

Infertility, 31, Female

The Person & Complaint

Client struggling with infertility. She had been trying to get pregnant with husband for a year and a half. She was still waiting to reach the point where the doctors would run tests on her and see why she wasn't getting pregnant.

Story & Emotions

She has a high stress job working as a dentist. Her clients could be really mean to her. She described constantly feeling unsure of herself in the work she was doing. She describes high levels of anxiety almost all of the time and feeling wired. She has a really supportive and loving husband who is also a dentist. Her relationship with parents is strained. Her dad is an alcoholic and she describes her mom as being codependent of her dad. Her periods are painful and inconsistent. They have been like this since getting off the pill. She said she got on the pill in her teens because of bad cramps. She has been working with an Acupuncturist weekly for about 3 months and said that has helped her feel better in general.

Energetic Body

Client has blocked kidneys and base which is manifesting as anxiety and that needs to be opened before anything else. She can't distinguish her other emotions until the anxiety is addressed. Base and Shen Tao/Heart are also involved due to the fear and lack of trust. Spleen is also blocked and keeping her in her head and making it hard to feel what is possible. Due to the success she has had with an Acupuncturist I am going to focus on her centers and organs and assume they have done a lot of clearing in the channels.

Session 1

I started with working Shen Tao to kidney center. Kidney center was very tight. I then went to K1's. They were cold and tight. Once I got a little movement I went left kidney to left ovary. She then said she has had PT for back pain on the left side right where my hand was on her kidney. After some movement I went back to K1's. She could feel the Adrenalin work its way out her feet. I also explained to the client how to do the inner smile and inner breath meditations and why those would be good for her.

Session 2

I saw the client two weeks later. She said that when she got her period her cramps were better. She had a week where she felt really good at work and then a week ago it got stressful because of an issue with a client.

I started with the kidney center. When I was on kidney center she opened up about the constant fear and stress of her job. She explained that her clients at times were verbally abusive to her and has been spit on by a number of clients. She said that her boss and coworkers didn't support her when she had confrontational clients. As we dug deeper she explained that she becomes really unsure of decisions she has to make at work and how stressful that feels. As she talked I added in the base center.

I went back to just the kidney center and it felt like there was still something blocking her kidneys so I asked about dishonor in relationships. She started talking about her best friend who recently had an affair and then continued to lie about it to my client and her husband who was also a close friend of my clients. Her kidney center was numb and then very hot. She then had a really big release and finally some good movement as she talked about her friend. Checking back in with her to heart she still had a lot of congestion. We started talking about her family and how they have a lot of addiction issues. She was able to open her heart and kidneys to her parents and forgive them. They connected and had great movement by the end of the session. Throughout the session we talked a lot about her recognizing if the anxiety she feels is an energy that comes from her or someone else's energy. I told her to try and recognize throughout the week what energy she is actually taking on and why.

Session 3

I saw the client 2 weeks later. She was doing a lot better at work. She said she could now tell when she was faced with a stressor if it was her energy or someone else. Her biggest stress was that when she was faced with decisions she would not trust herself. I started with shen tao to left kidney. As she talked more about the panic she felt when faced with decisions I could feel a lot of pain in her heart. We talked a lot about when that started and how it still plays a role in her adult life. She could recognize that having an alcoholic parent and a mother who was very codependent made it hard to trust herself from a young age. She realized her family still put a lot of pressure on her to make decisions about things as simple as where to eat for dinner and then once she made a decision they would want something else. We talked about getting curious with people in exactly what they are truly looking for when asking her to make the decision. It felt like as she was getting an awareness as to why making decisions was such a stressor on her and that helped shen tao to kidney center open. I then checked left kidney to left ovary and we talked about the fear she feels when her husband isn't with her all the time and the loneliness she feels. As she said these things out loud she realized how having to make her own decisions is a big trigger in him leaving. I also got the sense that she was telling herself a story about why she wasn't getting pregnant so I finished her session on her spleen to belly button and told her to tell me that daily dialogue she tells herself about why she isn't getting pregnant. Her spleen was really blocked. She started to explain that she tells herself that she is too old and it isn't going to happen. As soon as she said it out loud she knew it wasn't the truth. She then told me how she isn't too old at all and that it really could happen. We were able to get her belly button and spleen connected and flowing pretty quickly once she dropped her story,

After this session COVID happened and I didn't see the client again. I then got a call from her 4 weeks later saying she was pregnant.