



Case 10: [nephritis] 30yr old female

The Person & Complaint

Suffering from nephritis (kidney disorder) since age 16yrs. Has severe fatigue & low blood pressure.

The Story & Emotions

Over active as a teenager and had difficulty keeping still. Always on the go doing lots of different activities and draining kidney yin energy.

The Energetic System

Following a vegan wholefoods diet has helped to improve symptoms but still gets easily fatigued. She rushes a lot in life weakening malkuth, netzach and hod. This also creates disturbance in the heart.

Treatment – first session

To help her relax and connect with her body I started by opening shen tao to hod (very electric at kidney's)

Then went to Ki-1's and balanced each to the Ki-organs (sharp pain and electricity released).

Talked her through inner breath meditation to help deepen her breathing and relax netzach

She felt much more grounded after the session.

Treatment – second session

Felt more exhausted for the two days after session then cleared.

To help get flow of energy in malkuth I opened the female pole (binah to malkuth)

Once there was some flow in the base I worked on opening the lower triangle of action, opening malkuth to hod and netzach (navel was particularly weak).

Treatment – third session

Felt improvement in energy over the week, much more alert and brain fog cleared.

Started by opening heart to malkuth

Then opened double pass (hod to netzach). This triggered cramping in the intestines and sharp pain at the kidneys.

Treatment – fourth session

To help flow in netzach opened geburah to heart and heart to netzach

Then spent remainder of session opening the double pass (hod to netzach)

Now there is a good flow of energy getting through to the kidneys

Treatment – fifth session

Have seen big improvement in energy levels. No fatigue in the last two weeks.

Opened shen tao to each of the kidneys

Kidney organs to Ki-10's & K1's

Result/ How it was resolved

Improving the flow of energy through the lower triangle helped to strengthen the Kidneys and boost energy levels in the body. Overall feels much more grounded and relaxed, especially following a daily meditation practice.