

case studies

March 2012 Healing 1.0: All Wound Up

Charlotte came to me for a healing because she knew something wasn't right in her life. Her relationships were unsatisfying. She was estranged from her family and wasn't at peace. As soon as I put my hands on her, I knew what the problem was; her stomach was all knotted up.

Charlotte had the classic energy matrix of serious anxiety. Only, she didn't even know it. The state was so familiar and so chronic, that she simply thought this was how life had to be.

That knot was caused in part by some pretty tangled emotional cords in her solar plexus. That knot also prevented energy from moving freely up into her heart, which is why she felt so disconnected in her relationships and, at the same time, clung to men who weren't all that interested in her.

In the first healing, I ran energy into the knot. I knew it would loosen and unwind and her life would begin to change. But healing such a tight knot would take time.

Charlotte didn't notice much from the first healing, except that her week went smoothly and she felt a little more calm.

She came back for another healing and we began to work on her estrangement with her mother. After several healings, her mother called and asked to see her.

In the first meeting in several years, Charlotte finally told her mother how she felt about the lack of attention she had received in her childhood. Her mother listened, and even acknowledged that Charlotte had some good points. It seemed like a major breakthrough.

Charlotte came for several more healings and we worked on different aspects of her relationships. Each time she had a shift in the relationship on which we focused. However she became frustrated that dramatic changes hadn't happened all at once and took a break from healing.

Healing anxiety can be a process. When the knot has been there a long time, it must be unwound gently and slowly. At least, Charlotte had gotten off to a good start.