

Case AR 2013 male age 39!

Snoring insomnia and non specific anxiety

Wasn't sure where he was blocked no obvious emotional component on questioning

First session I did Circulation of the light during which I felt a lot of blocking in his nativa of justice. He later revealed to me during a treatment that for the last few months he has been worried and upset regarding two situations . One was involving a family member who had been in what he felt was an unfair and potentially preventable accident and another was his own feelings of injustice towards a situation in his work . This fitted with the contracted feelings I had noticed between Geburah and Binah

He came weekly for a couple of months !

During the subsequent sessions I focused my treatment on Geburah and Binah as well as Chesed

Points used were both wrist gates P6 and TH 5 (opening to throat , yin and yang linking) and Kidney points on feet - K3 and K6 (yin heel -connected w Binah and also goes to throat) also resonance to Binah whilst doing resonance to base

(female pole) nourishing receptivity and yin

Outcome- his symptoms improved his snoring became less of a problem with time as whenever he would start snoring he would become aware of it in his sleep and stop it without waking up. His wife told him he snores less
As a result his insomnia improved and his level of anxiety and frustration diminished