

Case Study 8

The Person and Complaint.

A 32-year-old woman presented with depression. She used to be very outwardly angry as a teenager, but now internalizes it.

She rated her depression as 8/10 and didn't feel good about her self.

She felt isolated and very withdrawn from everyone including family and friends.

The Story and Emotions.

3 years ago her best friend (neighbor since childhood) died of cancer. She felt very guilty about this and thought it should have been her. He was living a good life, and she felt that she wasn't contributing anything to anyone.

As a child she was emotionally and physically abuse by her parents. They would hit her as she walk past, lock her outside after throwing water on her, and refer to her as derogatory names regularly.

She has limited contact with her father, and no contact with her mother. This didn't come out until a few sessions in.

The Energetic System.

Her heart was very tight and painful, and felt like it was burning. Yesod and Chesed were also very blocked from the shame and guilt of the abuse fro her parents.

The pericardium channel was also extremely tight.

Treatment – First session.

I asked her about her family relationships and she started to cry straight away. Although she said that she does not normally cry very often.

Put her on the table and started with Ki1s to relaxed her but then she started to get upset.

Her heart was really blocked, and it felt like she was holding on to a lot of anger and hurt.

Did heart to PC 8 both sides to the heart it was really heavy. Got her calm again but would get really anxious if I asked her to discuss anger.

She realized she was ashamed of what had happened to her so she couldn't discuss it. Just kept it very general at this stage.

-Over throat "IR being ashamed" Very hard for her to say.

She had to start off very quietly, but started moving at least.

- "I R closing my heart to you (her name)." Over her heart.

She couldn't do this to (her name), as she couldn't connect to this. Her parents used a specific name for her always as a kid. . I asked her about what she was called as a kid. She couldn't say the names, as they were fully emotionally loaded.

Got her to do it in her mind instead, and I let you go, as she wanted to release the names,

_I got her to write the names on a piece of paper and burn them and scatter the ashes out the window. She felt a major release of the back of her.

-Finished with the heart and Shen tao.

I advised she might be a little emotional.

She had already done the inner smile with me and I advised to keep that practice up.

Session 2.

She advised she was very emotional after the last session.

She still rated herself the same but said she was a lot calmer, by the time our session had come around.

Started off over heart which was very tight.

She mentioned a friends death of cancer that she felt very bad about. They were close as children, and she said she thought it should have been her that died as he was living a

good life and she didn't feel as if she was contributing anything of value.

Over heart and sex.

-IR being guilty for (her friends name).

-lots of tears came up, and she started felt guilty about letting go of guilt.

Talked about core emotion of guilt. Not allowing herself to feel good due to core patterns of guilt.

-When normally upset would go on a bender, and punish herself. Pattern of Guilt.

-She could start to see that pattern though. Did some release work around her friend passing way.

-I love you and let you go. Big release over her heart.

Talked about not letting him go but just the pain associated with losing him. Having gratitude for him

I got her to say thank you (her friends name), and talk about all the things she was grateful for while over the heart chakra. She admitted a bit of guilt, but felt a lot lighter.

Heart to pc 9 to finish

Session 3

She felt very emotional after last session, and had been crying most days, something she did not normally allow herself to do.

Started on Heart to pc 9. Felt a lot better than previous week, but still quite tight and volatile.

Talked a lot about her wanting to push people away while doing resonance to the heart.

She admitted that she didn't want to go through what she went through with her friend with anyone else.

Lots of tears and major releases in the heart while talking about this.

The heart was really going in to a deep release. Talked about opening Heart rather than closing it due to pain. (the nails in your hand analogy).

She spoke of her friend as someone who would protect her and her sister when they were young when bad things

would happen, but still could not bring herself to talk about them.

Session 4

She felt terrible after the last session, as a lot of emotions were coming up. She was hesitant to come to the session, and admitted she wasn't sure she wanted to be around. She hasn't been able to do the inner smile.

When her friends would call she would get a gut wrenching feeling and didn't want to face them.

