

Case 12: Wanting More Energy, NG a 50yo Male.

The Person & Complaint

NG is a self-employed working father who helps out at home. NG feels that he is constantly tired and underpowered, that he wastes the energy he has, and that his mind is heavy. This is despite his feeling of gratitude for his current life with family, his close relationships and his love for his work.

Physically

Not enough sleep which is often disrupted.
Currently on a mostly grain free diet.
Tends to find his joints hurt with lots of red meat [hips and knees].
Lower back pain with lots of sitting.
Frontal headaches over the last year

The Story & Emotions

"Currently two grudges in my life, the rest I have let go."
"I'm good at saying "NO" now, not so when I was younger."
"I am verbally expressive now, previously I tended to be passive aggressive."
"Mum and Dad are both self-obsessed and I have little to do with either of them."
"I'm more prepared to forgive now but I have a shorter fuse."
"I like doing weights and miss not having the time."

NG presents as a gentle man but with obvious strength and assuredness.
NG is clearly putting others first in life and is happy to use up all his reserves in their "causes".

The story was not clear at this point.

The Energetic System

The lower triangle needs to open to allow more energy flow, particularly Hod and Netzach.

I think NG is a doer driven by Wood which is draining Water and destabilising Earth.

The Gall Bladder and Liver Meridians may need clearing of excess fire and the Bladder, Kidney, Stomach and Spleen meridians support.

Treatment Session 1

Tipereth was tight and took 15 minutes to move and loosen.
Solar Plexus was very tight and reactive, gradually settling and relaxing slightly.
Netzach was also tight and achy, partially releasing over 15 minutes.

Gall Bladder Organ was tight and achy, and very slow to respond with slight movement.
The Right GB34 and Left ST36 were sore, the other knee gates were not.

I finished with 15 minutes on the ST45's which were tight and electric.

Conclusion Session 1

There is clearly a lot going on in NG's energetic system which will need exploration to allow the pattern to emerge.

Session 2 (1 week)

More energy overall and happier, despite being a bit sleep deprived this week.

Treatment #2

Tipereth was still tight but opened a little bit more this week.
The Navel was very tight and electric moving somewhat after 20 minutes.
Netzach responded quickly moving after 5 minutes.

Gall Bladder Organ was again tight but not as achy and more open after 15 minutes.

ST45s opened to movement.
GB44's also opened after about 15 minutes.
Right SP1 and SP3 were electric.

Conclusion #2

NG fell asleep early in the session and slept solidly throughout.

Session 3 (1 week)

Felt lighter physically and mentally after the last session. Physical heaviness returned slightly as the week progressed.

Treatment #3

Tipereth opening quicker and more expansively.
Solar Plexus and Netzach opened quickly.
Yesod felt confused, released ache and then opened.
Hod was slow to respond and then opened mildly.
Hod/Navel then Hod/Netzach [on] were starting to connect.

SP1's: 30 min tight with gradual movement at the end.
GB44's: 5 mins at the end were electric but moving.

Conclusion #3

I planned to treat the Strange Flows at the next session.

Session 4 (1 week)

Feels motivated and ready to tie up loose ends.
Finishing some unhelpful relationships.
Ready to self-promote his business which has been uncomfortable in the past.
Still gets tired but feeling lighter.

Treatment #4

Tipereth continues to be more expansive.
Governing and Yang Heal, Right then Left: whirlpool at first settling, opening and connecting.
Conception and Yin Heal, Left then Right: tight then movement and connecting.
Thrusting and Yin Linking, Left then Right.

Conclusion #4

I planned to support Malkuth, the Dark Pillar and the Female Pole at the next session.

Session 5 (1 week)

Feeling OK this week despite NG's daughter teething and sleep being disturbed.
There is uncertainty at work and no routine at home.

NG has noticed he has been a more reactive.

Treatment #5

Malkuth was slow to open, but opened well.
Yesod from the sacral side opened quicker and also well.
Malkuth/Yesod: connected.
Hod was slow to open but opened well.
Hod/Yesod then Hod/Malkuth connected.
Shen Tao was tingly even after opening.
Shen Tao/Hod then Shen Tao/Yesod and Shen Tao/Malkuth all connected.

Conclusion #5

If nothing was pressing, I intended to complete the Dark Pillar and the SF's at the next session.

Session 6 (1 week)

Gradually feeling he has more energy.

Treatment #6

Quickly opened Malkuth to Yesod, Hod and Shen Tao;
Yesod to Hod and Shen Tao;
and Hod to Shen Tao.
Gevurah opened.
Gevurah to Shen Tao then Hod, Yesod and Malkuth: all opening.
Binah opened.
Binah to Gevurah then Shen Tao, Hod, Yesod and Malkuth: all opening.
Kether and then Kether/Malkuth opened well.

Conclusion #6

Following the session NG noted while most of his back and spine now felt good, he had some ache in the coccyx and sacrum up to Hod.

Session 7 (1 week)

NG reported that he felt the biggest change in energy and attitude following the last session. Given NG's report of pain in the coccyx and sacrum I decided to clear that area first.

Treatment #7

Perineum to Coccyx, Coccyx to Sacrum, Perineum to Sacrum, Sacrum to Hod and Perineum to Hod all connected quickly with no pain.

The centres also connected off the body straight away.

Conception Vessel and Yin Heal: Right then Left opened slowly.
Thrusting and Yin Linking: Left was electric before opening, Right was just starting to move at the finish of the session.

