

The person and the complaint.

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

42 year old woman desperate to have a baby. Works as a clinical psychologist.

Tried unsuccessfully for 3 years with a previous partner no medical reason why either of them couldn't conceive. They split up because she decided to go for IVF and he didn't want to contribute to the cost, he said he would have a baby to keep her happy but wasn't so committed he would split the cost of IVF. She felt very letdown by this.

She was ready to embark on an IVF journey alone but now is considering freezing her eggs as another option. 6 months ago she met a new partner who doesn't want her to do IVF but is not ready to be a Father, he wants to wait another year in the relationship. He moved from Italy where he had a struggling business to live with her. He's not working and is very picky about finding work in the UK, she supports him financially. He does travel, to continue a personal growth training in another country and he has savings for this. She has judgments about all of this.

Client feels she needs to make a decision soon as time is running out, she's not happy with having to wait another year but doesn't want to upset her boyfriend. Complicated relationship with her Father.

Reason for treatments - Undecided on course of action at present but meanwhile she would like to prepare for pregnancy and comes for **preconception treatments**

Left hip pain which keeps her awake at night.

Stress at work and in general.

The story and emotions.

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

Her black African Father is married and lives with her white British Mother but when she was in her teens, they discovered he had another woman and other kids that were kept a secret. The kids get along well now and the wives put up with him.

She has always dated white men and her Father has refused to meet them as they are not black!

He controls the whole family and although is not physically violent they are afraid of displeasing him he has high standards around education and having a successful career.

He himself is a university professor. Client says she has never been able to do well enough in her career or at school to please him and she seeks his praise constantly.

She is a high achiever. Runs biodanza class in her spare time and does lots of personal growth courses her whole day is full and she doesn't have much down time.

The Energetic System.

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

Blocked at **KG** by disrespect from Father and in her love relationships and **Navel** from feeling of never being good enough. **Sacral and Throat** blocked from not speaking out and carrying shame and guilt. Constant worry and overthinking unable to make decisions for fear of upsetting men blocking **stomach and spleen**.

Liver could be congested through unexpressed anger but she does emotional release as meditation so maybe not.

Hurt blocking **Heart** and **Shentao** through lack of trust. **Base** through fear of life when growing up.

Treatment 1

Client arrives totally stressed by relationship and making decisions, is in love with boyfriend but they have different opinions. Work is busy and she feels anxious in her chest.

I treat **wrist gates** whilst she talks, on table **Shentao** to **PC6** for the rest of session. Client is quiet and sleeps mostly whilst I treat her.

Whilst on the table she tells me she is using condoms with her partner as protection for sex, (which is happening often) she feels it's a waste and she could be trying to get pregnant but says she respects her partners decision to wait.

Treatment 2

Client feels calmer after her first session. **COL** most centres are not moving well in particular **Navel front and back of Heart. K1s**

Treatment 3

Repeated **COL** the following day more flow this time.

Treatment 4

Client feels lighter in herself and a bit less stressed. The hip pain is worse.

ST4s whole session, Left side leg is shorter and takes the whole session to balance.

Treatment 5

Pelvic alignment balance almost the whole session on the left side. 10 mins **Shentao to Base** with client on side.

Treatment 5

Pelvic Alignment right side, got flow quicker. Client tells me she has found a donor for IVF but is still not sure whether to freeze eggs and wait for her present boyfriend to be ready. He is really against the IVF still. She asks what I think she should do and I summarise her questions to self and her thoughts so far and guide her to look inside to decide for herself. If she chooses the IVF would she be prepared to lose the boyfriend and bring the child up alone? I remind her that she was about to embark on the IVF journey before they met and that she feels the longer she waits the less chance she has of becoming pregnant. I do some Resonance over **Heart** to end the session.

Treatment 6

Client is happy to report the hip pain is gone and she is sleeping better. She has decided to just drop the decisions for now and focus on having fun in her relationship. Opened **Heart to Sex** pressure in sex and then heat in Sex. Heart pain and electric. Client begins to cry and some movement in both centres. Treat **Base** and **Earth** to finish

Treatment 7

Client still feeling more relaxed about making a decision and has decided to leave it for 6 weeks whilst still going ahead and through the motions of making plans to have IVF.

Navel to Heart. Both Heart and Navel numb, pain and some movement. **Navel to KG** pain in both and then both have movement but don't connect for some time.

Treatment 8

Sacral Balance legs and hips. **K1s** shaky **Perineum** is numb. Movement is slow. **Back of knees** very painful on both sides. **Earth** point electric. **Sacrum** is numb. Ran out of time. Client needs a lot of grounding after the session and feels completely wiped out.

Treatment 9

Sacral balance continued from sacrum. Stayed the whole session there as it didn't move. Went through many layers of pain and movement electricity, then back to pain. Very quiet movement towards the end of session. Client again wiped out after session.

Treatment 10

Client reports that the last sessions are opening her up to her partner and she is less judgemental and more relaxed with him. He has stopped using condoms although there have been no discussions between them about that action.

Continued with **Sacral Balance**. **KG** no feeling at all and the **perineum** extremely painful. No movement by end of session. She talked afterwards about her Father and that she could see her desire for approval coloured all her relationships with men.

Treatment 11

Continued with **Sacral Balance** another whole session on **KG to Perineum**. Towards the end there was a big surge of heat in Perineum and KG became electric before getting flow between the two.

Client sobbed afterwards as she talked about her Father. I did some resonance over **Heart** before she left.

Client then went on holiday and had a really loving and relaxing time with her partner. On her return she had booked a session which we cancelled as her period was late. She was pregnant as it turned out. I saw her for some sessions just giving light radiance and resonance to kidneys at her home during the pregnancy. She had a baby girl and the partner is very happy to be a Dad after all.