

Case Study 3, joint pains from sports injuries, 47yo, male

The Person & Complaint

47yo always was into sport.

Has had a left knee reconstruction

Complaining of right hip pain and Left bunion pain.

Had pain in right groin which was recently cleared by a Journey process.

Had gained weight over the last decade whilst immersed in his business.

Has recently lost 8kg and is getting fitter.

The Story & Emotions

He became a Journey Practitioner a few years ago, so is aware of how holding emotions can affect you.

Has large anger issues and is aware of it. His anger has lessened considerably since starting with the Journey, however can still trigger easily with his family. Loves his wife and 3 sons and wants to be a better role model to them than his father was for him.

The Energetic System

Mainly congested Liver, Gall bladder (wood) and Throat.

Has digestion issues, sees a TCM practitioner, has been told it's Spleen.

Is holding some big stories, clear Spleen involvement.

Some associated Pericardium and Triple Heater congestion.

Treatment – First session

Explained to him that I'd like to start with a Liver Flush to clear the anger held there. This would then enable me to open other, affected areas later.

Did a Liver Flush – almost every part of liver congested, felt uncomfortable for each of us!

Did the Spleen & liver Windgates.

Did GB 34 to Gall Bladder organ.

Taught him to do Chi Gathering to stabilise Netzach and subsequently the heart.

He raced off to the toilet and had a huge dump, much to his surprise, straight after the session.

Treatment 2nd Session

Said his digestion has much improved. It was tested out over the Christmas period. Hip pain eased.

Came in complaining of Right neck stiffness. He got angry at his eldest son and closed his heart.

Says he feels a bit stiff around the back of his liver area.

His Left bunion hurts.

For his neck stiffness, I started with holding one hand over his liver area and the other to each of his shoulders in turn. They were both tight, the Right side more so.

SmI 1 to shoulder area.

TH 1 to TH 23 while talking about his eldest son.

Did GB 41 (belt channel) to TH 5 (Yang linking)

For Left knee pain, held hand over knee to sex area while he talked about how guilty he feels yelling at his son.

Then opened GB 34 to GB 44, then Liver 8 to L 3

With the time left, I opened Liv 3 to L 1 for his bunion, on the same side as his knee.

He commented that his eyes were now much clearer, than when he entered the room: could now read the fine print of the certificates on my walls!

Treatment 3rd Session

Shoulder stiffness now gone, however he said he'd done a big gym workout the day before and then overate at a banquet yesterday on crayfish etc. complaining of a sore point under occiput – GB 20.

His left big toe is still sore. Had a big story about several broken bones in left foot during a martial arts comp.

Started off at his head and opened bilaterally, GB 20, GB 1 and TH 23.

For his left bunion I opened, Sp 1 to Sp 3, Sp 4 & Sp 6 as well as to Liv 1. Then Liv 1 to Liv 3, Liv 3 to Spl 4 and Spl 1 to Liv 1 while he talked about the martial arts episode and subsequent treatment by the master.

When the toe pain abated, he then mentioned he had a sore Right elbow.. I cupped his elbow and did resonance to each of TH 1 and Sml 1 while doing some releasework: I release anger, I forgive, I open my heart to ?

Result/ How it was resolved

Some time later I found out that most of his joint pains were mild only now. He was much more aware of how his anger flare ups affected him, and how quickly. He was very happy about receiving the sessions, especially as his digestion had improved back to normal, within reason. He felt he could continue to cope with a few mild sports induced aches and pains.