

29 year old woman - three sessions

In June 2011, a 29 year old woman came to see me with a **bladder infection** which she had had for 3 weeks and badly enough to need to take time off work for three days. She had been getting urinary tract infections frequently over the previous 3-4 years. She was also experiencing some low back pain. She was currently on strong antibiotics for the bladder infection.

At first we talked about what was going on for her, especially around work and family since bladder infections usually relate to blockages in Yesod. Then I started by opening Yesod, which felt hot and inflamed at first and then contracted and felt very tight. (Possibly I was feeling the inflammation in the actual bladder organ.) I continued over Yesod while we talked about her work as a social worker and then did releasework around anxiety and fear. As we did this, S realised that one of the things she feared in relation to her work actually stems from events that happened in her own family when she was a child.

Once Yesod felt more open, I opened Yesod to the Base.

I then opened K6 on the right, K6 to K1 and K6 to BL67 on the right, all of which felt very blocked before they opened. Then I repeated the same points on the left, which did not feel as blocked as the right. Finally I opened both K6 points together.

At this point S mentioned her low back, so I opened GB41 on both feet. Just opening these points made her back feel better and also localised the pain to just on the bladder channel. I then opened BL67 on both feet, with these points feeling better than before I opened GB41. After that, S said her back was much better, no longer really pain but she was just aware of tightness.

At the end of this session S bought an Inner Smile CD.

At the second session a week later, S said she was much better, but still had some of the symptoms of burning and pulling in the urinary tract. She had the occasional mild twinge in her lower back but no longer any sharp pain.

I began by opening Yesod again. There was no heat this time but it still felt very contracted. This time we discussed what S feels guilty about, which turned out to be in relation to her family, especially her parents, and quite a major thing for her. During this discussion I moved to opening the heart and then balanced Yesod to the heart, which felt very heavy to begin with. I then went back to the heart while S released closing herself to others - she did this first in English, then in her birth language of German. The energy felt so much heavier when she spoke in German and the consequent opening of the heart felt quite strong.

I then opened a number of points on the kidney channel, starting on the right leg and repeating on the left: K7, K7 to K6, K7 to K1. All the points on the right were slower to open than the left, and in particular, K7 to K1 was very slow. I then opened BL67 on both feet which was quite quick to open this time and then BL67 to K1 on the right then left. This last was slower to open on the left than the right.

S came for a third session two weeks later. The bladder infection had all cleared up and her back was not giving any trouble. She had also applied for a new job, still in her field of social work, but one which would be much less stressful for her. She commented that once she had let go of her anxiety around work, then new doors had opened for her. At this point, she wanted to continue the process of opening the heart we had started in the first two sessions and which she had continued with regular use of the Inner Smile CD.

I started by opening Tiferet while S talked about where she felt challenged in keeping her heart open, specifically a recent fight with her boyfriend. When I finally said that the heart centre felt lighter, she said she had done some silent releases, which seem to have had good effect!

I then moved to opening Yesod while S talked about her anxieties around changing jobs and leaving friends behind.

There now seemed two reasons for now putting attention on the pericardium channel. One was that she was dealing with anxiety. Then, several pericardium points are listed in Deadmans as being helpful for urinary problems and specifically painful urinary problems. Also, S had mentioned that she often gets cold hands and feet. I opened P5, P7, P9 and P5 to P9 first on the right arm, then the left. P5 in particular felt very blocked before it opened, on both arms, and all points were more blocked on the left than the right. At the end of this S reported feeling incredibly relaxed.

S came back to see me for further sessions but for quite different things and we have not had to deal with the bladder infections or low back pain again.