



Case: Depression, 47yr, Female

The Person & Complaint

This client is a competent specialist nurse who is well respected and enjoys her work. She is married with 2 children, a girl aged 14 and a boy aged 11. She has been fighting depression for near ten years now. Her doctor prescribed Cymbalta, 60mg, this is a highly addictive anti-depressant with serious side effects. She is taking 2 tablets per day. In that time she has felt:

- Unloved
- Tired
- Isolated
- Devoid of emotions
- Intermittent stabbing pain on the right side approximately near Liv 13
- She has built a wall around her so no one can get close to her
- Poor communication with her husband
- No will to live
- Suicidal

The Story & Emotions

My client is an only child and was raised by her mother. Her parents divorced when she was very young.

Her mother worked full time to support her. She was a matron of a nursing home. My client grew up as a latch key kid. So she spent a lot of time alone. There was no emotional support as her mother played the matron role at home as well. Her mother was very dominating and out spoken. When my client tried to talk to her she would burr up. She had an inability to be attentive and unable to demonstrate affection. My client did not feel loved.

For all her failing on the emotional front, her mother would take my client on holidays and they travelled the world.

Her mother sent her to private schools so she could mingle with successful people and therefore marry into success so she would be set up for life.

Not adhering to her mothers planned future, she fell in love with a honest hard working mechanic. She followed her heart and married him, turning her back a Doctor she had been dating.

At present her family has just moved residence. This should improve prospects for her husband business but she still has her job in the previous location which is 2 ½ hours away. So she is super stressed and she is finding it difficult organising family and work.

My client has inherited a closed heart and a rigid Gall Bladder from her mother through the lack of emotional support. She feels abandon, hurt and angry. She is holding resentment and blame because her life didnt turn out the way she thought it would. She resents that the fact that she needs to work to boost their weekly income.

The Energetic System

- The Heart is blocked through not being loved and the inability to show affection.
- The Liver is congested with unexpressed angry, and compromised with anti-depressants which is compounding the effects of depression.
- Unexpressed anger being held in the Liver organ has blocked the Pericardium meridian which is the up and down pair of the Liver meridian and in effect has closed the Heart.
- Over the years of controlling her emotions through the lack of trust this has blocked the Triple Heater meridian which is the up and down pair of the Gall Bladder meridian and in effect has blocked the back of the Heart, Shen Tao.
- The Throat is affected because it is the governing chakra to the Liver.
- Uddhyanas upward movement is compromised by the assault of congestion to the Liver and Gall Bladder. This is making her tired and affecting her will to life.
- The Throat, Heart and Netzach are all affected by the congestion in the Gall Bladder.
- The path of Nun is blocked as there is no strength and harmony in her life.
- Yesod is blocked by her childhood and life time of not feeling loved by her mother.
- The path of Samekh is blocked through the illusion of what she believed her life should be.

- Malkuth is blocked by not accepting the reality of her life.

Treatment – first session

- Opened **Heart**, released **being hurt, being abandon by mum**.
- **Liver organ** to **Throat**, released **being angry at you mum**.
- Opened **Heart** to **Yesod**, **fuck you mum**. This was a huge release of congestion in these energy centres.
- Staying with **Heart** and **Yesod**, released, **I release you mum**. The client felt tingling and a rush of energy up through her neck. We continued, **I forgive you mum, I open my heart to you mum**. The client felt much lighter in herself.
- Opened **Heart** to **Netzach**, we talk about how she was raised to be a successful wife of a Lawyer or Doctor, instead, she chose to marry for love and not for money. She resented not having money and that she had to work to help provide for her family. She was raised as a princess not a slave to her husband and children. She released **blame** and **resentment**. Big release of congested energy. The client felt like her body was shrinking with the blame and resentment leaving her body.
- Staying with **Heart** and **Netzach**, released, **I released my disappointment at not living the life I think I should have**, and released, **I released my perception of what my life should be**.
- Opened **Yesod** to **Malkuth**, **I accept my life**.
- Opened **Heart** to **Yesod**, **I open my heart to my life**.
- Opened **Heart** to **Netzach**, **I feel gratitude in my life**. This was a big shift of energy for the client.

The client could not been more grateful, as she felt amazing, lighter, happier and joyous. I advised her to see her doctor about reducing the anti-depressants when she feels the time is right.

