

50 year old woman - 2 sessions

In March 2011, a 50 year old woman, married with 2 adult children, came to see me with vague ideas of a tune up. First she said she had no real health concerns except for feeling her liver needed some attention and also she mentioned she had always had a problem of cold fingers and toes - poor circulation. She also mentioned some dissatisfaction with her marriage, feeling there was a lack of intimacy with her husband. Eventually it came out she had recently experienced some heart pain that she was going to get checked by the doctor but had not done so yet, and she was very concerned about her family history of breast cancer and heart attacks (she is nearing the age that her mother died of breast cancer).

All of this seemed to point to blocking the back of the heart and pericardium, so they were my main focus in the first session. After I had been off shen tao for a few minutes, D started to cry without knowing why so I had her release sadness, then we talked about why she might have been sad and what might have made her shut down her heart. I then balanced shen tao to PC9 first on the left, which felt very blocked, then right, which was also blocked but less than the left, while she released closing her heart first to her husband, then to herself. These were fairly major for her. I then balanced PC9 to PC1 first left then right, and once again the left felt more blocked. I finished with teaching her the Inner Smile and she bought the CD.

At the next session 3 weeks later, D reported she had seen the doctor for her heart and her cholesterol levels were elevated but all else was fine. I noted that whereas the first time she was upset about the lack of intimacy with her husband and was fairly negative in the way she spoke about him, this time she spontaneously mentioned several pleasant things they were doing together, and in particular they were listening to the Inner Smile on CD together. She wanted a liver flush but had a party that night, so we left that for a later session. In this session I started with K1s, then went to Liv3, then did a heart balance, shen tao to tiferet. Everything felt much more open than the previous session. I finished with opening H7 R then L which both felt rather blocked to start but opened.

When D came for her liver flush 2 weeks later she was very pleased to report that she was now eating better, exercising again, stopped drinking so much, and she said, "I feel like the me that I used to be".