



Case: Chronic Fatigue, 52yo, Female

The Person & Complaint

This client was a healthy active girl growing up. She was heavily involved in training and working horses and greyhounds. Her life demanded physical strength. She is a free spirit.

There are 2 people in her life that are emotionally connected to her, her lover and her best friend. These emotional bonds have affected her physical wellbeing for the past 27yrs.

At the age of 16, she met a married man, 21 years her senior, and she fell in love with him. They had an affair that spanned 10 years. At the age of 21 she gave birth to his son. Her lover looked after her by allowing her to stay at various properties he owned.

In this time she met her best friend. She was a confidant and a great comfort her.

After 9 years in this affair she started to develop anxiety when the lover would return to his wife.

She became increasingly ill with flu like symptoms and with pain throughout her body. It took all her effort to feed up the horses and do the chores around the property and look after a pre-schooler.

After repeated bouts of this illness Doctors told her that her adrenal glands were on hyper drive which has caused her to be diagnosed with chronic fatigue syndrome. She needed rest and the support to recover, so she left and returned to her parents until she was strong enough to make it on her own with her son.

At this stage, she sourced naturopaths, herbalists, kinesiologists and acupuncturist in the hope of combating the barrage of symptoms.

Symptoms are:

- Anxiety
- Flu like symptoms
- Headaches
- Migraines
- Hormone imbalance
- Intolerance to certain foods
- Seizing up
- Constant chronic pain in her feet, especially when she first stands up.
- Unable to function
- In bed for days

The Story & Emotions

The client's best friend is dying of bowel cancer and she needs to go to her friends' bed side and sort out her affairs. Her friend lives 9 hours away. She doesn't think she can drive all that way without becoming sick. Every time she has attempted it in the past she has fallen ill.

Even though her best friend was like a mother figure, this lady became very dominating over her and demanded her attention and time when she wanted it. She was very controlling and authoritative. She feels bounded to this person.

There is an expectation for her to honour her friend. She is also feeling the emotion of grief and pending loss.

My client has not gotten over her first love. She believed he was her soul mate. This has held her back from pursuing other relationships. The bottom line is this client was not supported by her lover and she felt dishonoured because he always returned to his wife.

So between her lover and best friend she was unsupported, she was dishonoured and there was an expectation for her to honour a friend that was taking an advantage of her.

The Energetic System

- Her was contracted because she was not supported, she was dishonoured and there was an expectation for her to honour a friend.

- The adrenals were in over drive because Hod was contracted putting strain on the Kidneys making her tired. She had a demanding lifestyle so to get through her day she would push through the tiredness. This put extra strain on the Kidneys which then would power up the adrenals to compensate. When the adrenals were spent her whole body was spent.
- Heart was blocked with grief and being hurt by her lover and best friend.
- The Kidneys are also the second Heart and these two organs need to be in balance. When one is affected so is the other in equal measure.
- The Water element was affecting the Fire element in a ko cycle.
- Yesod was blocked through the unresolved issues and her energetic ties with her relationships with her lover and best friend.
- Pathway Nun was closed as she had no strength, stamina or harmony in her life.
- Pathway Samekh was closed as she felt no protection or support. She was unable to live with an open heart while her heart belonged to a man she couldn't be with.
- Charka to injury, there was an energetic field of contraction between the Heart and lesion which prevented the healing process. The contraction was due to irritation, isolation and abandonment that was held here for her best friend.

Treatment – first session

- Opened **Heart**, it felt heavy,
- Staying with **Heart** I opened **Yesod** and released, **I release (best friends name), I forgive (best friends name), I open my heart to (best friends name)**. The heaviness had lifted and she felt much better. It was a big release.
- Opened **Heart** to **Netzach**, we talked about her chronic fatigue and how it has affected her life. She said that in every facet in her life she struggles whether it is with constant pain, getting up in the morning and seeing the day through, it is all a struggle. She then released, **I release struggle**, wow this was a massive release of qi. I also added **I accept my life, I love my life**.
- Opened **Heart** to **PC 8**
- Opened **K 1s** bilaterally

My client was blown away with how well she felt. Her pain was gone, even her feet were not sore. She felt lighter and more alive. The thought of going down to be with her friend had drastically changed. Where before it was a duty and when she is forced to do things her body shuts down and she becomes ill. Now she wants to go down and support her friend because she genuinely wants to. Her whole attitude has changed.

