



Case 14: [anxiety & panic attacks] 38 yr old female

The Person & Complaint

Suffering from anxiety and panic attacks for the last year.

The Story & Emotions

Mother was diagnosed with terminal cancer 1 year ago and has been caring for her through the illness. Very scared about her dying and her own death.

The Energetic System

Fear in netzach and malkuth has caused disturbance in the heart and pericardium, inducing the panic attacks.

Treatment – first session

- Spent the first session opening shen tao to PC-8.
- Felt much more grounded and relaxed after session.
- Taught inner breath meditation to help manage the anxiety.

Treatment – second session

- Felt much more relaxed through the week.
- Opened base to netzach and base to heart
- Talk about death and did release work around fear of dying
- Had profound impact on the body, releasing tension everywhere.

Treatment – third session

- Experienced strong grief around her mother's imminent death after the session
- To support her physically I focused on opening shen tao to geburah and the geburah to malkuth.

- Then opened geburah to Lu-7 to help process the grief

Treatment – fourth session

- Felt more at peace around death after the session. Hasn't felt as tearful this week.
- Breathing is quite shallow
- To help deepen this I worked on opening shen tao to hod and the double pass (netzach to hod)

Result/ How it was resolved

By focusing on relaxing the heart, pericardium and navel we were able to calm the anxiety. Balancing malkuth and geburah also helped her to process her fears around death and to grieve her mother.