



Case: Not coping with life, being overwhelmed with recent events, 21yo, Male

The Person & Complaint

This man has not been coping with life and feels overwhelmed with recent events. He is normally full of life and easy going. He is in a relationship. His parents are divorced. He is closer to his mum than his dad. Both parents have moved forward with other partners.

The Story & Emotions

My client has been travelling for the past 18 months and loving it. He met a girl in Columbia. She fell pregnant. They decided to abort the baby and he has no problem with this decision. He returned to Australia while she had an abortion in the U.S. She then joined him back in Australia but she was unwell and still bleeding. She had a second operation for retained products. She was much better after that to the relief of my client.

I only have the opportunity for one session with him as he is moving to Byron Bay tomorrow.

The Energetic System

- Malkuth energy centre is blocked by fear and uncertainty in the world.
- Yesod energy centre is blocked by guilt in respect to not being there for his girlfriend's abortion.
- Yesod and chesed being soul correspondence was block by guilt and the inability to connect with his dad.
- Path Tav, The fool is blocked by fear and the delusion of his decision to abort his baby and his father's decision to keep his baby. He was completely overwhelmed.
- Shen Tao energy centre was blocked through not trusting the world and closing his heart to his dad.
- The Gall bladder was compromised by being out of control/overwhelmed which also played a part in closing the heart.

- Kidney was compromised through fear. By opening KI it relaxed the kidneys and nourished the heart.

Treatment – first session

- Opened **Malkuth** to **Yesod** and released **fear**. These centres were very blocked, had good result with this release.
- Opened **Yesod** to **Chesed** and released **guilt**, released **guilt for putting girlfriend in this situation**. Both centres were crunchy and tight at first, then with the releases, movement started to occur.
- Opened **Heart** to **Yesod**. Talked about his plans for him and his girlfriend ask about his thoughts on commitment. He wasnt sure how he felt with commitment but he did feel restricted. He released **feeling restricted**. The energy centres started to open up and talk to each other.
- Opened **Malkuth** to **Yesod** and released **being scared of commitment**, and released **being overwhelmed by the world**.
- Opened **PC 8** to **Shen Tao**, released **not trusting the world**. **I accept the world and I trust the world**.
- I felt that there was something else that needed to be addressed, when I asked, he said he would like to look at his relationship with his dad.
- He then told me that his father confided in him and ironically he told him that he and his partner are expecting a child and have decided to keep the baby.
- He was taking on his fathers situation and was concerned of his decision to keep the baby.
- We talked about him not taking on his fathers worries as he is not responsible for his dads actions. He is only responsible for his own actions.
- The conversation turned into something about his dad not sitting right with him. He loved him, he was a good dad but there was no guidance for him in becoming a man.
- He realised that he was disappointed that he didnt play that role in his life. At this stage he was coughing and his throat was tight.
- Opened **Yesod** to **Chesed** and released **my disappointment in you dad, fuck you dad**. Both centres became in sync and smooth.
- Opened **Heart**, **I love you dad, I open my heart to you dad**. Huge release, feels much better.
- Opened **GB 44** bilaterally
- Opened **K1** bilaterally
- Needed lots of grounding.

My client was very impressed. He felt much better, lighter and more in balance. He mentioned that all the releases were spot on. He was on top of the world.

Result/ How it was resolved

He was happy with the world and at peace with his dad. He is now living a wonderful life at Byron Bay with his girlfriend.