Treatment – second session

My client has felt well in herself. All the pain in her body has ceased. She can stand easily with no pain.

After the last session, on the same day, her best friend died. My client felt that she had dealt with her issues with her best friend in the last session and she appears to be coping well.

- Opened **K 1s** bilaterally.
- Opened **Malkuth**, then **Malkuth** to **Hod**.
- Then **Hod**, to **left Kidney**, then **Hod** to **right kidney**.
- Opened **Hod** to **Shen Tao**.
- Opened **Hod** to **Malkuth**.
- Opened **Malkuth** to **earth point**.
- I held the feet and **resonated**.
- Opened **K 1s** bilaterally.

When I finished my client told me she had intense pain in her around lower back, it was lower than Hod and wrapped around in front of her in the lower abdomen, in the area of her uterus. I ask the client to roll on her back.

- Opened **Yesod**, I asked her about what she was thinking just before the pain appeared. It was her lover, she has realised that she needed to forgive him for not supporting her through the pregnancy of his child and the lack of support in his upbringing. This has prevented her from moving forward with other relationships.
- Staying with **Yesod** and opening **Heart**, released, **I release (name of her lover)** her pain became more intense until it lifted and released through **Netzach**.
- Staying with **Yesod** and **Heart**, **I forgive (name of her lover)** and **I open my heart to (name of her lover)**. The client felt a sense of floating.
- She told me that on the same day her best friend died, a lesion appeared on her chest, on the right side on K 26. She strongly believes that this is lesion has some significance to her best friend. It is raised and angry looking, though it is not painful. She also feels like her heart is not right, it is like there is a hole in it.
- Opened **Heart** to the **lesion**, then **I release you (best friends name)** and **let you go**. This was a massive release.
- Staying with the **Heart** and **lesion**, **I forgive (best friends name)** and **I open my heart to (best friends name)**. My client said she felt amazing. Her whole body

was vibrating and her heart felt whole again. Her lesion is no longer raised or angry looking.

- **Grounded.**

I recommended the lower tan tian mediation to help build up energy levels.

Treatment – third session

My client is doing well but the lesion is still there, slightly raised. It gets red when she wears her seatbelt as it rubs on that spot. When she works the horses, the lesion gets sweaty and irritated. This is still a concern for her.

- Opened **Heart** to **lesion**, I asked her, what is irritating you? When was the first time you became irritated with her best friend. It irritated her that her best friend would push her away and keep her isolated to protect her from what was going on in her life. For example, the colon cancer, her best friend wouldnt tell her how bad it was and kept her in the dark until it was certain that she was going to die. She released, **I release irritation, I release abandonment, I release isolation, I forgive (*best friends name*) , I open my heart to (*best friends name*)**. There was a good energy release.

She feels much better within herself and towards her best friend. The lesion has flatten out and reduced in size.

Treatment – forth session

My client is feeling well. She has more energy to get through the day. Her symptoms are all resolved including the lesion.

- **Circulation of the Light**

She feels awesome, light, relaxed and at peace.

I have taught her the inner smile meditation and she is keen incorporate it into daily life. She understands the importance of looking after herself.

Result/ How it was resolved

My client has had a remarkable recovery. She was able to travel driving herself down and back for the 18 hour round trip with no adverse effects of chronic fatigue.

She attended her best friends funeral and she helped sort out her affairs with her son. She also prepared her best friend horse by trimming the hoofs and other grooming to be ready for transport for the mares new home.

When she arrived home she went to her naturopath for a comprehensive assessment. He was astounded with the results. You see for all these years they have been treating her, it was for hormone imbalance and symptoms of chronic fatigue. He made little head way with her symptoms, but this time he told her that her hormones were in balance and her chronic fatigue was under control. So now he is only prescribing medications for supporting and maintaining her health.

She is very grateful and happy with the results. Her life has returned to normal. In this experience, she totally gets the whole concept of how we think affects our bodies.

At present she is living a full life, working 3-4 horses a day. She trains horses for endurance rides, dressage, jumping and also starts young ones and breaks them in.