



Heart, Female, 53

The Person & Complaint

- Divorced female, 3 grown up sons, two of them (twins 20yo) still living at home, oldest 27 living on his own. Has one sister that she's close to and another she's not speaking to. Works 2 jobs.
- She used to be a smoker, min 10 cigarettes/day, been smoking since she was 19. One morning having her cigarette before work she found it hard to breathe. The sons called an ambulance. Doctors found cloths in her lungs and the blood was flowing the wrong way in her heart.
- No problems with heart or lungs before this. Doctor put her on warfarin. Gave up smoking that day
- She also has a very sore right hip, struggles to get up from a sitting position.
- Hunched back/neck

The Story & Emotions

- She married young, but never felt supported by her husband in raising the 3 children, especially hard when the twin boys came along, and she had a 3-year-old. At that time, she had her mother to help but felt like there was no help from the father.
- They divorced (her choice) 10yrs ago and she holds a lot of grudge towards ex- husband. He didn't see much of the boys after the divorce until they were more grown up.
- She struggles financially and had to get a second job to survive and has no financial support from the children's father.
- The father of the children has now remarried and has a child on the way and it makes her angry: "why is he having more children now when he can't even take care of the ones he already has".

- She's never dated nor had any relationships neither since nor before her ex-husband.
- Also, very angry with one of her sisters, hasn't spoken to her ever since the death of their mother 7 years ago. Says that she's manipulative and can't be trusted. They live right next door to each other, but they don't talk.
- She does everything for her sons, cooks their breakfast, lunch and dinner, does laundry, cleans etc plus works her 2 jobs.

The Energetic System

Heart/Pericardium – hate towards sister/ex-husband, closing her heart

Neck – not letting go

Gallbladder + meridian – controlling her rage and hate

Navel – emotional fear, jealousy

Spleen – stories

Sex – work, money, family

Treatment – first session

- **Shan Tao to P6/P7/P8/P9 (LHS)** while talking about her relationship to her ex-husband/ sister. Very achy!!!! Softened but still painful. Talked to her about what holding on to anger does to her body and energy system and that it won't do anything to the other person.

She felt calmer after session and her hip ache was 80% better (gallbladder meridian running through the heart).

Treatment – second session

She had felt better after last session for a bit but has had a lot of checkups and waiting for test results which has stressed her quite a lot. Also has the financial worry especially now when she's on sick leave.

She had had a few anxiety attacks while driving where she had to stop the car and have her son come and get her. After the first incident she feels nervous every time she needs to drive somewhere.

Her hip was better than what it used to be but a bit sorer than after last session

- Shan Tao to same pericardium points, very achy again, but calmed down a bit quicker.
- front of heart to navel while talking about her worries and fears around driving and her condition.

We talked about how meditation really could help her, especially the inner smile which we practised together. She downloaded it to her phone at the end of the session, quite eager to do whatever she can to help things along. She found it easier to stand up, hip back at being 80% better.

Treatment – third session

Wasn't as nervous about driving, only had had one incident where she was out for dinner with friends and it had been late and dark outside and she started getting anxious, her friend gave her a lift home. She was fine to drive home the car the following day in daylight.

- Felt Shan Tao to P7 which was a bit tight but the best it's been so far, she told me she had been doing some meditation but not every day.
- We talked more about her ex-husband and sister and her anger towards them. When I started to explain to her release work she said that she doesn't want to talk to them and forgive them, I assured her she doesn't need to see them face to face but picture their faces and mean what she says, and reminded her how she's only hurting herself by holding on to all this anger. She agreed to give it a go, hesitated at the start but went with it.
- We did release work over heart.. "I forgive you (name of exhusband)", then "I forgive you (sisters name)". There was a massive release and the heart center started moving a lot smoother.

She felt lighter after the session but tired. I pointed out that that's quite normal and she might be a bit tired and emotional for a few days after. Also reminded her about meditating.

Treatment – fourth session

- No more anxiety while driving. Feeling pretty well over all. Had done the inner smile a few times, but not every day. That 20 % pain still there when standing up in her right hip.
- Felt shan tao to P7, cleared much faster.
- We continued on to gallbladder organ, which was very tight and achy. When it softened I did:
 - gallbladder to greater trochanter
 - gallbladder to GB27
 - gallbladder to GB34

When she got off the table she did only feel a little twinge, hip felt much looser.

Result/ How it was resolved

Blood clots in the lung completely gone. No more anxiety attacks. Her hip is normal, but she can get a bit of pain if she's feeling stressed at work or gets angry or frustrated. Told her to keep doing the inner smile to get her emotions more balanced, non-reactive, and if possible come in for a few more sessions