

Case: sleeping problems, 40 yr old woman

The Person & Complaint

A woman in her forties presented with sleeping problems. She would regularly be awake at night. On average 5 nights out of every 7. Her pattern to get back to sleep would be to eat and have a cigarette.

Client wants to get into a regular sleeping pattern. To be able to sleep right through.

The story and Emotions

She told me when she was young her father would use her as an excuse to see his mother. Client spent a lot of time with father's mother and describes her as being 'two-faced'.

She also reports a strong feeling of fear. Often being overwhelmed by it.

Although not always the client's pattern is to wake some time between 0100 and 0300.

The Energetic System

Survival Fears effect the base centre and are ability to relax. The base centre and particularly survival fear effect the kidney/bladder meridian systems – when the kidneys are not relaxed because of survival fears the tendency is to live from adrenalin. When there is too much adrenalin it effects the quality of sleep.

When the base is contracted this has an effect on shen tao the centre at the back of the heart.

She is eating at night for comfort and or because she lacks energy - indicating an Emotional fear and blockage at the navel centre.

Being used by the father (dishonour) - Hod, which is also the kidney gate. Again creating an imbalance in the kidney system. And Hod is a one of the two energy centres responsible for distributing energy round the body.

During 0100 and 0300 is the low energy for the heart system. And again because of the unresolved issues with the parents this could be unsettled and when the shen cannot rest in the heart centre this is the same as an unsettled mind.

Treatment:

One: Base. Very tight ask client to talk about childhood. After 30 minutes begins to relax.

Back of heart – very painful. Client complains of pins and needles after 20 mins this passes.

Two: Navel centre is congested. Begins to relax.

Explain the inner smile. Highlight the benefits of how this settles the energy in the heart and consequently the mind.

Three: Client getting had a couple of nights sleeping through. Dreaming a lot.

kidney gate. Client reports an uncomfortable feeling. Then dizziness. Settles down. Tolerable and after 15 minutes begins to relax.

Four: kidneys direct very sore.

K1's

Resolution

Client now regularly sleeping 5 nights out of 7 through the night uninterrupted.

Practising inner smile when remembers and acknowledges that she sleeps better when she does
And when she does wake it's not so difficult to get back to sleep.

No longer eating at night.