

Case: B [neck pain], 56, Female

Start February 14, 2017

The Person & Complaint

Include a brief description of the person, their relationships/family, their complaint, any relevant facts, health issues, history, etc.

relevant facts Successful business manager/partner in a media company, never married, one adult daughter. Very strict parents, both teachers, both deceased within last 2 years. Normal weight to a few pounds extra. She is the second of four children.

Very rational, down to earth person. She tells me that only reason why she comes to my sessions is, that we are friends since age 10 and that she trusts me, but is skeptical whether this treatment will be sustainable. Premenopausal, starting to have heat flashes. Light, sensitive skin with tendency to rosacea

complaint Severe pain in right side neck and shoulder area radiating along arm to finger 3-5. Also very tight muscles in trapezius and sternocleidomastoid muscle area. Work was only possible for months now with pain medication. No exercise possible last 3 months due to pain

health issues and history Currently neck pain. Since taking all the pain killers recently she started to feel her liver more – thinks this is probably related.

Last year she had one or several slipped discs in lumbar region, incapacitating her for months, but now ok. Since about 2.5 years on blood pressure medication, since in this rehab clinic BP is too high, even with medication.

As a teenager around 14 a scoliosis of the spine was diagnosed, she had a lot of pain in her back. Doctors made her wear a corsage of steel and leather contraptions, to straighten out the spine. She is convinced that this is the root cause of her back problems.

Weak bladder since ages, has to get up every 2 hours at night to pee. In the past history of bladder infections, but not anymore.

A few years ago her uterus was removed, due to benign tumors.

History of severe migraine headaches, vertex, described like a cap over skull, bladder and SI area but also across shoulders

Doctors: Diagnose some inflammation and degeneration in the cervical vertebrae and stenosis of the spinal canal. The orthopedic doctor recommended a 2 week rehab, which she is doing at the moment while she is seeing me.

The Story & Emotions

What's the story with the client? Is there one? If there's nothing obvious, is it more of an attitude or recurring feeling? What are the emotions that the client is experiencing or repressing?

Both her parents were teachers, her mother very distant, her father a choleric with mood swings but not violent – both very catholic.

Client kind of revolted against parents in my opinion, by not getting a University degree and having a baby without a father or marriage. My impression is that losing both her parents recently was a shock to the system, but that she is not really feeling grief or loss.

Breaking up in November with an 'almost' boyfriend actually corresponds with the start of her neck pain. She felt ridiculed because after some time the boyfriend told her that he actually was living with another woman,



which client could not accept. Very pissed off at him. My take is that this has to do with her father who just last year died.

Actively seeking a relationship but so far with little luck.

As a teenager she probably was terrified of her choleric father, who in her words would poison the whole house with his bad tempers and hanging on to negative moods. I relate this to her nervous bladder and very tense kidney, which resulted in weakness of the lumbar spine. She probably was taught to 'keep it up' but at the same time not stand up for herself.

During the release exercised the sentences most important were to not be so critical of herself.

The Energetic System

How has the story, attitudes and emotions affected the energy system? What is blocked/congested? What obvious centre's, meridians, fields etc are contracted?

Hod, kidney and base blocked in teenage years resulting in weak bladder and spinal problems, as well as slipped disk last year. Depleted kidney yin from stress allow heart and liver fire to rage out of control.

Anger and rage block neck and throat as well as heart from the liver fire, causing the neck problems as well as the high blood pressure. It seems her heart is closed, in particular to men due to several unhappy experiences, her father relationship, the father of her daughter who was never in her or her daughter's life, and now this most recent relationship break-up.

In initial session about 2 years ago mentioned several times that she is afraid to lose control, binah, and in fact all back gates blocked.

When asked how she handles anger she states not well, at work she discusses it, but basically avoids the feeling and pushes it away. Her shoulder/neck/migrane problems indicate gallbladder blockage

The skin problems indicate lung heat or liver blood deficiency.

The initial plan Work sitting up do most affected hand end points to C7, then release, female pole, SI19 back gate treatment, do back of shoulder points TH15/GB20/SI13

Treatment – first session Tuesday, February 14, 2017\ 90 min

What did you do in the session? Be specific. What happened? What was the conclusion at the end of the session? What did you advise the client?

