



Case 4: [infertility] 35yr old female

The Person & Complaint

Has been trying to fall pregnant for over a year. About to commence first cycle of IVF.

The Story & Emotions

Has been excessively worrying about getting pregnant and finding it very difficult to relax.

The Energetic System

There is a tight holding in the back of the heart around the fear of not getting pregnant. Because of difficulty on falling pregnant naturally this has put strain on her relationship with her partner (particularly sexually), which has affected the flow of energy between the heart and sex.

Treatment – first session

- We had a limited time window before the embryo transfer so I felt the most important thing was to help her relax and to get energy flowing through the main pathway of fertility.
- I opened shen tao to the back of the sacrum and then the front of the heart to the yesod.
- During the treatment I took her through the inner smile meditation and encouraged her to practice it every day on the lead up to the transfer and thereafter.

Treatment – second session

- She felt much more relaxed and grounded after the session and slept for over 13 hours after the treatment.

- To reduce the risk of miscarriage I wanted to focus on strengthening her spleen.
- I opened Sp-9 to the spleen organ and then the spleen to the heart..

Result/ How it was resolved

The embryo transfer was successful and she carried the baby to full term.