



Left hand pain

Age, 54

Female (CG)

The Person & Complaint

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

The client presented with tendonitis in the left hand. She has shooting pain when carrying things. She has had a heart operation for tachycardia (extra beats)

Other health issues

- Vomiting
- Doesn't sleep at night
- Worrying

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's Mother died 6 weeks ago in Sri Lanka. She was able to spend 2 days with her before she died. Her husband is very controlling and when he lost his job 10 years ago and they had to move for his new job. This meant she had to leave her job. She resents her husband for this. She is now reapplying for a teaching job and is uncertain about continuing employment. In her current job her partner had bullied her but this has eased as she informed management. She fears being judged and holds onto resentment and anger. She is also very 'nice'. She didn't get a job she applied for as she had to teach 14 girls in front of 6 officials and she found this very scary as no one gave her feedback.

The only being she loves is her dog.

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?

- She is blocked at Tiferet (holding onto pain about her Mother's death, resentment). Her closing of the heart affects her whole body especially her tendonitis.
- She is blocked at Gevurah /C7 due to holding onto resentment
- Her Liver and Gall bladder meridians will be blocked due to control and being 'nice'.
- Her worrying and resentment will affect her Stomach/spleen
- Malkuth to Hod are blocked as she fears being judged.
- Netzach to Hesed blocked - feeling bullied

Treatment – first session (reduce pain)

- Opened LI1 pain started in waves
- Opened LI 3 to Gevorah / C7 I release holding onto pain
- Gevorah to Tiferet this was very cold. I release holding onto pain instead of love.
- I talked about how her holding on to emotional pain affects her physical pain. She had had difficulty seeing the link between emotions and physical manifestations i.e. pain in the hand was blamed on the use of brakes on her bike 2 ½ years ago.
- I taught her the inner smile using her dog as a trigger and recommended she did this daily.
- I asked her to try lifting a book to see the level of pain in her hand. It had decreased from 10 out of 10 shooting pain to 3 out of 10.

Treatment – second session

Tiferet – to further open her heart

- Opened front of heart and recounted the story about her Mother. 'I love you and let you go'
- Back of heart to PC9 felt very tight and she talked about Mother's death she felt less uptight and much lighter.
- Checked Tiferet to LI
- Resonate front to back of heart. She released sadness/hatred and resentment with her husband.
- The client said she felt relieved and very grateful for having released a lot of sadness she was holding onto.

What did you advise the client?

I advised the client to continue to practice the inner smile each day for 10 minutes and explained the importance of this for her health as our body reflects our emotions.

Treatment –third session

The client reported that she felt great relief in the pain in her hand and was delighted with this.

Liver and Gall Bladder

- Resonance to GB 34 to release control
- Resonance GB 44 to GB 41 releasing control
- Resonance over the liver organ to Hesed - 'I let go of being nice... anger pain.' She felt embarrassed speaking aloud.

Encouraged her to continue inner smile

Treatment – fourth session

Stomach /spleen

- Resonance to Stomach and heart and she talked about her worries with her son. Her son I 23 binge drinks and gambles. She was giving in and not setting limits.
- We talked about the importance of her speaking out and setting boundaries.
- St 12 and Ren 12 is the Mu point for stomach

Treatment – fifth/sixth session

Fear

- Open Malkuth and the client talked about her fear
- Opened K1's again in relation to her fear.
- Open Yesod to Hod releasing judgement
- Resonate over Netzach
- Resonate over Netzach to Hessed and talking about feeling bullied. She started to feel a sense of strength of being able to voice her fear.
- C7 to Hessed

What did you advise the client?

I wanted to ensure she was doing the Inner smile daily and able to vocalize her fears about her son and her uncertainty at work to her husband.

Result/ How it was resolved

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

The pain in her hand had greatly diminished and able to carry weights. She was sleeping at night. She had begun to set limits with her son with the help of her husband. She felt more optimistic about getting a job and the relationship with her husband had improved. She noticed she had greater inner strength.