Treatment: Took pictures of neck range. All are constricted, but neck turner and worst is the side to side in terms of pain. Pain level is only 3-4 now, she is free of medication. We have a plan of 4 sessions. Recorded sessions

Since last November her neck pain is severe. When asked what happened in November she talks about the break off of her budding relationship. She felt betrayed because he was living with someone else while starting to see her.

On right hand sitting up check SI, BL div, TH. All 3 electric. Felt stab when talking about last relationship in Thumb/BL div. I asked if she was angry and she said, very. She is angry at him! When I sat across the corner she said she felt funny about saying the sentence, so then I moved to her other side so she was speaking at the window with me on her right treating the C7 and right hand.

I am angry at you (name) because....Release anger at you (name), I release humiliation, shame. I release hurting myself, I open my heart to myself. Did this for about 15 minutes while treating BL div and SI1, with hand off C7. C7 is sore. After a while started to move. I briefly did resonance to C7 and throat, say I release feeling guilty.

Next C7 to SI2 and SI3 which were also electric but started to move after some time.

Over to her left side. Also the Thumb and SI1 are electric but start to move. Last I do SI2/SI3 to TH1. I feel a lot started to move and loosen up but there is more. I explain that it will take 5-8 times to really take, but that I expect some improvement today. Advise to take it easy and that perhaps some emotions will come up as we did the release work, and perhaps the pain first gets a little worse before it improves.

We look at the after photos, it seems that the nod back and turn to right is better.

Next time: More release, unravel all tension in neck but also look at back and scoliosis, slipped disk. Do SI19 balance

Treatment – second session Friday February 17th 20178\ 75 min

How was the client after the first session? How is the complaint? Improved or not? What did you do in this session? Be specific. What happened? What was the conclusion at the end of the session? What did you advise the client?

Feed back: No pain when driving back but woke the next day with a huge headache all day, so that she had to cancel all exercises planned that day. However, the next day pain was gone and she felt much better. Also her high blood pressure has almost normalized! I am a little surprised about how strong the reaction was! She reports her neck feels less tense. My feeling is that working on the SI was too strong causing the headache, or perhaps the rising of anger..?

Treatment: I am thinking the gallbladder might be involved with the headaches. I test the left finger points and still, the thumb, BL div is most electric, but also still the SI and GB div. I decide to work on bladder and gallbladder, just to make sure, and to pull down the energy working from her feet, to prevent further headaches.

Start with left leg BL67 and then BL 67 to BL62 which are both electric. I know this might take some time, so I do it for about 30 min. It releases in waves and at some point I feel a strong weave and the 2 points BL62/67 synchronize. After about 10 min she reports a strong sensation in area where the uterus was and bladder, like a pulling, almost to pain point. I keep going for a while and the release is in layers. I go to BL67 to Ki as I feel there is kidney/sex organ issues (as she had the Hysterectomy) and again more tension, until it releases. I explain the bladder might be activated but also scar tissue from the operation. Then I go back for the second time to BL67 to 62. Then for about 5 min right foot BL67 to BL62 but it is not so tense and starts to move. Client is asleep the whole time at bladder/kidney.

For the remainder I treat the gallbladder to my hand on her right shoulder to pull down the risen anger. She is awake as soon as I moved to the gall bladder and after a while reports that she can really feel the liver almost painful. I palpate liver and gallbladder but she does not feel tender there. I have her say I release controlling my anger, I release or let go controlling my anger or emotions. I explain the gallbladder energy making her feel irritated and restless.

Then I asked her which of the sentences from last session were important and ask her to say it: I release being critical to myself and then 'I open my heart to myself'. After the release she feels less tender around the liver. Next I do gall bladder to GB34 and finally LIV3 and then K1, good grounding and raking. She almost falls over from the raking and is a bit impressed about how strong the treatments work. She said that she definitely feels better in the neck and looser than before

Next time: Perhaps the SI1 and BL on the hand were too much fire. My feeling is that the Ki and BL are key, and to increase the yin for her is important. Perhaps next we do more TH, check LI!

Treatment – third session Sunday February 19th 2017\ 75 min

How was the client after the last session? How is the complaint? Improved or not? What did you do in this session? Be specific. What happened? What was the conclusion at the end of the session? What did you advise the client?

Feed back: Next day message: no headache and her frequent getting up during the night much better, had to go only once at night!

