

69 year old woman, four sessions

In August 2011, a 69 year old woman came to me because of pain in her neck, primarily on the right side, radiating up into her head. Her range of movement was ok except for hard turning in the car which was very difficult, but she had constant pain 5/10 and could not lie on her right shoulder due to the pain. She had been in a bad car accident 2 years prior, but the problem started in a milder form before that. She broke in her ankle in the car accident but that healed well and has given no trouble since. When I had her turn her head side to side, up and down, or at an angle, she could do it all but all caused 5/10 pain both sides, especially in the area of GB21.

She also had arthritis in her hands, the right hand in particular showing arthritic deformity, and often had headaches at the back of the neck, particularly the right side. She described herself as a very uptight person who never relaxed.

She had previously been treated with cortisone injections in the muscle of her shoulders, chiropractic (which she had become scared of) massage, Bowen and kinesiology, none of which had helped.

It seemed to me that the neck problem, although exacerbated by the car accident, was due to long term controlling of anger, blocking the throat and hence the gallbladder channel.

In the first session, I started with opening Chesed, and Chesed to the gallbladder organ while we discussed her car accident - was she angry at the other driver? did she have something she had not been able to say about the accident? I also balanced the GB divergent point on the hand to GB21 on both left and right. She felt pain down the inside of her arms until these cleared.

I then opened Gevurah to LI1 on the R, then bilaterally balanced BL67 which felt very blocked and she felt a change in her neck after they opened. Then I balanced Si3 to BL62 on first R then L (right took much longer). At the end of this session her neck felt the same but she felt much more relaxed in the shoulder muscles.

At the second session she reported that she felt improved, her shoulder muscles were more relaxed and less sore but she had a headache at the back of her neck on the right side.

Due to the location of the headache pain I began with opening the TH channel, first TH1 on the right, then TH1 to TH5. When these opened she felt less sore in the back of the neck.

I then opened Chesed to on the side of the neck while we talked about control, and then she released "bottling up what I need to say" and did acceptance of "express myself appropriately at the right time". Chesed felt very achey and prickly to start. When Chesed opened she felt her neck loosen and she had more movement.

I then opened Chesed to off the gallbladder organ, both of which felt very tight at first, then Chesed to GB21 on the R. GB21 would not open so I balanced GB21 to off the liver area and this enabled GB21 to open. I then bilaterally balanced GB21, which took a while, then opened GB20 to GB21 on the right.

At the end of this session she said she felt pleased with the progress so far.

At the third session, a week or so later, her neck was sore again and she also was dealing with an inflamed skin condition to her face, treatment for sun damage, that made her very self conscious. Her neck was sore from GB20 down the neck and under the ear on the right side and also along the LI channel on the right.

Even though the symptoms were on the right, because of the skin condition and blocked LI channel I checked Gevurah, which felt completely empty, no energy. I opened Gevurah, then balanced Gevurah to on the right side of the neck, then off Gevurah to first on, then off CV21, all of which caused quite a bit of heat. Her neck felt a little better after this. Then I opened LI1 on the right, which caused pain up her arm at first, then LI15 which made her arm feel much better.

I then returned to the gallbladder, bilaterally balancing GB44 which felt very achey before it finally opened, and then GB20 and Binah to GB20 which felt very tight at first.

At the fourth session a week later I balanced the side of the neck where the pain was focussed to first Chesed and then Tiferet while we talked about what in her marriage made her angry and frustrated, and then back to Chesed to release anger. I then balanced the side of the neck to the liver area, then opened Liv 3 R, L then BB (R felt very tender to touch but not the left). Back to GB20 to GB1 on the right which felt very blocked.

I also taught her the Inner Smile as a way to help deal with anger.

At the end of this session there did not seem to be much change to the neck, but she rang me two weeks later to report that although her neck was not perfect, there was considerable improvement and she was very happy with how much better she felt.