



Case: Repeated thrush and urinary tract infections, 40yr, Female

The Person & Complaint

This lady has a history of good health and rarely need to go to the Doctor. She has been divorced for 5 years. She has two beautiful adult daughters. She is independent, has a full time job and lives alone.

She has recently returned dating a man she used to date before. Once the relationship started these symptoms followed:

- Ongoing bladder infections, 2 courses of antibiotics
- Pain going to the toilet
- Pain subsided after a course of antibiotics but it never stopped the infection.
- Needing to go to the toilet more frequently
- Bladder felt contracted (pulled up tight)
- Thrush in the vaginal
- Thrush in the ureter
- Injured little toe at BL 67. She thinks it is broken. It feels disconnected

The Story & Emotions

My client has been dating for a couple of years. She is looking for a serious relationship because she wants to share her life with a loving partner.

She had dated this particular gentleman before and it didnt work out but they remained as friends. She found it hard to meet a man who wanted the same things as her or would be interested in a serious relationship.

In view of this my client and her gentleman friend started to date and try again as they were both lonely. It was the case of having someone instead of no one.

The Energetic System

- Kidneys, Pericardium and Yesod were blocked as they are a part of the sex circulation
- Yesod was blocked through the Pericardium, as Yesod requires love to complete the sex circuit. Having a loveless relationship compromised Yesod. This unbalanced the natural flora within the vagina causing a thriving thrush infection.
- Bladder organ was blocked through the association with the Kidneys – water elements. This has weakened the urinary tract which then was opened it to infections.
- She had closed her Heart to love and herself.
- The Bladder meridian point BL 67 was blocked due to an injury to her little toe. Probably from her fears of being lonely and moving on with her life.
- Netzack was blocked through emotional fear of being lonely.
- The Nun pathway was strained by not having the strength to live her life the way she planned.
- Balanced energy centres – Hod, Shen tao, Malkuth and also the Kidneys, earth point and K 1s. They were balanced to fortify the connections between these energy centres because they had been compromised with fear, loneliness and a closed heart. It also supports the gate of vitality function of spreading qi throughout the body.

Treatment – first session

- Opened the **Bladder organ** to **Yesod**, we talked about what was happening in her life and in the conversation she told me about her decision in revisiting a relationship with a gentleman and it just doesn't feel right, though they are trying to make it work. I asked do you love him? No, but he is a nice man.
- Staying with the **Bladder organ** and **Yesod**, I asked her about how her body feels since she has been seeing this man, she commented that the pain that she is experiencing and recurrent infections felt like torture. So she released **torturing herself**. Huge release, the bladder instantly relaxed.
- Staying with the **Bladder organ** and **Yesod**, we talked more about her belief, that it is better to have someone to share your life instead of having no one in your life. Even if it means you will never love them. The bottom line is she didn't want to be lonely.
- Opened **Heart** and **Netzack** and released **being lonely**. Affirmed **I love myself** (clients name) and **I open my heart to myself** (clients name)
- Opened **Shen tao** and **PC 8**
- Bilaterally opened **K 1**

She felt amazing and the uptight pulled up feeling had gone. Her bladder was relaxed and the pain relieved. Walked away very happy with session.

I spoke with the client on doing a daily meditation and recommended the **inner smile**.

Treatment – second session

My client reported back to me that all her symptoms had ceased and she felt like she was back to normal. She ended her relationship with the gentleman. She felt reasonable ok with that but was uncertain for her future. Meanwhile she had kicked her toe. It was painful and felt disconnected. She is doing the inner smile when she remembers.

- Opened **BL 67** it was not happy, it was spurting everywhere. I asked her about what was happening with her. She said she felt fine and nothing was an issue. Are you fearful about what is ahead for you? She said no but there was a burst of energy explodes from **BL 67**. I ask her to release **fear**. After 15 minutes it became open and smooth.
- Opened **Hod**, then **Hod** and **Malkuth**.
- Then **Hod** to the **left Kidney**, then **Hod** to the **right Kidney**.
- Opened **left Kidney** to **Shen tao**, then **right Kidney** to **Shen tao**.
- Opened **Shen tao** to **Hod**.
- Opened **Hod** to **Malkuth**.
- Opened **Malkuth** to **earth point**.
- Opened **K 1s** bilaterally.

My client felt super relax and felt awesome. He toe felt connected to her body and the pain was reduced. I encouraged her to continue the **inner smile**.

Treatment – third session

Circulation of the Light

Result/ How it was resolved

My client realised, that, the only reason she was in this relationship was so she wouldn't be lonely. By doing this she sacrificed the joy of living with an open heart in a loving relationship.

All her symptoms have been resolved.

In her words she said - *I learnt to stand within my own power and trust my instincts.*