



Dizzy head, insomnia, Age, 57, Female

The Person & Complaint

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

The client has been feeling dizzy with sharp pain in back of head and neck and has had many sleepless nights before treatment. Pain moved to lower back. She thought it was the pillow she slept on. She also has had a baker's cyst on the back of her left knee which comes up when physically overworked.

She comes across as very open, caring about others and doesn't like sharing her problems. She is independent and works as a self-employed photographer.

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?

Symptoms started several months ago. Over the last 9 months her partner and her have been deciding whether to break-up their 12 year relationship. She is afraid but doesn't tell anyone about this. She is very controlled about her emotions. She worries about her financial situation.

The Energetic System

How has the story, attitudes and emotions affected the energy system? What is blocked/congested? What obvious centres, meridians, fields etc are contracted?

Binah is congested due to her tendency to control.

Binah to Gevurah is blocked as she is holding onto limiting beliefs...feels injustice, unfairness

Back of heart congested – lack of trust that life will work out.

Base affected due to survival fear.

Netzach – hod – yesod lower triangle blocked as she

BI 62 – Si 3 : fear congesting governing channel.

BI muscle meridian

Treatment – first session (focus on head/neck)

1. Open Binah...to let go of control
2. Gevorah/C7 very congested
3. Binah – Gevorah –releasing belief that the partner's decision to leave is unjust. Pain moved to lower back.
4. Si 3- Bl 62 to help with lower back and fear that congested GV

How was the client after the first session?

The next day the client reported having slept through the night for the first time in many weeks. The sharp pain in her head and neck have disappeared and she was able to photograph a major event that night and the next morning.

Treatment – second session (fear and trust)

1. K1
2. Base opened- talked about survival fear
3. Netzach – very congested...releasing fear
4. Back of heart – trust** talked about her fears

Advised client inner smile meditation

Treatment –third session

The client was generally better. Still sleeping well at night but at times fear financial issues of self-employed.

What did you do in this session?. What happened? What was the conclusion at the end of the session?

1. K1- BLB
2. Double pass
3. Yesod talked about fear of financial issues as self employed and no savings
4. Ended session with inner smile and resonance over heart

Client felt lighter and more relaxed

Encouraged her to do inner smile at home...

Treatment – fourth session

Client did major event job and was feeling generally exhausted → COL (focus on base/back of heart)

Felt much more energized and relaxed on leaving. Baker's cyst not an issue at this time but will do treatment next session.

Treatment – fifth & sixth session

Base

Back of heart

SI 3 – Bl 62

BL muscle meridian* - left leg lots of pins and needles – do final session on this.

Result/ How it was resolved

The client dizziness and pain in back of head and neck was gone. She slept well at nights. Awareness that holding onto fear and overwork leads to her general exhaustion and body response. During time we worked her baker's cyst on the back of her left knee didn't flare up again.