



Case: UNHAPPY WITH LIVE, MAKING POOR CHOICES

25yo, Female.

The Person & Complaint

This client has low self-esteem, doesn't know who she is and she is unable to commit and stay with a job. She is constantly moving residence and unable to settle. She has moved to 4 different states in as many years.

The Story & Emotions

My client has grown up in a dysfunctional home with no father and her alcoholic mother. Her mother had numerous men in her life. She is very angry with the choices her mum has made, especially in the men.

At the age of 5yrs she was molested by her neighbour. She was also molested by the baby sitter who was a family friend. Between the age of 5 and 16, she recalls being taken advantage of by 14 different people. She feels that her mother did not protect her.

As a teenager she was rebellious, started drinking, taking drugs and having random sex.

The Energetic System

- Chessed and Yesod was blocked through being embarrassed, shame, and humiliation. These energy centres are soul correspondence.
- The energy centre Netzack was blocked with anger at her mum and herself.
- The Heart centre was blocked through anger rising from the liver and feeding it straight to the heart through the shen cycle, wood fuels fire. She was angry with her mum for not protecting her. She was unable to open her heart to love.
- Small Intestines which is the Heart's pairing, was affected through poor decision making and lack of discernment.
- Pathway Nun was blocked as there was no harmony in her life which made her weak.
- The Liver organ was congested with unexpressed anger.

- The Gall bladder organ and meridian was blocked through trying to control her feelings after being out of control on a night out with friends.
- The Belt channel was opened to harmonise the Liver and Gall bladder.
- The Yang linking channel was open as it is the strange flow partner the Belt channel and has a close association with the Gall bladder meridian.

Treatment – first session

This young lady was very uptight and agitated. She arrived with a close friend. The comment was, *I am hoping you can do great things. When I pick her up, I hope she is a new person!*

- Opened **Chesod** to **Yesod**. These centres were tight and not talking to each other. She released **being embarrassed, shame** and **humiliation**. These energy centres started to open up.
- Opened **Netzach** to **Heart**. Both centres were tight and clunky. She released **anger, being angry at you mum** and **being angry at you mum for not protecting me**. Huge releases. I felt the pain hit my hands as the emotions were melting away.
- Staying at **Netzach** to **Heart** she said **fuck you mum**. This was a massive realise and her whole body relaxed.
- Staying with the **Heart**, **I open my heart to you mum** and **I open my heart to herself**.
- I talked her through a mediation to meet her inner child at the age of 5. She found this very powerful as she was able to love, cuddle, protect and nourish her soul with self-love.
- Opened **PC 8** to **Shen Tao** and balanced them.
- Balanced **Liver organ** to the **Heart**.
- Bilaterally balanced **K 1**.
- I taught her the **inner smile**.

My client was over the moon on how relaxed and calm she felt as she didnt think it was possible to feel this way. She felt comfortable within her skin.

I explained that she may become emotional after this session and that is normal.

Treatment – second session

My client was doing well until she went to Sydney to meet up with some old girlfriends for a night out. It was disastrous, she fell back into her old habits of when she was in her teens. She drank too much, got into a cab with a stranger and had sex with him. She remembers little about it.

Since then she has been drinking, arguing with her housemates, mum, best friend and sister. Her environment has become hostile. In her work place she is uncomfortable in front of men, she thinks they want something from her. She is beating herself up and can't understand why she sabotages herself. Her behaviour is out of control.

- I felt her **Liver** and it was squeaky, like rubbing glass.
- Opened the **Liver organ** and released **being nice**, nothing happened.
- Opened the **Gall bladder organ** and released **controlling my feelings**. The gallbladder was tight but it soon relaxed.
- Went back to the **Liver organ** and released **being nice**, it all started to move.
- Opened **Heart** to **Netzack** and released **being weak, sabotaging myself, being angry with myself**. A lot of energy was moving at this stage.
- Staying with **Heart** and **Netzack** and affirmed **I take control of my life**, then released **all the negative patterns and behaviours that don't serve me anymore**. Absolutely massive shift of energy. My client totally relaxed.
- Staying with **Heart** and **Netzack**, **I open my heart to herself, I love my life**.
- Resonated over the **Liver organ** and opened **LV 3** until the energy was smooth and flowing freely.
- Opened bilateral **GB 44**, very blocked
- Moved to Bilateral **GB 41**, a lot of clearing of blocked energy.
- Opened **GB 41** and **TH 5** bilaterally.
- Opened bilateral **K 1**.

My client felt like the energy exploding in a good way around her abdomen, just like things were connecting. It was amazing. She felt much lighter and less tight and excited. She told me that I hit on the right key words to make a difference. She also said she could see clearer and brighter.

I talked to her about her life and explained that she has a choice on how she experiences that world. She has the option to be happy, grateful and joyous instead of becoming a victim to her emotions. It is a conscious decision that comes from within. She indicated to me that she will continue to meditate.

Result/ How it was resolved

The key here with this case, was the way she felt about her mum. She was really angry with her for not protecting her when she was growing up. These feelings and the emotions at this point in her life were affecting her more than the molesting she endured as a child. That is not to say it is not important, you need to treat what the client wants you to treat. It is their session.

It has been a year since I treated this young lady and the results are she moved to Melbourne to live.

In her words - *I am living a beautiful life of self-love. Everything has fallen into place and I feel amazing inside.*

She is stable in her emotions and she is happy in her work. She knows who she is and she is happy in her life.