



Case: Fertility
Age 37 Female

The Person & Complaint

My client came to me for fertility. She has been trying to conceive her second child for 18 months without success. She had a 3 year old son and had experienced problems conceiving him. She had been to an acupuncturist and was on Chinese herbs for the first child. I mentioned to her that I may be able to help.

The Story & Emotions

My client is from Columbia and has married an Argentinian man and they now live in Australia. She misses her family back in Columbia. Family are extremely important and there was a lot of pressure from the family towards her to have the second child. They promised to visit Australia again if she had the second child. She appeared to be very healthy and positive and a very relaxed mother with the first child. I asked her to tell me about a "typical week" for her at home and asked her was there anything that stressed her. She revealed that she was exhausted most of the time as she was getting up in the middle of the night a lot to her young son. She was feeling a lack of support from her husband. When she did try to go to bed her husband would sit in bed and tap on his iPad which would keep her awake. This would frustrate her. He would also go out a lot late at night with his friends and she was left alone at home alone. She felt angry about this and never said anything to her husband. She also felt like she was letting everyone down by not being able to conceive.

The Energetic System

My client's heart was contracted, she was very sad about her family and also about not being able to conceive. Gevurah was also contracted through frustration. Her throat was blocked because she was not talking about her needs or expressing her emotions to anyone including her husband. This was also a cultural challenge from what I could gather. The challenge of not conceiving when expected, the pressure from the family and also not speaking her truth. She was not expressing her concern about her husband's behaviour.

Treatment – first session

I explained the concept of release work and how emotions held in the body can have an impact on how we function. She was very open and willing to give it a go.

I opened the heart and did release work for sadness-missing her family, sad that she didn't have a second baby. I opened Gevurah and Gevurah to the Heart releasing anger and frustration towards her husband and towards her family for putting pressure on her. This was a huge emotional release for my client.

We talked about how she could communicate her needs to her husband and her family and the importance of doing so. I reassured her that our conversations were confidential.

I also did some work on Shen Tao and her kidneys to help her rest that night.

I taught her the inner smile and gave her my CD to use for the week following.

Treatment – second session

My client reported to me the very next day that she felt so much better and that she had been sleeping well. She had started to communicate her needs and it felt much better. At this point I wasn't sure where the session was going to go. I was going to start working on her base and perhaps a front sacral

but I happened to ask her was there anything else stressing her at home. She told me her mother in-law was a huge stress. She would always arrive just before dinner time with a bag of lollies for her son. The son loved this of course but then he would then not eat his dinner and he was hyper before going to bed. She would also always decline babysitting and favoured her other grandchildren according to my client which was another source of frustration. I did some release work and opened gevurah,gevurah to the heart releasing frustration and anger towards her mother in law. This was also extremely emotional for my client but she felt great after the session. We talked about the importance of speaking your truth and discussed how she could take control and communicate to her mother in law about arriving at dinner time with lollies.

My client then went away on holidays for almost three weeks which worked in well with the menstrual cycle and treatments. She rang me 3 weeks later after her return (I thought she was ringing to book another session) and to my surprise she reported that she was pregnant. Her second son was born a healthy little baby almost a year ago.

This case demonstrated to me how sometimes things can be very simple.