



Case: 48 yr old Female - Not Sleeping, Stress

The Person & Complaint:

A 48 year old woman presented with not being able to sleep and wakes constantly during the night. Working mum with two teenage daughters. She has a history of sleep issues but it has been exacerbated recently as her 16 year old daughter tried to kill herself.

Other medical problems:

- Epilepsy - has had this for over 39 years and is managed with medication which she takes twice a day.

The Story & Emotions

- The client is very upset about what her daughter did and angry that she didn't come to her for help
- She feels guilty that she didn't see the warning signs for her daughter
- She feels unsupported by her husband as he is just showing his frustration
- Can't speak easily to her daughter now as she feels like they are all walking on eggshells around her.

The Energetic System

- Shen Tao blocked through lack of trust, hurt and closing to her daughter.
- Gallbladder blocked through anger/control issues.

Treatment - first session

Treated Shen Tao (on)- very tight and painful - got her to talk through her emotions when she found out about her daughters suicide attempt. Shen Tao really heated up but then seemed to expand and started to move.

Treated Shen Tao (on) to P9 - no movement to P9 but I could feel it holding so moved to P9 and P6 to get some movement in the channel - this pairing made the channel go into pins and needles. Explained about Inner Smile and how it can help her.

Gave client Inner Smile as homework

Treatment - second session

Client feedback - Client couldn't do her homework as she had a bottle of prosecco and slept really badly and couldn't move her body - pain down her lower back and into hip pain 9/10 - left side.

Treated Gall Bladder organ - like a stone, very contracted. 40 mins resonance on and off organ till the organ released the tension and felt light and loose. For the rest of the session treated GB41 - GB43 on left side and talked about being able to let things go and not hold on to them. Her hip pain at the end of the session about 6/10

Homework - Inner Smile



Treatment - third session

Client feedback - Her pain in her back and hip are down to 4/10 - she was doing the Innersmile and enjoying it.

Treated GB41 - GB43 on left side - amazing difference to last time - lots more movement still with a slight pins and needles so stayed on this until it felt smooth.

How it was resolved

Spoke to the client 6 months after this session and she is in a much better place, no pain in her back or hip and able to communicate with her daughter better.