

Case Study 11, Trying to Conceive, 35yo female

The Person & Complaint

MM is a 35yo married woman with a 4yo daughter.

Catholic upbringing and conservative values.

Miscarried 1st pregnancy at 9/40

Marriage was rocky 3 years ago with a brief separation. Have worked things though.

Worries a lot.

Is tired, a bit 'low' at present. Stays up late in front of TV to avoid time on her own, to avoid thinking & worrying.

Sleeps OK.

Eats well but also snacks – comfort eating.

Has recently built and moved into new house. Is reminiscing about old house.

Husband is going to get a 2nd job to get extra money.

The Story & Emotions

Has a build up of life stresses.

Been trying to conceive the last 4 months.

Had tonsillitis last week.

Got antibiotics for tonsillitis, then got thrush. Thrush now gone.

Complaining of left shoulder pain for many years after fall in the snow with friends.

Also has had left knee pain for quite a while.

Complaining that life is a struggle.

The Energetic System

MM has clear Throat issues: recent tonsillitis, and lack of energy (Udana), shame about not being able to conceive easily this time

Netzach will be congested from all the worry (stomach) & struggle (Spleen)

Also blocked is her Heart & P/C by anger and past relationship grief, decreased libido.

Kidneys stressed – running on adrenaline. Anxious about finances and not conceiving. Netzach, Hod & Base can all be congested with anxiety.

Sex congested from past marriage problems, family issues, moving house and current financial stress. Wants to increase her work hours, then feels guilty about putting daughter into Child Care.

Treatment – First session

I almost completed a full Chakra Balance.

Netzach and Hod were particularly congested. Did Hod to Kid-16s.

Opened Lu-7 (conception V)

P/c -6 (Yin linking)

TH-5 (Yang Linking) wrist gate

P/c-9

Cupped left knee between my hands

Back of knee to Hod

Front of knee to Sacrum

Kidney organs to Binah (for alertness without adrenaline)

Unable to open K-1's

Instructed how to do Inner Smile meditation

Treatment Session 2

2 weeks later.

Has stopped biting her nails – nails are growing!!

Has been feeling good since last session.

Has managed to reduce worrying.

Has mild cold symptoms today – sinus sniffles. Wants to clear this so she can visit a friend with a new baby.

Money problems still present.

Geburah to Throat: I release loneliness (husband works night shift)

Opened Geburah to Navel and Heart. Throat to Heart.

Left shoulder pain; tender at Lu-2 & Lu-9.

Opened Lu-2, Lu-1 to Geburah & Heart while she talked about that snow trip.

Resulted in increased movement and less pain.

Treatment session 3

5 weeks later.

Worries that still has not conceived after 6/12 without contraception.
Reasonably regular menstrual cycles.
Recovering from a cold.

Completed a Circulation of Light Balance.

Result/ How it was resolved

3 months later MM texted me a photo of her pelvic ultrasound at 12 weeks = twin pregnancy.
She had conceived 2-3 weeks after COL balance.
2 healthy boys born by Caesarian at 36 weeks. (1 has a 2nd name of Gabriele)