Session 8 (1 week)

Lots of dead-lines this week and all addressed well.
Energy is good except for the first hour in the morning.
Not feeling stretched now.

Treatment #8

Right then Left Belt and Yang Linking Vessels showed cycles of pain and release, finally opening and connecting.

Session 9 (2 weeks)

Very busy week supporting others.
Temporary finances are difficult.
A little tired in the mornings but no aches and pains.

Treatment #9

Checked the Double Passes.
Hod/Netzach opened and connected after 15 minutes.
Gevurah/Chesed opened and connected after 10 minutes.
Binah/Chochma opened and connected after 10 minutes.

SP1's opened to some movement.
Right ST45 and ST Divergent moved and opened mildly.
Left ST45 and ST Divergent moved and opened mildly.
KID1's started to move at the end of the session.

Conclusion #9

NG reported feeling energised and clear.

Session 10 (1 week)

Still busy but doing OK.
Temporary financial issues are causing a mounting tension at home.
A lot is being left unsaid.

Treatment #10

Hod was very slow to respond, then opened well.
Hod/Netzach opened well.
SP1's responded quicker this time.
SP3's opened.
LIV1's opened.
LIV3's opened.
GB44's were tight and had little movement when the session ended.

Session 11 (2 weeks)

Got a cold after the last session, lasting for 4 days then recovering well.
Sleep in deficit due to daughter, but sleeping deeply when given time.
Feeling motivated and good.

Treatment #11

Gall Bladder Organ opened quickly with little pain.
Tiphereth opened well.
Hod opened quickly.
Hod/Netzach [on] was very slow to open, with poor connection even after 25 minutes.
Hod/Netzach [off] opened and connected after 10 minutes.
KID1's: 20 minutes to respond then cleared quickly.
KID'3s were tight and electric, still charged after 10 minutes.

Conclusion #11

Felt I should treat Netzach on its own next time.
NG very busy for the next two weeks, next session in 3 weeks.

Session 12 (3 weeks)

Very under the pump but the tank is not empty.
Starting the days better.
Capacity and desire are up.

Treatment #12

Tipereth opened quickly and fully.
Netzach also opened well.
A quick check of Chesed, Yesod, Hod, Chochma and Binah had all opening quickly.
Gevurah was bit slower.
The Double Passes all responded quickly.

Right KID1 and KID3 were very tight before releasing.
Left KID1 and KID3 opened much quicker.

Session 13 (2 weeks)

Creative work in the last week has been very enjoyable.
Not stressed, just a bit tired.

Treatment #13

Tipereth was tight and released moderate ache before clearing.
Netzach was very tight before opening.
Tipereth/Netzach opened quickly.
Yesod then Chesed opened quickly, then balanced well.
Malkuth opened quickly.
Chochma was tight before opening.
Malkuth/Chochma balanced quickly.

ST45's slowly opened.
Right then Left ST45 and Divergent to ST41 cleared and opened.
Right then Left SP1 and SP3 cleared and opened.

Conclusion #13

NG reported feeling energised following the session.

Session 14 (1 week)

NG reported that he was finally finding time for meditation [Inner Smile] and was trying successfully to be kinder to his stomach,

Treatment #14

Hod was achy and slow to open.
Hod/Netzach opened and balanced quickly.
Gevurah opened slowly.
Gevurah/Tipereth opened after releasing a lot of ache from Gevurah.
Gevurah/Chesed opened quickly.
Binah opened quickly.
Binah/Tipereth opened quickly.
Binah/Chochma opened quickly.

BL67's started to move.

Conclusion #14

I pondered treating the SI19's at the next session.

Session 15 (1 week)

Busy and great weekend with birthday and family gatherings.
Started at the Gym again and physically feeling great.
Still a little slow to start in the mornings.
I suggested NG to give himself small personal gifts of time in the mornings.
I felt that NG's ongoing health was closely related to him honouring himself.

Treatment #15

Hod was quickly responsive but slow to really open.
Hod/Netzach opened quickly.

Right then Left GB34 to GB44.
Right then Left BL60 to BL67.

ST4's were fizzy and gradually started to move.

Conclusion #15

After seeking some advice I decided to open Yesod and its connections more fully.

Session 16 (1 week)

Good lift from last week

Treatment #16

Yesod was tight and opened well over 30 minutes.
Yesod opened to Malkuth, Netzach, Tiphereth, Chesed, Chochma and Hod.
Finished with a few minutes on Hod/Netzach which started to move.

Conclusion #16

Overall Yesod felt reluctant and tight in its connections.

Session 17 (1 week)

NG reported better resilience and frame of mind.

Treatment #17

Yesod was easier to open this week and opened more deeply.
Yesod also opened to the front Sephira quickly.
Hod opened more deeply.
Hod then opened to Netzach, Yesod and Malkuth.

Right then Left Kidney organ to Malkuth.
Left then Right KID1 and KID3 opened well.

Conclusion #17

I was happy that both Yesod and Hod were opening easily and connecting to the other Sephira.

Session 18 (1 week)

NG was getting busier at work and was also ready for a break.
So this was to our last session for a while.
I decided to finish with a Circulation of the Light Balance.

Treatment #18

COTL Balance.

Conclusion and Result

NG reported more sustained energy and generally a better feeling about life.

I am happy with that result and hope that NG can continue meditating and honouring himself in his life and relationships.

Despite not doing release work nor NG telling me his old stories, NG has more insight into his pattern and position in life. NG's Sephira and Nativia are softer and more open and NG has a better perspective on how he honours and dishonours himself, both personally and in relationship.