

Case Study Seven

The Person and the Complaint.

A 31 year old woman had a miscarriage and hasn't had period unassisted by the pill since.
She felt emotional stuck and couldn't connect to her family.

The Story and Emotions.

She had miscarriage October 2011.
This was in Germany, but had "dream Job" so she just powered on with her life.
Her relationship ended 6 months afterwards. They were together for 5 years and both wanted the baby.
Her partner was very wary of people leaving him and put a lot of stock in the baby changing his life. He blamed her for the miscarriage and became aggressive and angry. It was such a big change that's why she came to Australia.
She has not grieved and only told her family about this in December 2012.
Her relationship with her mother has always been difficult.
Her health has not been great. She also had trouble with tonsils.

She had a random period in October, and then went on the pill for 3 months on the advise of her doctor.
Went of it and hasn't head a period since.

The Energetic System.

Her heart was incredible chakra was incredible tight and blocked to the yesod.
Yesod was very tight and painful. These appeared to be block from the grief of the miscarriage and her relationship ending.
Her pericardium was also very tight.

Treatment – first session.

Resonance to the heart, which was really holding. She said she felt really angry.

Angry at ex for not being in the hospital with her, she had to go get an operation to get the fetus removed. She had to do this by herself.

We did “I.R being angry with you (partners name)” and “I.R losing the baby”

Released feeling guilty about losing the baby, and being angry at the baby.

She only had small shifts, and I could still feel the angry coming through.

Said she was angry at her mum, Love was very conditional – Talking about this started to shift her heart.

Released closing heart to mum, and herself. Got her to feel love for someone else then feel it while releasing closing her heart to herself. This worked much better.

But still felt very tender.

Did front and back of heart- really painful.

We talked about not trusting Love because of the conditions her mother put on it. It opened up a lot when talking about this, but still along way to.

She could feel pain in the back.

Session 2

She was very emotional all week.

She still has the scans of the baby since miscarriage- carries them with her, and hasn't been able to get rid of them. She wrote a letter to the baby and her ex, and through them into the sea. She felt lighter, like a weight had been lifted off her.

I opened her heart and heart to sex. Talked a lot about finding love inside herself not just doing love. Released not trusting love, and I trust love over the heart and yesod. Heart started to balance to Yesod but needs more. The heart moved a lot easier than last week though.

Session 3

She felt a lot more relaxed this week. I just continued to balance the heart and Yesod. I also opened PC9 to the back of her heart. She could feel warmth as this started to release.

Session 4

She had to go back to Germany in 2 days so just balance heart and sex, and then opening Ren 3. This was very dull, then started becoming really hot and painful. She described like having period pains. This continues for most of the session, but by the end it was open a lot more. It felt quite warm. I would've liked to have done more but we didn't have time. She left with the feeling that her period was coming on. I suggested she see one of the European practitioners, and at least get treated through a whole cycle.

How it was resolved.

The following week I received an email saying that she had her period. She also followed up with another email saying that she had her period exactly 29 after her first one.