixth Session

She came back for chakra balance in this session and felt really happy about life.

She was encouraged to continue to meditate and come back to do charka balance regularly.

#### Result

She reduced her antidepressant and antipsychotic medication down to only one Seroquel Xr 300mg. She felt more confident, dignified and resume her nursing course. She eventually finished her studies and is now working and having a great life although she is still on one medication only.