



#### CASE STUDY 4

##### **- The person and complaint**

**Include a brief description of the person, their relationships/family, their complaint, any relevant facts, health issues, history, etc.**

Woman, 35, was born in Tunisia. She is a beautician.

She comes to see me, she wants help specifically with an issue, which is being able to be in a relationship with a man.

She's moved with her mum from Tunisia to Corsica (island off France, facing the Italian coast) when she was 12, there she reconnected to her father, she didn't know him before.

##### **- The story and Emotions**

**What's the story with the client? Is there one? If there's nothing obvious, is it more of an attitude or recurring feeling? What are the emotions that the client is experiencing or repressing?**

She's left Corsica, where the family lives, including brothers and sisters, two years ago, she says that she did not like the hypocrisy of the family.

To relate to men has always been an issue for her, always running away from men as soon as sexuality comes in the picture, scary for her.

##### **- The Energetic System**

**How has the story, attitudes and emotions affected the energy system? What is blocked/congested? What obvious centre's, meridians, fields etc are contracted?**

The Sacral energy centre would be congested from: relationship with her family, with men and her sexuality.

Holding at the Heart centre, holding at the PC meridian.

##### **- Treatments**

###### **First:**

Started off with some P9s off the fingers while she was sharing the above mentioned. As soon as it is clear that the issue is around the father she lies on the table and I resonate off heart/throat. She shares that she has been abused by him at some point of her life. Maybe because of the cultural influence, it is difficult for her to 'expose' her father (account him responsible) for what he did, she says that she's been ruined forever, that she can't forgive him, but in general difficult for her to stay in it.

She expressed that she wants to start living a normal life, finally free of guilt and fear. I kept letting stuff come up as she felt comfortable to chat.

Together with off the heart I resonated off the sex and then off the base and ended the session resonating off the heart and bringing her back.

She shared she felt very relaxed (she is quite hyper as a person) hardly feeling her body (did ground her) and in general lighter.

###### **Second:**

Resonance to Shen Tao, on and then off. H7's and H9 too.

I kept the same approach of the first treatment, letting stuff come up as she felt comfortable to chat.

Talked about how things in the past can become locked in our body and still affect us now even if in our head we feel clear about them.

Had her lie on her back and did resonance to her throat to heart again. Talked about how we don't forgive because something was right but because we want to be free of it. That to be fully free to enjoy a loving relationship, forgiving her dad for the past will make it easier. Difficult for her to stay with a given release sentence, she could say from 'Dad I don't like what you did to me' to 'I want to live a life finally free, without fear and guilt' to 'I want to be happy'.

I did not see her anymore after the second treatment, she was heading off to work in a mountain resort in France for the summer season.

If I had the chance to see her again I would have at some point treated SI 3 to Geburah and also to Yesod, strengthening the back, to help her develop personal power and ability to say no, discriminate what she needs, in a nice way.