In session she reports that she has the typical pain drawing down the side of the neck on the rhs across shoulder down the arm, worst day since 2 weeks. The first day after the last treatment was fine, but this morning sore. Nothing happened to explain it yesterday. Last night she had to get up again frequently to pee. Her blood pressure is down from 170/100 to 150, diastole still too high.

Treatment: The rhs BL div on thumb is sore, so is the LI, GB div, but the TH not so much. I treat sitting up the rhs LI1 and LI2 and she reports promptly that the pain gets better. Lying down I treat LI1 but mainly LI2, also to LI3 to the LI15 which is sore to touch on both shoulders. The LI2 is very electric. I go over to the left side to treat more distal LI2 to LI15. Here she reports that the pain comes in waves. I also feel waves through the points and that the block is moving – took about 15 min. I go back to the right briefly and also waves from the LI2/3 to LI15 spot.

I treat BL67 to K1, both are buzzing. Finally I treat both K1 to make sure no rising of energy would cause headaches again. Client reports that she can feel the K1 buzzing, but lessening after a few minutes. I explain about massaging the K1 before bedtime to help with the nightly urinary weakness issue and relax the energy down to earth/yin. Explain briefly about the yin and yang principles. She reports that her eyes are streaming, I explain about the water flowing is a good thing to balance the heart fire.

Next time: I explain that on purpose I did not do any release due to acute pain, perhaps next time we talk about growing up and parents, keeping it up, ('Haltung bewahren'). I want to wait how this went before I do the SI19 back gates.

Treatment – fourth session Wednesday, February 22nd 2017\ 75 min

How was the client after the last session? How is the complaint? Improved or not? What did you do in this session? Be specific. What happened? What was the conclusion at the end of the session? What did you advise the client?

Feed back: The day after last session was fine, the next also, today again some more pain in right hand neck and shoulders. She notices that it goes in waves but that the pain overall gradually gets better. The urinary issue also better, she has to get up less at night

No report on blood pressure. Today she is leaving her 2 week rehab going back to work.

Treatment: The rhs BL div on thumb is less sore, GB div a bit more. I explain that today I want to work on yin organs, as we have worked on SI, LI, BL and GB in the previous sessions.

I start with holding both palms on both K6 with my attention to occiput. I also scratched client's occiput and ask to put her attention there. It feels painful but moving after a while, both legs feeling like ropes waving back and forth. We start release which takes about 30 min total, as a lot of issues came up. We work on her early teenage years when her parents made her wear the corset to straighten out her skoliosis. She is angry at her parents trying to force her into a template or fixed form, literally and make her keep up appearances, keep it



up and never show her real feelings. She says she cannot forgive her parents and also cannot say 'I forgive'. We work through many feelings about her parents not accepting her, not loving her unconditionally, not trusting her that she can make it in life, and yet, that when both were old and died, they laid all responsibility on her shoulders.

We talk about her relation to men, but she does not want to go there, she says that her father did not mess up her ability to have a relationship with a man. I finally ask her to tell her parents what she was not able to tell them yet and to finally open her heart to them and open her heart to herself.

During the release and after the K6 were moving, I started on her right LU7 to base. The LU7 is literally electric. I move one hand from base to heart while she talks about loving her parents, then back to base. Finally I feel a huge release of heat from the heart. After a while I move over to left LU7. However I stop because she reports pressure in the head building. I mention, that whatever she is holding back is raising the pressure, being grief or tears. But there is something she does not want to talk about or release and I recommend that when she does the inner smile she loudly says whatever that is to get it released and she agrees. She talks about not feeling grief about her parents passing but relief and that that is not what she is holding.

I move down to the feet as I want to take away the pressure in the head. I treat K1 to K6 on both feet and she falls asleep. I briefly check LIV3 but do not want to agitate her more so finally go to SP6 to harmonize the spleen, liver and kidneys which she really likes and she relaxes. The SP6 are very sore to her.

Good grounding. I also again do the raking and this time she is much more grounded and does not almost fall over, even she recognized herself being more grounded.

Next time: Don't know if she can come back for sessions. I explain that we did a lot in a short period of 1 week and that it will take some time to work its way and settle in.

Result/ How it was resolved

What was the result after treatments concluded? How was the complaint resolved?

After about 9 months I hear from her that after the treatment her health really improved and that she was able to start a new relationship, and that she is happy. The person she started the relationship with she met while she was having the 4 sessions with me, in her rehab. I feel that these 4 sessions helped her to start healing physically, and emotionally cleared the way to having a relationship.