

Powerlessness, Female, 65

Person & Complaint

Client is super frustrated and unhappy due to covid and the elections cycle happening. She is struggling to find joy in life.

Story & Emotions

Client has felt a growing unease since March when the pandemic hit. She normally travels quite frequently with her husband because they are both retired and have the means to travel all over the world. She loves to visit her grandchildren who live down the road from her but due to the pandemic, she has been stuck at home and can only visit grandchildren and be outside wearing mask. She feels fear and safety concerns when she visits them. She is super angry at Republicans and Donald Trump. She volunteers for a local Democratic group in making signs for the upcoming election as well as a gun control group, which makes her feel like she is contributing but it is also a trigger for feeling more fear and frustrations. She has very little tolerance for people who don't think the same way as her. Her father died about two years ago and she hasn't fully processed the grief in that loss.

Energetic Body

Client has a closed base from fear and feeling powerless. She has blocked her heart from fear and grief. The heart/gallbladder connection is blocked from control, anger, and powerlessness issues. A lot of the covid safety issues are stuck in her gallbladder where she is trying to micromanage everything in her environment so that she doesn't get sick. She has also closed her occiput in trying to keep everything super structured and safe. She has a history of getting migraines which run in her GB and TH channel. She is having a really hard time relating to people who don't align politically with her, which is blocking her sacral center. She also has guilt from when her father died that is blocking the sacral center and its connection to the heart. She has a hard time letting go of these emotions which is blocking the back of her neck. She also has some resentment towards family members in the BON. Her throat is blocked in anger and frustrations. The kidneys are also tight due to fear.

Session 1

I started with shen tao to H7. This was very blocked and painful. Once we got movement I went to her base and kidney center. These were blocked, her base being more blocked than the kidney center. We talked about her fears and how she feared Donald Trump would become president. I explained that she had two choices could live in fear that he was going to become president again or she could choose the freedom of an open and flowing energy body by living in trust and acceptance of whatever was going to happen. She had no control over the election outcome, she just had control over how she wanted to be in the moment. We talked about how her power comes from how she wants to react to life. We looked at ways she was giving her power away and how she could start to change that over the next week. Shortly after this I got some movement in her base and she could feel her body start to calm as this moved.

Session 2

She came in blocking in the same way as she had been the last session. I got movement in her heart and base again. I had her feel into the physical feeling of fear and release it. I

worked on her K1's as well but this didn't have the effect that opening her base did in the first session. I told her that she had the ability to choose how she is going to react to the news and her life. We talked about all the triggers she has and how she can reduce triggers to reduce the fears. I finished with some sacral work because I wanted her to be able to relate to herself and others in a more open and loving way.

Session 3

Today was her sister's birthday. She has a really poor relationship with her throughout her life and since her dad died two years ago it has only gotten worse. I went BON to heart and it felt very painful. We released her dad with a formal release. "I love you dad and I release you". As she talked about his loss she realized how much family drama and hurt from his death was affecting her life. She was carrying around so much grief, guilt, resentment and anger. I also went to her throat and had her feel into the anger. She had anger at her sister and multiple family members. She was able to feel it and release. I got really good movement in these centers.

After this session she told me that realized how much of her daily energy had been spent on the grief and anger of her dad's death. She felt so much lighter and more free after letting him go and gaining an awareness as to what emotions kept getting stuck.

Session 4

I started with sacral work and connected it to the throat and heart. I noticed that when she talked about her volunteer work she had an angry energy. I mentioned this and said that she might find a lot more enjoyment in her volunteer work if she made it more about love she has to make the world a better place and less about the horrible ways that people need to change. Within the last week she had started to volunteer with a local gun control group. I mentioned how she could hold a loving energy that would keep her in a loving space as she did the work or she could get angry about how there needs to be better gun control laws and be in that energy as she spent hours helping the group. I gave her a few more examples and it clicked that she was angry and every time she thought about it or worked on the projects she held that fiery energy. As this unfolded her heart center really opened to the sacral.

Session 5

She came in with a migraine. She gets aura's and takes a migraine pill that helps to curb the migraines. She had taken the pill but still felt pressure in her face and knew she would continue to feel this way for three more days. She rated the discomfort at a 5. The pain ran along the GB line and into her TH channel next to her eye. I started with GB 1 and TH23 bilaterally to get her out of pain. This took most of the session. I finished with GB44's bilaterally which took the rest of the pain away. She mentioned at the end of the session that the nausea she came in feeling was also gone.

Session 6

I treated occiput to GB21's bilaterally for most of the session. Once I got movement in occiput I made sure her throat was open as well. As the occiput opened she could feel how the energy in her head lightened and how her ears, teeth, and eyes lightened. We talked about how she structures everything in her life as a way to control her environment and make it feel safe. This was something she learned as a child living with an unstable mother. As she talked about her mother her throat opened.

Session 7

I treated her gallbladder organ and CV17 and CV14. I wanted CV17 to move because of its relationship to the TH burning space and the heart. She was feeling triggered about the election and the future of the world for her grandchildren. I mentioned that I was working with people who have the opposite political beliefs and are closing down their energy bodies in a similar way and feeling similar. I wanted her to understand that her blocks were from strong attachments to her opinions. I suggested that maybe Republicans were coming from what they felt was a place of love and also struggling with how others could feel so different. She was choosing to react in a way that a lot of people were reacting. That was part of a very big issue that has been happening in our election cycle and in politics. The other side could potentially be loving people and mean well and have a completely different belief/value system. If we actually got more curious about them individually we might not feel so polarized.

Session 8

I continued treating gallbladder to H7 bilaterally. Once there was a good connection to H7 I moved to GB34 while staying on her gallbladder. GB34 (Right side) was very blocked and I got little movement in this session.

Session 9

This was my last session because my client was travelling south for the winter. I continued to open GB34 to GB44's bilaterally and got movement, but I was unable to open the channels completely. I let her know that her migraines might come back because I was unable to get the channel completely opened and there were a lot of environmental triggers happening with covid and the election cycle. I mentioned she could try to find an acupuncturist to continue opening her meridians. We talked about how she has a better awareness of how and when she closes her energetic body and how she has the power to shift into acceptance of the moment and then choose how she wants to respond. I recommended that she keep meditating and to continue to find ways to stay active. I also mentioned having an awareness of doing things with too much structure and control verses being light hearted and finding joy in her daily life.

I spoke with client a few weeks later and she was enjoying the warm weather and feeling light and happy. She was recognizing when she felt powerless and noticing how it made her react. She was watching less news and focusing more on enjoying new things and maintaining a connection with her family in MN through FaceTime.