

29 year old woman - three sessions

In April 2012 a 29 year old woman came to me with a history of ten years of ongoing illnesses, particularly stomach ulcers and bronchitis that often turned to pneumonia, tonsillitis, colds, flu, stomach flu and so on. She had moved from the US to Australia 2 1/2 years earlier and had been sick the whole time. The last two months had been particularly bad, her energy was so low and she twice had to postpone the first session due to suspected whooping cough. She had been tested for autoimmune disease and nothing had showed up.

Basically, this was a woman who knew what the problem was and just had no resources to deal with it. Her father had left her mother and the family ten years earlier, leading to the loss of the family home, and then just after she came out to Australia, she had a major falling out with her father that she described as traumatic and like a death.

Most of the first session was spent opening the heart while we talked about what happened, and then K released being hurt. Eventually, she was also able to say, "I forgive you, Dad" and then "I forgive you, Dad and I let you go". This was huge for her, but also she was really ready for it, at some level really wanting this even before she knew anything about Acu. I felt a lot of heat in Tipereth at first, then it contracted down like a vice, and then it let go and opened and even K felt that happen.

I then opened Lu7 R then L to open the Conception Vessel and then Stom 36 L then R and Ren 12 to help with the stomach and throat symptoms. I finished by teaching K the Inner Smile. At the end of this session she looked and felt really different, her face was much more relaxed and open.

The second session was about two weeks later and she had not had any illness in that time, and had been doing the Inner Smile some of the time. She reported she had had an endoscopy and had not had formal results, but was told there was "nothing terrible to be found". However, we agreed that the focus now would be on reducing the long term symptoms of acid reflux and the burning in her oesophagus and stomach.

I started by balancing off the stomach organ to Stom 36 on the left while we talked about worry versus trust and sympathy versus empathy, which was very important for her and also related to her father. I then opened Stom 36 on the right.

Since we had been talking about trust, I then moved to shen tao. This was reluctant to move, so I balanced the base to shen tao first, then shen tao alone. Shen tao felt achey and throbbing before it began to open.

After that I opened Ren12 and balanced Ren 12 to Ren 14 which are points listed in Deadmans for reflux and which felt very electric and burning at first, until K released being worried, and then they opened.

The final session was a week later, and K was still keeping well, but described recurring dreams that her husband is being unfaithful, (which she knows to be totally untrue) but which we agreed meant she could do with further work around trust.

I began by opening shen tao while we talked about where she doesn't trust and then released not trusting the men in her life.

Then I opened the internal trajectory points for the stomach (Stom12 to CV12) while we talked about anger towards her father. CV12 in particular felt very tight, and K felt her whole chest tighten, so I opened Lu7 left then right to open the conception vessel as a whole, then went back to CV12 and Stom 12 which went crazy at first before opening.

As homework in addition to the inner smile, i taught K the Chinese internal exercise for stomach.

I saw K several weeks later, and again a month after that, just before she moved interstate, and both times she said she was still really well, and telling everyone about her miracle healer, but really, she herself was just totally ready for moving forward as she did.