

43 year old woman - 5 sessions

In March 2012, a 43 year old woman came for help with stress. Elaborating on this, she explained she felt blocked in studying, unable to focus, her energy was scattered, she was tired despite sleeping well, the last 4 weeks she had been lacking oomph in her life. Finally she admitted she just wanted to curl up and cry and would actually describe herself as depressed, which was most unlike her. Other than that her health was perfect and she had no history of illness or injury to report!

Since she had mentioned feeling depressed, I suspected a blocked throat, and as we progressed it became clear that throat and heart were the priorities, but she was also blocked at Netsach.

I began with opening Chesed while we talked about what she can't say to others, what she controls herself about, what frustrates her - she describes herself as always "biting her lip". This took quite some time. I then moved to opening Tiferet while JT released closing her heart to the people in her life (children, parents, partners). This also took some time. I then opened P 9 and P8 on the right which were very blocked before they opened, and then the same points on the left, which were much less blocked.

Hod opened fairly quickly, so I opened shen tao and then balanced Hod to Shen tao (the Tower).

I then opened P9 on the right to Shen tao.

Finally, since the low energy was a priority, I finished the session by trying to bilaterally balance K1, but I needed to open K6 to K1 on both sides before the K1s would open. To end, I taught JT the Inner Smile and she took home a CD.

The second session was 10 days later, and JT said she had a horrible week in which she felt tested about opening her heart, but that it was good because doing the Inner Smile had helped her get through it.

This session was mostly formal and informal releasework relating to her parents, and a childhood of being humiliated by them, told she was worthless, even being physically knocked down by them. There was a lot of giggling throughout this session as a form of resistance to the releases.

At first I opened Chesed while JT said what she had not been able to say to her parents when a child: she realised that she was more angry with her mother who just stood by and watched than with her father who had physically abused her.

Then I opened Tiferet while she forgave her father, her mother, and herself. This was, of course, a fairly major process.

Next we went to Netsach because she felt unworthy after a childhood of being told she was useless. When this began to move, I opened Netsach to Tiferet. The path of Temperance is often blocked where there are eating disorders, and when I asked JT

about this, she said not an eating disorder, but as a teenager she worked in a pharmacy and used to regularly help herself to valium and zone out on it.

At this point, JT said her right armpit was hurting so I opened H9 and then H3 on the right, then the same on the left, and the pain stopped.

I finished the session by teaching JT belly breathing to help bring qi to Netsach.

The third session was another 2 weeks later. She described the previous session as "turning on the lights" as in giving insights into aspects of her life, and she had spent a lot of time in introspection since then. She confirmed that she had had much more energy after the first session, and then said that since the second session she had noticed she was more aware of her diet and had been making better choices - a consequence of opening Netsach and Temperance?? However, she had been "treading water" with her projects and new business.

We started with opening the throat again, while she said what she would like to say to her parents and ex-husbands, variations of "Mum and Dad, I am ok despite what you think", and "Chris (ex-husband), I am lovable despite what you say". I also opened Tiferet to Netsach again.

JT now described how she was obsessed with the thoughts of her unhappy childhood and two failed marriages and thought about them every day, so at this point I opened the spleen channel while we discussed being detached from what happened: I opened Sp4 to Sp1 on the right and then the left. On both sides the energy was quite crazy at first, but eventually settled down.

The fourth session was 2 weeks later and she described how she had felt a great unblocking in her life and absolutely no more hint of depression. It seemed appropriate to have a lighter paced session this time so I gave JT a sephira balance which she enjoyed. The biggest opening was in the crown and in balancing throat to crown, although heart to navel and yesod to navel were also significant.

A month later JT was delighted to report that everything was now flowing, that she felt like her life was just started. The only problem was that she was giving everything away.

I started by opening Tiferet, which took some time, then moved to Chesed while she talked about a recent blow-up with her teenage daughter where the real issue was actually her ex husband. Chesed was very achey until she became clear on the real issue and her throat then opened. Half way through I moved to opening PC6 to Chesed and towards the end I was balancing Tiferet to Chesed.

The point about giving everything away seemed to indicate not enough Gevurah to balance Chesed, so I now opened Gevurah and when this opened, balanced Gevurah to Chesed.

Over the following few months I saw JT around regularly and she always reported that she felt great, very energetic and focussed, and her new business was developing fantastically well.