



Case: **Anxiety** about staying at home alone, unhappy with life

The Person & Complaint

58 year old woman presented very sad. She said she suffered from anxiety and she was extremely lonely. She initially reported not being on any medication.

The Story & Emotions

My client had a phobia about staying at home alone and reported that she was very lonely and fed up with her life. She had an ear infection in the left ear which was bothering her. She was finding it hard to hear. She had a very unhappy childhood. Her parents had sent her away to school and she had been through numerous failed relationships. She had also had tried many professions and was now unemployed and very frustrated with the situation. Her desire was to meet someone and have a relationship. She also had a lazy sleepy eye. She found it nearly impossible to sleep as she was anxious and she was extremely tired. She said she felt depressed for most of her life and that she was bullied at school.

The Energetic System

My client's Heart was very congested as was Gevurah. She was extremely sad and holding it in. She was frustrated with her life, not having a job and was resentful towards her parents and previous partners. She had a fear of being alone. Her base was blocked and she was very low on energy. Her kidneys felt very sleepy. Her liver felt very congested. Hesed felt very prickly. Not feeling recognised, feeling abandoned had affected the kidney gate. The pericardium was blocked. The trauma of being sent away to school meant that she protected her heart.

Treatment – First session

I worked on the Heart and Shen Tao to the Base for most of the session to ground her. Tried to open Netzach to get her back in her body and attempt to stabilise her mind. It was also to help her have courage to face life. She was lacking hope and felt quite powerless. This was not very successful. It opened a little.

Session 2

I spent the entire session opening the Base to Shen Tao as she was not grounded and quite flustered when she arrived. By the end of the session she was well rested and much calmer. I also did some work on HT 3. My client revealed that she had also been on blood pressure tablets which could also have contributed to her kidneys being very weak.

Session 3

My client arrived complaining about her sadness and said that she felt pathetic and that she hated her life.

Base to Netzach to start with. I opened HT7 and LI11 + KID3 for the stress. H3 and H8. She seemed to have lost her sense of reality. By the end of the session she was more in her body and much calmer.

Session 4 (2 hours)

My client arrived complaining bitterly about her ear. She had an ear infection and was experiencing some discomfort. To address the ear problem I opened TH17 and TH5. SI 19 and SI3. GB20 and LI4. I also opened KID3 on both sides.

At the end of the session the pain had reduced significantly and she was comfortable. I asked the client to update me overnight with the progress.

Session 5

My client arrived looking quite bright and expressed disappointment about not having a job and direction in her life. I opened Hod to Gevurah as she did not have discipline to pursue her goals. Had fear of change. I also spent more time opening the Base to Shen Tao as she reported staying awake at night and not wanting to be at home.

The next day my client contacted me and said she had slept through and wanted me to help her put together her CV so she could look for a job.

Session 6

My client arrived feeling quite flat and told me that she had a terrible life. We revisited the story about her being bullied at school and how her father had not taken care of her in his will. I spoke about release work and she agreed to participate. Hesed was blocked and she released anger which took some time...

Gevurah-There was resentment from being humiliated at school and by her father. I worked on Yintang to calm my client and to address her agitation. I also opened Hockma to Hesed. I also opened Binah to help her sleep. TH5 and PC 6 to help her calm down and feel better on the inside.

My client was very emotional and afterwards I did resonance to the front and back of the heart.

She said she was feeling drained but much better

Session 7

My client reported that she had applied for a few jobs and she was feeling much better about her future and had been sleeping through for the first time in a long time.

In this session I opened N-HN-54 to help with her insomnia and to calm her down. We worked on Netzach and released not being good enough, emotional fear and blame. Again there were many tears but she appeared relieved and quite positive at the end of the session...

Session 8

My client's eye looked very sleepy when she arrived and she reported having a mild headache. She seemed a lot more positive and grounded. She had been applying for jobs. I worked on KID 6 and ST 1 and TH23, GB37...ST 8 and BL2 together seemed to alleviate the headache.

My client sent me a text the next day thanking me and told me that she was much better

I have since received a call from this client and she was extremely emotional and complaining bitterly about her life. She sounded quite unstable .I don't believe that I can help her anymore and have suggested that she see a counsellor. She is someone that I don't feel safe with after the nature of the call.