I have encouraged her to maintain daily inner smile mediation.

She said, *"You have just healed 47 years of my life in one session! Thank you, you have saved my life!"*

Treatment – second session

The client felt really good after the last session. She felt happy for a while but things started to get on top of her.

She tried to reduce her medication but she suffered from side effects from withdrawal. She is tired and over it. She is cranky at her husband and the situation they are in. They are like ships in the night, playing tag with work commitments and caring for their children. There is no time for each other. She feels like she is shutting down.

- Open **LIV 3** bilaterally
- **Liver Flush balance**, talked about her frustrations and worries about moving and not having time with her husband and children. She is looking for work closer to home so she can come home every night.
- **Resonance on and off the Liver organ with both hands.**
- **Resonance, Liver organ to Throat.**
- **Resonance, Liver organ to Heart,**
- **Resonance, Heart to Netzach.**
- Opened **GB 41** bilaterally
- Opened **GB 41** to **GB 44** bilaterally
- **KID 1** bilaterally.

The client feels relaxed, light and open. She is standing straighter and is happier.

Treatment – third session

The client has been feeling much better. Her mind is clearer, less stressed and she has noticed that she is becoming more organised.

Last weekend she had a really hard time coping as her husband was away working late and she needed to complete all the chores around the acreage alone. She had a mishap with a ride on lawn mower which could quite easily become a nasty accident. It was a close call and it made her very stressed. She felt the darkness closing in on her. At her low point she had a brain snap that jolted her out of feeling depressed into a feeling that all will be ok. She recognised how her emotions were affecting her and she had the ability to change that reality. Definitely, a light bulb moment.

She has reduced her medication down to 1 tablet every 2-3 days before any side effects kicked in. She now wants to reduce her medication even further. Her goal is to be drug free.

- Felt the **Liver organ** and it felt like squeaky glass.
- Opened **LIV 3** bilaterally.

- **Liver Flush balance**, during the balance I came across a portion in the **Liver** that was very dense with congestion. We talked about her family and work commitments and the resentment that she was feeling. She released, **I released my resentment towards my husband**, no movement, so changed it to **I release my resentment towards my situation**, still no release, so changed it to **I release my resentment towards my family**, bingo there was a huge release, this was definitely the key. The Liver opened up and became a beautiful and supple expanding energy.
- **Resonance on and off the Liver organ with both hands.**
- **Resonance, Liver organ to Throat.**
- **Resonance, Liver organ to Heart,**
- **Resonance to the Heart, I open my heart to my family.**
- **Resonance, Heart to Netzach.**
- Opened **GB 41** bilaterally
- Opened **GB 41** to **GB 44** bilaterally
- **KID 1** bilaterally.

My client feels wonderful, much more relaxed and at ease with her life. I have encouraged her to maintain daily inner smile meditation.

Treatment – forth session

The client has been well since last session. She feels strong and happy within herself.

There has been good communication between herself and her husband. This is promising as they are opening up to each other about issues in their marriage. This is a big step for my client as she would normally shut down the moment she felt uncomfortable.

She has reported that she is more decisive and more organised on a daily basis.

Her medication intake is the same except she has started on reduced the strength. Instead of 60mg she will be taking one 30mg tablet every 2-3 day.

- **Liver Flush balance**
- **Resonance on and off the Liver organ with both hands.**
- **Resonance, Liver organ to Throat.**
- **Resonance, Liver organ to Heart,**
- **Resonance to the Heart.**
- **Resonance, Heart to Netzach.**

- Opened **Gall bladder organ** to **GB 36**
- Opened strange flow **GB 41** to **TH 5**
- **KID 1** bilaterally.

My client feels relaxed, light and she is beaming.

Result/ How it was resolved

My client has now moved away and is living with her family. She was able to land a good job in the area she is living in. She is so happy that things are falling into place. Her relationship with her husband has improved and they are now on the same page. She no longer considers herself as depressed.

She has found a doctor that is happy to support her in her quest to be drug free and he believes that it is achievable considering the progress she has made in a relatively short time.

This lady has turned her life around and she is now in the right direction. Her heart is open and she has a great capacity to love and give love to her family. In my last contact with her she told me – *I owe my life to you!*