



Nervous breakdown, 34, Female

The Person & Complaint

- Married for 6 years, they've been together for 8.
- Children 2 and 5 years old.
- She is having a nervous breakdown cause she's feeling overwhelmed with work and family.
- She has been having trouble sleeping for a couple of weeks now.
- She has had an overactive thyroid in the past and had a miscarriage because of it. All under control now.

The Story & Emotions

She doesn't feel like the husband is contributing enough and that he doesn't understand how much she does. They had just had a fight over it before she came, she was quite upset. She doesn't have family in Australia either which she's finding hard. She feels like the husband is quite jealous and doesn't trust her. She loves her job and her two kids, just feels burnt out.

The Energetic System

Heart/ shen tao - sleep, stress
Sacral - husband, kids
Navel/hod - double pass

Treatment – first session

She was very hyper when she was talking to me.

- Did Shan Tao to P6 to calm her down. She fell asleep almost immediately. It was tight and achy.
- Hod (achy!) to bellybutton (crazy electric) and navel centre which wasn't moving at all, took a while to start.
- Finished off with K1's – not connected, electric.

When she woke up she said she felt so much calmer and peaceful. We talked about meditation, she said she does the guided ones. Suggested she comes to try the weekly AcuEnergetics meditation classes which she seemed open to.

Treatment – second session

She felt much better after last session. Sleeping a bit better as well but not enough hours which makes her fatigue throughout the day.

She's much calmer and said he and her husband has had a great week and she could really see how her being calm and centred affected the whole family.

She had been to a meditation class as well and will start doing the inner smile at home when she has time.

- Did the CoL for this session. She loved it and could feel a lot of things moving in her body.

Didn't finish but got through it on the fourth session.

Result/ How it was resolved

She felt like she was back in her body and could see what she needs to do to keep herself and her family happy and healthy. She will keep doing the inner smile