

Case: Addiction to pornography, 61 y.o., Male

The Person & Complaint

P. is a single man with no kids, in a relationship for the last 1,5 years. He works as a gardener.

He comes to me because of his 'addiction to pornography: too much sex and too much masturbation'.

When I ask him about other complaints, he start listing various symptoms and only later 'admits' they are not there any longer:

- lower back pain due to a crashed disk (old issue but the pain is not there any longer)
- rush on groins and itchy genitals (but this symptom is gone too)
- enlarged prostate and problems urinating (both ok at now)

One complaint P. still has is a 'compromised throat chakra' that manifest itself with agitation and a racing mind.

I asked him whether he had liver issues and he declared he contracted hepatitis at age 20.

The Story & Emotions

P. is quite agitated and looks a bit embarrassed. He doesn't look at ease talking to me. He states he expected someone 'else': an older man. So I ask him whether he prefers to stop our session and meet another practitioner but he agrees to continue. So he tells me about meditation and different mind techniques he already tried to come out of his addiction. I'm not totally convinced the reason he's sitting in front of me is the real 'problem'.

P. seems to be 'testing' me: it feels like he would like to shock me and tries different 'stories' to see how far he can go. I listen to him, keeping my heart open, not judging him and not to 'falling' in any of his stories.

From time to time during the first session, I don't feel completely at ease and feel it might be a good idea to refer him to a male and more experienced practitioner.

The Energetic System

I found it hard to stay centred and pin point a clear treatment plan :-/

I decide therefore to start with gaining the client's trust working on Shen Tao.

Most probably, given various symptoms, Heart (back and front), Yesod and Chesed will be congested. The Kidney system would probably also be weak due to multiple daily ejaculation, and the Liver as a result of hepatitis.

Treatment – first session

I start asking the client to lay on his back and relax. I work on Shen Tao and PC9 on his right side while we talk about what he likes to do in life. While he describes to me how much he loves gardening, the tension in Shen Tao seems to ease and so our 'relation'. I then move to balancing Shen Tao to Yesod which feels quite prickly.

P. talks a lot and keeps trying to 'impress' me with his stories.

I then move to balance Chesed to Yesod: tears starts coming ...then laughter.

At the end of the session I recommend the client who asked for homework to buy the inner smile meditation cd and practice it every day.

P. states he trusts me and will follow my instructions. So I invite him to come back next week and organise for him to receive a Liver Flush during students clinic.

Treatment – second session

P. came back after 2 weeks.

In the meantime he received two Liver Flush from a Practitioner level student. The student reported the client talked about doing extreme acts of self harm and the student confessed she got the feeling P. was trying to 'impress' her with his outings.

P. reported he felt much better since after our first session: more confident and outgoing. He enjoyed the first Liver Flush but felt a bit sick after the second one. Moreover he said his throat felt still very agitated and he had fearful feelings.

This time I started with his Base, alone initially then together with Earth Point: it didn't feel open and flowing so I explained the power of putting attention in the body instead of the mind and asked P. to feel his feet and breath out through his base. The energy started flowing better.

I then moved to open Chesed, first by itself then with PC 6 which made it stronger. So I balanced Chesed to Malkuth, to Shen Tao and to Gevurah while I asked him to think of something that made him smile.

In the end I could feel an open flow between Heart and Throat! :-)

At the end of the session I invited the client to come back next week and gave him some homework:

- inner smile meditation every day
- grounding (slapping his own legs, walking bare feet, use Epson salts in bath)
- singing
- do not put attention in his Throat centre (explaining him again the power of attention and the counterproductive effect of putting it in a place we 'naturally' block)

Treatment – third session

P. came back after 10 days.

He said he felt better for a few days after our session but then got back into the 'horror of desire' and looked at porn magazines. This caused fear in him, negative attitude, self judgement, made him feel a 'real asshole' and caused great 'throat agitation'.

I started with Gevurah, then balanced it to Chesed and talked with the client about life, opinions and strong judgements. I then moved to opening Gevurah and Netzach and asked the client to repeat 'I release judging myself' first and 'I release judging others' afterwards.

I was about to move back to Europe so I spoke frankly to the client about the impossibility of continuing our sessions and gave him my 'advise':

- continue doing the inner smile meditation
- come to Thursday night meditation practices
- attend Level 1 (which was about to happen in Balmain)

I also gave the client the name of a colleague at the Clinic but invited him to book other sessions only after attending Level 1 ;-)

Result/ How it was resolved

I saw the client (and his partner) the week after our last session at a Thursday evening open meditation in Balmain. He looked happy and had booked himself AND his partner in for Level 1.