

Case study 1

The Person and Complaint.

A 58-year-old woman came to me for depression. She lacked motivation and had no energy.

She had this feeling off and on since she was young, for the last 3 weeks she had not been able to get herself out of it. She also suffered from anxiety. She described her energy levels as 3/10. And her anxious levels as the same (10/10 being feeling perfectly fine).

The Story and Emotions.

When questioned about her childhood and family history –

Her father passed away when she was 11 months old, and her mother became very detached and emotionally unavailable to her. She felt she was always seeking approval from people and would always hold back her opinions for fear of people withdrawing from her.

She had a history of sexually abuse from multiple men when she was young, and has never told anybody about it (this did not come up until the second session)

She always felt her husband would withdraw if she ever expressed an opinion he disagreed with, and would act coldly toward her for a few days.

The Energetic System.

She appeared to have blocked Hessed and yesod from the shame of sexual abuse, and her inability to speak up and express her opinions. This blockage seems to have affected Udana resulting in the feeling of depression and lack of energy.

The back of her heart and pericardium were also very blocked, possibly from her sexual abuse and her mother not being emotional available to her, most likely resulting her anxiety.

Overall, it appeared the basic blocking emotions were shame from the abuse and a lack of trust in her relationships resulting in depression and anxiety.

Treatment – First Session.

She advised that her depression and anxiety levels were at 3/10. I started by opening the heart, and PC 9, which was very blocked and felt very tender. We started to talk about her mother and how she was as a child. She always felt her mother was never there for her and didn't love her. She always felt she had to walk on eggshells around her so not to drive her away further. We discussed that her mother would have had her own emotional patterns and baggage, not really anything to do with her.

The PC started to become very painful but started to unwind. We started to do some release work around this. "I release you not loving me mum". This immediately started to set the PC and heart off, and she started to cry a lot. As she kept on with this release the heart started to stabilize and the PC started to flow more, though it was hot and prickly.

We followed up with "I release closing my heart to you mum", "I release closing my heart to you (her name)" and "I open my heart to (her name)".

We also did "I release you leaving me Dad".

This resulted in the heart and the PC settling down a lot, and being a lot more open, although there was still some pain and tenderness present.

We spent the rest of the session on the back of the heart and PC 9, which relaxed a lot. She felt very relaxed and her anxiousness was almost gone.

Second Session.

After the last session she felt calm for a few days, but her anxiety was back up and she felt like she had a black cloud around her. We started to talk about her expressing herself. She and her husband had a business together and she admitted that she express her opinions to her Husband, as she didn't want to upset him.

She said it reminded her of when she was young and she didn't want to upset her mother for fear she would withdrawal further. I opened the throat and got her to say, "I release being scared of speaking up".

When asked about being scared of speaking up with her mother, she said she had been sexually abused between the ages of 10 and 12 by 4 different men. She felt she couldn't tell her mother because she didn't want to upset her.

The main person was a man name Syd, who lived with her and her mother, although also involved separately were her uncle, her priest and a neighbor.

Over Hessed and Yesod I got her to say –

"I release feeling guilty/ashamed about Syd". She started crying and the 2 centers started to move although not in balance. Once they balanced a little I got her to say "I release being angry at you Syd (and he other men)". This really opened her throat up, and she admitted that she always thought she couldn't ever tell anyone about this. In her words "I didn't have a voice to tell anyone".

We finished with "I released being worthless" and "I release holding back my truth" over her Throat and Sex. Her throat centre felt a lot more activated after this.

She felt very relaxed and more "in her body".

Third Session.

Her energy was up to around 6/10 for a few days after the last session but was now back down to 3/10. However she could start to see when she was not expressing herself, with her husband, and could really feel like she was right back to being a child again not being able to speak up to her mother. She talked more about needing mum's approval and not wanting to rock the boat.

I started to open the Hessed to Netzach, and got her to say, "I release needing your approval mum" and "I release upsetting you Mum". The throat went into a contraction and felt very weak, but then started to open up a lot as she said this.

She said she felt bad, as she had not been taking care of her self (emotional). We talked about the importance of being in her heart, and not seeking love or acceptance outside of her self. I taught her the inner smile mediation.

Fourth Session.

Her energy levels were a lot higher this week, staying around 6/10, although she had been experience more anxiety than previously. She kept thinking of the men that abused her and she was very confused about why it happened and felt like she had done something very wrong.

When asked about how she felt about it, she replied that she felt “naughty” and was “bad”.

Over the throat and sex, I got her to say “I release being naughty/dirty”. This released her sex centre a lot, but I could feel her throat really contract. I got her to say, “I release being angry at you Syd (and the other men responsible)”. This really set the throat centre off, which I could feel contract deeply.

She said that she felt a lot of anger towards herself. Over the throat I got her to say, “I release being angry with (her name)”. She started crying at this, and she said she was angry for letting it happen, and not being able to tell anyone. I continued to open her throat, and it settled down a lot and felt a lot more stable and flowing.

We talked about not being able to express herself and her anger this had caused really closing her throat down and caused her depression.

I spent a little time on the back of the heart while I got her to do the inner smile, and could feel the back of the heart open up. She left feeling quite “emotional shattered” but calm.

Fifth Session.

She had had a very emotional week, and felt “shattered” after our last session. Although was feeling better now.

She said she spent a lot of time crying, especially when she tried the inner smile. We talked about this being progress, even if it didn’t feel very good.

I spent the session opening the back of her heart and the PC channel. It felt a lot more open than previously but very volatile. After about an hour though it became a lot more smooth and relaxed.

Sixth Session

Her energy levels had stabilized and were at around 7-8/10. Her anxiety was also down and she had a lot of time during the week we she didn’t feel it at all. When it did present, she said she could work with it a lot better and didn’t follow her mind and allow it to build.

I started with the back of the heart and PC channel. This was a lot better and smoother this week, although still a little contracted. After about 30 mins, they were both feeling clam and flowing and quite warm.

I continued to open the throat centre, which was a lot more open, and balanced it to the liver. The Liver felt very sluggish.

She said she was a lot calmer about talking to her husband and was not worrying as much about his reactions when she talked. She even started to question whether or not he did withdraw when she expressed herself, or whether it was just her perception.

She found that the inner smile was a lot better for her, and wasn’t feeling emotional when she went into it. Suggested she have a liver flush next session.

Seventh Session.

Liver flush – Really sluggish then a great deal of heat and pain was released.

Eighth Session

Her energy levels were at 9/10 her anxiety was gone that week.

She said where before she couldn’t see forward, she now can look to the future positively.

She loved the inner smile and it had become the favorite part of her day. I continued to open the heart to PC 9. This felt quite good, and was definitely flowing, although still slightly prickly. We did a lot of "I open my heart to (her name)". The heart felt great after this. I spent the last 30 mins of the session balancing the throat to the Liver. I told her to keep up with the inner smile, and look at having regular liver flushes, in the future.