



Case Study

Case: Fear of flying/ anger at work. 23 years old male

The Person & Complaint

Include a brief description of the person, their relationships/family, their complaint, any relevant facts, health issues, history, etc.

The client is travelling overseas and has a fear of flying. He was angry at his work and had decided to resign.

The Story & Emotions

What's the story with the client? Is there one? If there's nothing obvious, is it more of an attitude or recurring feeling? What are the emotions that the client is experiencing or repressing?

The client is angry with people and the place at which he works. He decided not to return to his area of work until he has given up the anger with it. He had decided to go overseas and has left the job.

He has a fear of turbulence when flying. It is like a fear of the unexpected and not having control over his body. The client has tightness in his chest and feels he is not good enough at his job.

In relationships, he is attracted to people who are impossible for him.

Issues : Fear; Tightness in chest; Not good enough; Being loved and loving

The Energetic System

How has the story, attitudes and emotions affected the energy system? What is blocked/congested? What obvious centre's, meridians, fields etc are contracted?

- K1's - fear
- Hod - not good enough
- Hod to Yesod - judging self and others
- Malkuth - fear
- Tiffereth - being embraced and embracing. Yes to being loved
- Tiffereth to Yesod

Treatment – first session

What did you do?

- K1's - the left was much stronger. 'Ah, there are the kidneys I can feel them.'
- Hod - respecting self and others
- Hod to Yesod - judgment of others and the world. "Ah yes there are allies and those who you can talk to as possible allies. I don't have to judge..."
- Back of Tiffereth - Trust – "there is a big doubt there its like a huge blubber fish – he laughs fancy being frightened of a fish."

The above three he found easy to let go of when it was around his work however when we returned to the K1's and the question of turbulence he had greater difficulty letting these go at first.

- K1's - 'it's about unexpected trouble that he can't control. He then laughed I don't have to choose fear to come from. What a choice!! He laughed that he could see he was choosing fear.'

- Malkuth - at one moment it became sparky I asked 'What was that?' He said he was thinking of a person he liked but it was not possible so just as well he was leaving work. It was about not being worthy of love.
- Tiffereth
- I asked him to recall a time he felt loved and embraced
 - 'go to the time when you were in the forest what did you feel?
 - 'Yes loved and embraced and it was reciprocal.' A lot went on inside he said as I stayed on Tiffereth.
 - 'He went into the garden -the earth as an ally. Ask the garden what do you need to learn. He said he needed to learn acceptance.'

What did you advise the client?

Open heart when meditating at the back and open his heart to sex.

Treatment – second session

How was the client after the first session?

He was preparing to leave the next day so he explained all the fears were emerging together. Am I doing the right thing? Am I letting people down? Can I trust my decision?

What did I do?

- Back of Tiffereth - trusting his decisions. He could put 'the banner- for his cause' down and trust the trip. He could enjoy the time away not only have to carry the banner. As well as seeing what other political parties are doing he could enjoy seeing the world.
- Binah to Chocma - accept what is. He felt this was very strong.
- Binah to Tiffereth - 'putting down the list of things to do'
- Binah to Malkuth
- K1's - letting go of fear
- Tiffereth - open heart and experience the world

What did you advise the client?

Play with the opening heart –inner smile meditation.

Result/ How it was resolved

What was the result after treatments concluded? How was the complaint resolved?

"What bliss!" he stretches towards the sky as he was leaving.

"Ah," I said, "that is the opened pathway between Chocma and Binah. Bliss"

The client left Australia the next day. The client saw that he had let go of the fear of flying and could see this time was an adventure that could open other possibilities. He could experience the world and not be so religious about his concerns for the environment but rather be open to new ways of seeing things. He left the anger and was experiencing the bliss!