I just worked over the heart to PC6 while getting her to say I release protecting myself/my heart. Then talking about why she didn't want to see anybody. She was ashamed of what had happened and didn't want anyone else to leave her.

There was a lot of release from the heart, which would go through moments of extreme heat and tension.

The heart felt light at the end of the session and she was emotionally exhausted.

Session 5

A couple of days after the last session she noticed feeling lighter and said the inner smile had been a lot better. She rated her depression as 6/10.

This session while working on her heart, she was able to talk a lot more about her parents, but still not going in to specifics. She realised she didn't want people around her that could hurt her like her mum.

Over the heart I got her to say, I release you hurting me mum/being scared of you mum.

I forgive you mum/and her name. This really opened her heart up.

I got her to say, I release being (the names her parents used to call). These were very derogatory and she asked for them not be recorded. This caused the heart to go into a massive contraction and then a huge release.

Session 6

She bounced back really quickly after last session and she had been feeling a lot more relaxed and calm , as well as reacting to things differently. She felt that she was more proactive with her responses.

She now rated her depression at 5/10.

Her heart was a lot more open than previously, but still tight. We finally were able to talk about what happened as a child. There was a lot of physical and mental abuse, and threats of violence for no apparent reason. There was a huge release from the heart whilst talking about the specifics.

She had a great deal of embarrassment around this as she would have to hide marks from the abuse at school. Also her neighbours could hear her screaming and had to turn up the television to drown it out, She was told this by a neighbour friend.

Her throat was going into contraction as she talked about this, and I got her to say I release being embarrassed/ about what you did to me mum/dad. This opened up after a while; she said she felt relief after it had opened. And we talked a lot about how it was not her fault.

Got her to visualize herself as a child and say I open my heart to you (her name), While feeling her heart.

. This caused a lot of tears but the heart really opened up. Finished with front and back of heart to stabilize her a bit.

Session 7

She felt amazing after her last session, and felt like a weight had been lifted off her. Rating her depression as 3/10. There were still moments of depression, but she said she could recognize them and bring herself out, by coming back to the breath and doing a mini inner smile as we had discussed. We discussed doing the inner smile as she was walking her dog, and she said she has noticed a big difference around how people viewed her. She always felt invisible but now felt like she was being seen, and that felt good to her.

I just open Pc9 and Ht 9 the heart chakra, while I got her to do the inner smile.

It was still quite tight but responded a lot quicker to the treatment and there was a lot more warmth than previously.

Session 8.

She has been feeling really good in herself rating her depression form 0/10 to 3/10 for the week.

She likes the way she has been reacting to things and has been doing the inner smile every day.

She was even planning on having a family Xmas with her grandparents, where normally she would just be with her friends.

There has been quite a lot of anger at her parents lately though.

From C7 to the heart, I got her to say I release resentment/holding on my pain.

Her throat became very tight.

We released her being ashamed of being locked out of the house by you mum. This was a huge release of emotion and tears.

Got her to release being angry at mum/dad over the throat.

Then got her to say F-you Mum/Dad over the throat as well. This really opened up the throat but it felt very raw.

Session 9

She felt great by the end of the night that I last saw her. And has only experienced very mild depression (2/10) that she felt ok in dealing with.

I opened her throat, which felt a lot better, but still a little tight. I asked her about speaking up to her parents when she was younger. She said she couldn't due to what she thought might happen.

Her mother said she might kill her, and her father used to punch her as she walked passed.

Over throat to base I got her to say I release being afraid of you mum/dad. This was massive for her. Her whole body cramped and then released.

I asked her to continue with the inner smile.

Session 10

She said she felt fantastic this week, and had not really felt depressed at all. She had been engaging with people and was looking forward to doing things. She also found a new innate sense of respect for herself.

We just worked on the front and back of her heart while getting her to do the inner smile. Her heart was really able to let go, and she left feeling amazing.

I suggested she keep up the inner smile, which she has. She now does it every day, and has returned for more session but for different aspect of her life that she wanted to move forward on.

I have recently seen her a gain for a wellness balance some months after, and she describes herself as better and better.