

Case: pain in the neck 45 year old female

The Person & Complaint

- A 45 year old woman presented with pain in Geburah region of the neck 8/10
- It started two weeks previous.
- The patient also complained of pain on both sides of the neck when head is turned left and right.
- Client had osteopathy session that had brought some minor relief
- pain making it difficult to work at the computer, sleep and also she is unable to cycle .

The story and emotions

The woman is self employed but on contract with a man who is teaching her a new technique. She finds it frustrating that he doesn't always pay her on time and seems to take advantage of her junior status putting her down in front of their clients.

She presents with some resentment toward herself for not being able to move on in her life.

The energetic system

Is having difficulty letting go/resentment – Geburah.

There is also grief – Geburah/heart

Her frustration is creating a block at the heart. She is angry with herself at not being able to move. And hurt which is creating imbalance in small intestine system.

GB channel blocked by controlling anger.

Client unable to express her anger/frustration blocking the throat.

Hod blocked through the dishonour she feels at not being respected in her professional life.

Yesod at the sex governs relationship including money. As there is a money issue this will be blocked too.

Treatment

1. Resonated Geburah 30 minutes. Very painful. Stayed on this and client immediately felt more pain, which eventually subsided. Pain reduced to 5/10.

Opened back of heart (on). Client felt more relaxed.

2. Some of the pain had returned during the week.

Another 30 minutes on Geburah which less painful than previous session but still blocked.

Throat – pins and needles. Client talked about how anger never expressed whilst growing up. She hates feeling angry. Fear came up.

Base – very tight. Client talked about being bullied as a child.

Talked through inner smile.

3. Pain much improved. 4/10

Balanced Small Intestine 1 to Geburah. Some pain relief when turning head.

Balanced Triple Heater 1 to Geburah. Very painful. Didn't completely clear but again a further reduction in pain when turning neck. 2/10

4. Client much happier and seems more emotionally stable. Pain hovering around 3/10.

Palpate GB organ - very painful for client.

GB divergent to Geburah. Tight and painful.

Hod – client talks about her over bearing mother and difficulties in managing her affairs.

Resolution

Pain completely cleared. Client very happy with reduction in pain and improved flexibility in neck. Practising inner smile has also helped situation. Work environment cleared and feels able to express how she feels to her boss. And feels more confident about herself and has made plans to set up on her own.

She is able to type pain free and enjoying riding her bike.

