



Case 12: [Migraines, back, neck & hip pain] 44 yr old female

The Person & Complaint

Suffering from chronic migraines, back, neck and hip pain. Holds tension at C7 (geburah), top of shoulders (Gb-21's) and neck (along gallbladder channels). Also has pain in lower back (radiating to the front along the belt channel) and tightness in hips.

The Story & Emotions

Deep core holding of anger and frustration. Easily triggered at work and gets very frustrated with her colleagues. Finds it easy to express anger but not to let go of her resentments.

The Energetic System

Strong holding in geburah and the hermit pathway (chesed to geburah). This has caused the liver and gallbladder to become stagnant and over heated.

Treatment – first session

- Started by opening heart and talking about affects of anger on the body. Encouraged her to feel in her heart and soften in her body. This helped enormously.
- Opened geburah to the heart (very painful at C7)
- Then went directly to the gallbladder organ and balanced it to Gb-34
- Balance gallbladder to geburah (very tight)
- Migraine was relieved by end of the session
- Taught the inner smile to help shift anger and learn to open her heart

Treatment – second session

- After session had no pain in lower back, belt channel or tightness in the hips.

- Migraine and neck pain disappeared for 3 days then returned after stressful day at work
- Opened shen tao to geburah (very congested)
- Geburah to chesed (this helped to release tension in the gallbladder)
- Resonance to gallbladder organ
- Felt tension release from neck and head

Treatment – third session

- Didn't have any headaches or neck pain all week but felt fatigued and has no motivation
- Did a full liver flush (felt very tender when Liv-3's were palpated)

Treatment – fourth session

- Energy felt much better this week. Had slight headache that came on after stressful day at work but was able to clear by doing the inner smile meditation.
- Has been experiencing hot flushes with menopause
- Opened shen tao to PC-8
- Balance Th-5 to PC-6 and Th-5 to the gallbladder organ (this really helped to clear tension in the gb)

Result/ How it was resolved

Has been migraine free for over a month and no back, neck or hip pain. By practicing the inner smile she's finding it easier to let go of her anger and connect to her heart.