

## **55 year old woman, two sessions**

In July 2011, a 55 year old woman came for treatment of pain in the lower back and coccyx region and also pain and tension in her neck and shoulders. This was something that seemed to recur every one or two years, and this current occurrence had been with her about two weeks. Sometimes it would be on the left side, sometimes the right, this time it had started on the left but was now primarily on the right. Where she pointed out the pain appeared to be in the Bladder channel. She had had treatment from an osteopath which had improved her symptoms a little.

She had not experienced an accident or other physical reason for problems, but expressed a lot of emotional concerns about her family, being particularly upset with one daughter who was about to have her fifth child and who the mother described as being controlling, manipulative and negative. Her concerns seemed to relate equally to Yesod, heart and throat, so we talked about her concerns around her family while I opened each of these centres in turn. During this process, she realised this was a much more long term pattern in that both her mother and her daughter treated her in similar ways, so I had her release being bullied while I opened sex to throat. Yesod in particular felt like ice when we began this, but it eventually opened.

Then I opened Yesod and SI3 on the right, then SI3 to BL62 on first the right side, then the left. All these points felt achey and took quite a while to open. At the end of this session A said her back felt loosened and more fluid, and when I spoke to her next day she confirmed it still felt better.

The second session was not quite two weeks later, and she reported her low back felt completely fine and her neck felt easier since the previous session, but she had great knots in her shoulders, particularly the left side. Where she pointed to was pretty much on GB21. She noted also that the left shoulder joint clicked and pain radiated from GB21 on the left down the left arm itself.

Since the symptoms were now mostly on the left side, I started by opening Gevorah while she first talked in general about what she resents in her family and then formally released resentment.

Then I opened the GB divergent channel on the left hand, then GB21 on the left and then balanced these points to each other. Then I cupped the left shoulder including GB21 while resonating off the liver until the qi descended out of the shoulder. After this the shoulder was much less clicky, but she mentioned she felt funny in the throat, so I opened Chesed, then balanced Chesed to off the liver while she released anger. After that her throat felt clearer and the shoulder itself felt much better.

The next day she reported by phone that she had had angry words with her husband immediately she got home and felt emotionally disturbed all night, but that she had then had insights into her angry reactions. She then went away for 2 weeks, and on her return reported that three days after the second session, all symptoms in her neck and shoulder, arm and back had completely gone and stayed gone.

