

Case Study 10

The Person and Complaint.

A 46 year old woman presented with pain in the neck and shoulders.

The pain would range from 4/10 to 8/10 and was currently 6/10.

The pain would also radiate down her arms.

Although she had almost full range of movement it would feel like a strain to move her neck.

The Story and Emotions.

At the time she was having tensions with an ex business partner. The business partner would not get back her or cooperate with the sale of property they owned.

She felt as if she was always the responsible one and was always dealing with immature people.

The Energetic System.

She had seemed to have blocked the gallbladder meridian through anger and frustration. Gevaurah and the triple heater also seemed blocked.

Treatment – First Session.

I started at GB21 bilaterally. This was very tight and jumpy. I got her to tell the story again, and Say I release frustration. This caused GB 21 to start to release and become really hot. It started to pain my finger. I stayed on this for about 30 mins, and then moved to Gb 21 to Gb20 on both sides for the remainder of the session. This was very jumpy but started to soften a lot after a further 30 mins.

The pain had reduced to 3/10, but had moved to the Triple heater line in the neck.

Second Session.

Her neck felt a lot better after the last session, and she reported 2/10 pain a couple of days later.

She had since had further issues with her ex business partner, which caused her to tense up again but not as badly, to about a 4/10.

I went back to Gb 20 to Gb 21 on both sides. This felt better than last week, but was still very hot. It settled after about 30 mins.

I then went to the ThH 1 to C7. This was really tight and quite hot. We talked about staying out of her story about her business partner, and discussed the analogy of be angry and resentful was like drinking a cup of poison hoping the other would get sick.

I should a version of the inner breath that she could use to calm her mind and gave her the inner smile to do everyday. She could see the correlation between her story and her neck.

As we were talking about the above, C7 and the TH meridian relaxed a lot.

I then balanced Gb 1 to TH 1. She could feel her neck area get warm after this, and the pain was mostly gone.

Third Session.

This week her pain had been a lot better, only about a 2/10, with a lot of pain free time.

I opened GB 44, which was slow and felt thick. Once it started to move, I went back to Gb 20 and 21 bilaterally. This felt a lot better than it had in the previous session. This opened well and became warm and flowing.

She had been using the methods I had given her in the previous session, and was trying to keep out of her story.

I also opened TH 1 to c7. This was quite hot at the start but opened well.

We revisited the techniques I had given her in the previous session.

Forth Session.

She had reported a mainly pain free week. Her neck had only been 2/10 pain a couple of times when she was working. I cleared GB 20 and 21 bilaterally which cleared easily, as did Th 1 to C7.

How it was resolved.

She reported a pain free week, and since felt she was dealing with her ex business partner a lot better, and things were progressing smoothly.

I advised to contact me again if she had any more pain.