



Case: Anxiety

Age: 26 Female

The Person & Complaint

My client came to me quite stressed .She was drinking up to 8 coffees per day ,she was smoking one packet of cigarettes every 3 days, she had a stressful job as a lawyer, she had separated from her husband 8 months ago and her Mum had stage 4 breast cancer. She was not sleeping and had anxiety and severe asthma symptoms occasionally.

She had recently lost 2 close friends in a car accident and two aunties had also recently passed away.

The Story & Emotions

My client was constantly moving around and her way of coping with her life and the events in her life was to go to the gym and to keep moving. She had also been very courageous and had left her husband because of his drug problem. She was in fight flight mode quite a lot .She told me that she felt her brain was foggy and low and that she had a low libido.

My client appeared quite sad and seemed quite vulnerable. She said that her relationship with her mother was good although she felt guilty. She herself had been a difficult and quite demanding child growing up. She felt guilty about her childhood and now that she was not at home to support her mother with her cancer .She not want to talk too much or in-depth on her mother's cancer or any other family issues. She had taken quite a few medicinal drugs for her asthma. She was coughing a lot when she had asthma and bringing up phlegm. She had also been on ant depressants.

The Energetic System

The male pole was blocked .She felt guilty about leaving her husband and not being able to do a lot for her mum...The heart was congested as she was holding on to things. Gevurah was congested as she very sad and holding on to the sadness. She was also overburdened with life which was having a huge impact on Gevurah consequently her neck muscles were tight. Yesod was blocked because of the guilt and her challenges with relationships .Her liver was quite congested because of the toxins from medication and lifestyle.

Treatment – first session (2 hours)

In the first session I listened to the client's story which took quite a while. I worked on shen tao and the kidneys for the entire session. I opened PC6 and PC7 thought it may help calm her down and help her to sleep. I also opened H7 which I find very useful when there is anxiety and

worrying under stressful situations .She was very relaxed at the end of the session and sent me a message the very next day saying that she had slept well and felt great.

Treatment – second session

My client returned in a very stressful state a week later .She had been to visit her family in the country and had some bad asthma symptoms whilst she was there and also when she returned to Sydney .She was coughing up a lot of phlegm and could not sleep.

I opened Yesod and did some release work around my client's relationship with her mother and released the associated guilt.

I opened Lung 5, Lung 1.I also opened Stomach 40, Conception Vessel 17

I also opened St 36 as worry was part of my client's pattern I thought that there may be a stomach imbalance causing the phlegm in the lungs and Spleen 6 for insomnia

The client was extremely relaxed and reported to me the next day that she was feeling great and the asthma and coughing had stopped.

Treatment 3

My client returned a week later and she had been thinking about her relationships and associated emotions. We talked very openly about her relationships and what was happening in her family.

I did some release work whilst opening Gevurah My client revealed that she resented her family for the little support they were providing her mother and that she was really sad and had been sad for a long time .I opened Large Intestine 4 and Lung 7 and Conception Vessel 17.My client was emotionally afraid and extremely worried about her mother's future so she had also blocked Netzach.This took a long time to open. I also worked on Shen Tao to support my client to trust in the process.

At the end of the session she reported that she felt much lighter and stronger .She said she felt better positioned to face the future.

Treatment 4 (2 hours)

My client returned 3 weeks later with pain around the kidneys. She described the pain as being a 9/10.I did resonance to the kidneys which did not make a big difference .I then opened Kidney 3, Kidney 14, Governing Vessel 9 and Ming Men, Bladder 40,Bladder 54

This relieved the pain down to 2/10.My client contacted me later that evening to tell me that the pain had disappeared. The next day she told me that she was herself again.

Treatment 5

We did some release work and talked about holding on to patterns whilst working on Gevurah I worked on her kidney 1s to assist the adrenals and Spleen 6 for the low libido.

My client reported feeling great the next day .She is slowly starting to meditate.