



Case 7: [anxiety & indigestion] 30yr old female

The Person & Complaint

Suffering from anxiety, sleeplessness, fatigue, constipation & bloating.

The Story & Emotions

Going through stressful period at work and has difficult relationship with boss. Feeling pressure to perform and has feeling of not being good enough.

The Energetic System

Stress in the heart and pericardium is causing feelings of anxiety and making it difficult to sleep. The constant worry has weakened the flow of energy through the double pass (from netzach to hod) and affected the functioning of the large intestine (leading to constipation).

Treatment – first session

To help her relax I started by opening shen tao to PC-9
Once this had some flow I opened shen tao to hod and then hod to netzach
Opening the double pass triggered off intense cramping in the large intestine.
To help relieve the tension I opened Li-4 from the hand (which calmed the cramping down)
Took her through inner breath meditation to help relax tension in the navel and manage the anxiety.

Treatment – second session

Passed a large stool after session and digestion has felt much better since
Also sleeping better and feeling more relaxed

Has had lower back pain since session and has noticed that kidneys are aching

Began session by opening hod to netzach but noticed that it wasn't flowing as well as it should so moved to open each centre to malkuth which helped to get things flowing

Then went back to double pass and felt a strong connection between hod and netzach

Felt very clear headed and noticed that her breathing was much deeper.

Result/ How it was resolved

By working on relaxing the heart and pericardium the anxiety eased and sleep improved. Also by opening the flow of energy through the double pass we were able to resolve the constipation, fatigue & bloating.