



Case: Relationship issues/breakdown

Age: 26 Female

The Person & Complaint

My client came to me and said that she felt like she was having a nervous breakdown. She was extremely agitated and was very teary. She was not sleeping at all. She had recently broken up with her boyfriend of 12 months as he was very possessive and she was fearful that he would keep chasing her. She said that she had experienced a series of bad relationships.

The Energetic System

The heart was very tight and prickly. The base was blocked with fear and also the bladder channel. The spleen organ was tight as there were many stories about her partner. Her kidneys were sluggish .

Treatment – First Session

I felt that my client was not grounded at all so I did a circulation of the light and she responded well to this.

Treatment Second Session (1 day later)

I worked on the front and back of the heart.

I opened Pericardium 6 and Spleen 4 for anxiety and calming the mind .I also opened Heart 8 and Heart 3 .My client remained quite anxious throughout the session as her partner had been calling her before the session and she was worried about what was going to happen afterwards. I opened PC 6 and TH5 whilst talking to her about what action she could take after she left the session.

Second Session (1 day later)

I started by doing resonance to the field to get my client back into her body and I realised that she was almost frozen with fear on a very deep level .I opened the Base and the Heart releasing fear. I opened Bladder 64 and Kidney 3.My client seemed to respond well to this treatment and seemed a lot calmer.

My client called me the following day saying that she felt a bit better. She was still feeling anxious but not as overwhelmed.

Third Session

I did resonance to the field again .I decided to open the Conception Vessel Lung7, Kidney 6 to help with the anxiety. I also opened Pericardium 6 and Triple Heater 5 I decided to tonify the bladder and kidneys and opened Bladder 67 and Kidney 7.This seemed to calm my client and helped her reduce the fear. My client was not really confident in taking action against her boyfriend/standing up for herself so I opened Netzach to release the emotional fear and I also worked on Hod.

Fourth Session

My client arrived quite restless and said that she had been sleeping badly.

There was still a lot of fear and Hod did not feel great. I worked on Shen Tao, the kidneys and Hod once again followed by Kidney 6.

My client seemed a lot brighter.

Fifth Session

My client wanted to talk over the situation and the intricate details of what had been taking place. Things had improved significantly. The kidneys felt much better so this time I did resonance to the spleen while she was talking and it was very tight. The spleen took a long time to relax. I also worked on Heart 7 and Large Intestine 11 +Kidney 3

By the end of the session she was very calm and comfortable

Sixth Session

I worked a little on the base and the Heart and, Base to Netzach. She was afraid of being hurt again so we did some release work around this. I finished with Pericardium 6 and Triple Heater 5 and she left a confident young woman .I have not treated this client since but she has communicated with me letting me know that she was finally able to move on with confidence.