



Case 2: [Vulvodynia] 33yr old female

The Person & Complaint

Has been suffering from vulvodynia (chronic tension in the vaginal muscles) for 3 years. This tension can only be felt during intercourse. She also suffers from tightness in the gluteus and thigh muscles.

The Story & Emotions

Started after unpleasant sexual experience in which she didn't feel comfortable and experienced spontaneous pain and bleeding during intercourse. She didn't feel that this was a sexual assault of any kind, but a symptom of her fear to honour herself in life.

Since this experience she has attempted to have sex again but the pain is still present (higher in the vagina) but no bleeding. Penetration is difficult. She is not in a relationship.

The Energetic System

There is a deep fear of rejection that is holding in the heart, yesod and malkuth energy centres which is connected to the absence of her father as a child. Over her life this has caused the muscles in the perineum and vagina to become tense, affecting the flow of energy through the sexual organs.

Treatment – first session

- To help her relax and connect with her body I opened shen tao to the back of the sacrum (there was very little flow here which I felt was holding from the malkuth centre).
- To get energy flowing in the malkuth I opened the female pole (binah to the malkuth). This immediately released tension in the gluteus & thigh muscles.

Treatment – second session

- Felt more grounded after session and much more relaxed in the gluteus and thigh muscles.
- Strong holding in the back of the heart around trust. Discussed connection with her dad and did some release work on closing her heart to her father and men while over the heart.
- Then opened shen tao to PC-9 to help shift energy in the heart.
- Felt much more relaxed and open.

Treatment – third session

- Opened shen tao to the back of the sacrum. This helped to get energy flowing between the heart and sex centres.
- Opened front of heart to Ren-2 and then front of heart to yesod (which now has a stronger pulse).

Treatment – fourth session

- Started reverse sacral balance with incredible energy shifting from the perineum. Felt strong shaking and twitching through whole body.
- Opened perineum vagina & perineum to clitoris.

Treatment – fifth session

- Over two weeks has felt the vaginal muscles relax more
- Continued with reverse sacral opening perineum to points up the conception vessel & heart.

Treatment – sixth session

- Over two weeks feels that vaginal muscles are now almost fully relaxed and hasn't had any tension in the gluteus and thigh muscles.
- To help get more flow through the sex centre I opened the male pole (chochma – yesod). Because of her disconnection with male energy this had a profound impact on the body, causing pain, tension and twitching to surface. Once cleared the sex centre felt much more open.
- Then opened front of heart to yesod, yesod to malkuth and heart to malkuth.

Result/ How it was resolved

Has since had pain free and enjoyable sex.