



Case: 18 year old boy with severe asthma

The Person & Complaint

My client had experienced asthma most of his life and has also experienced some bronchial issues. His chest was tight and his breathing was very shallow. He was finding it hard to cope with his life. He had finished his HSC and did not know what he wanted to do. He could not decide on what or where he wanted to study. He was contemplating taking a year off to think about it.

He was the youngest of 3 children and his parents were both Drs. He said that he felt great pressure from his parents to follow their footsteps. The pressure was mostly from his father. He was the only son. He says that his breathing was even more difficult when he was at home.

My client appeared to be quite sad when he was telling his story.

The Energetic System

My clients heart was congested, Hesed was blocked the lung and large intestine meridians were affected .Netzach was blocked as he did not feel strong in the world and Hod was also congested as he found it hard to honor himself. Hesed was affected as he said he was a people pleaser .

Session 1

My client revealed in the first session that life that he was most relaxed at home when his father was away. His relationship with his mother instantly improved and he felt like he was more himself and able to express himself. He felt he was stifled by his father's dominant personality. As a result of this he could not be himself.

My first goal was to relax my client .I worked on the front and back of heart and GV 11(tonifying the heart and lung) CV 14 and CV 17 in this session. He left feeling very relaxed and said he was hopeful that I could help him.

Session 2

I explained to my client that the treatments may take a while and that we were healing an imbalance and a pattern that he had for coping with this life. This pattern had been in place for quite a while.

My client revealed that he had also suffered from severe constipation most of his life. He admitted that he had trouble letting things go. If he had any emotional upsets he would hold a grudge rather than doing something about it. The focus for this session was to try and relieve constipation. At first I opened kidney 16, then Lung 11, Lung 7 and Lung 10. My client sent me a message later on indicating a bowel movement had been successful.

Session 3

My client reported that he had a few small bowel movements in the first few days but he was generally still feeling bloated and constipated. In this session I opened Netzach and Lung 10. Large intestine 11 to help with for the asthma.

Session 4

My client reported to have mild constipation but he was also coughing up lots of phlegm. I opened Large intestine 11, 4, 9 and 8. Resonance to the belly button. I opened Lung 6, Stomach 37, Stomach 25 (sea point and the Mu point of the large intestine).

Session 5

My client reported that his breathing and constipation had improved slightly. I opened Netzach, Hod and then the double pass and the Base. My objective was also to strengthen the lung and large intestine. I opened Bladder 13 and Bladder 25 the shu points for the lung and large intestine in this session and he said that he felt much better.

Session 6

My client arrived feeling much better and said that his symptoms had improved significantly. In this session we focused on doing release work around his father. I opened Gevurah, the heart and the Heart to Gevurah. This was a very emotional session for my client but he felt much lighter. He reported the next day that he felt very vulnerable and slept for 10 hours.

Session 7

I opened Hesed and the heart. We did some more release work around the anger that he felt towards his father. Liver 3 as well and this supported his mild constipation. Large Intestine 11 for tonification and Lung 9 for tonification .I opened the Base to Hod and we talked about honoring himself and others.

The treatments were helping my client get rid of years of accumulated waste at all levels of his body mind and spirit. He in turn strengthened his sense of his own identity. He was discovering who he really was and was enjoying the process. He started to be courageous and do his own thing and he started to use his inhaler less and less for the asthma. His bowels also regulated themselves.

He eventually told his father that he did not want to study for a year and the father accepted this as he was happier to see his son much happier in himself.

He told me that he now had a better understanding of himself and what he wanted in life.