



Case Study: Migraines 30yr old female

The Person & Complaint

Suffering from chronic migraine, shoulder, neck tension & fatigue. Migraine is triggered by eating rich food and drinking alcohol. Started during stressful period at work.

The Story & Emotions

Stressful job with pressure to perform. Underlying attitude of needing to prove herself/not feeling good enough. When stressed goes into energy of over control.

The Energetic System

At a more superficial level the gallbladder organ has been weakened by the tendency to over control, which creates the migraines, shoulder & neck tension. However, looking deeper this stagnant energy really begins in the liver, which has become hot and contracted from holding onto repressed anger (which stems from fear of expressing emotion). This explains the sensitivity to alcohol and the fatigue.

From the perspective of the sephira the centres that are weak include: geburah, chesed, netzach and the heart.

Treatment – first session

Opened gallbladder organ to geburah. This immediately relieved the migraine.

Also opened geburah to shen tao to help reduce stress and improve the flow of energy through the neck and shoulders.

Taught inner breath meditation to help her relax tension in the navel and better manage stress.

Treatment – second session

Didn't have any migraines during week of work.

Tension in shoulder and neck also absent but still fatigued.

Opened chesed to geburah, netzach to heart and liver to geburah.

The liver still felt quite stagnant so will focus on this to shift fatigue.

Treatment – third session

Hasn't had any migraines or shoulder & neck tension in two weeks.

Fatigue has improved but still not feeling 100% with energy levels.

Did liver flush to clear stagnant energy in the organ.

By the end of session felt much more alert and clear-headed.

Result/ How it was resolved

All symptoms relieved.