

## case studies

### May 2013 Healing 1.0: A Chronic Condition:

#### Headaches

Millions of Americans have chronic illnesses. Let's explore the healing process by looking at a case of chronic headaches.

Jon came to me after he'd been suffering with an almost constant headache for several years.

Jon had no idea why he was having headaches. He'd been to many doctors. No one had been able to help. But when I laid hands on him, the answer was all too clear: I could feel an energy knot in his solar plexus. There were also knots in his temples. But it was the knot in his solar plexus that was the ultimate source of pain.

The knot was like a highly coiled spring. It was vibrating so intensely it could not release and unwind. Jon couldn't feel this energy knot, which was holding repressed information about some of his relationships.

During about a half-dozen healings, I ran energy into the knots. Jon became more calm. He also started to look at some of his relationships with more clarity.

Soon, with the added energy he will begin to integrate the information that he has been afraid to see and release his headaches.

The good news for Jon is that he is committed to his healing process. This alone sets Jon apart from many others with chronic illness, and suggests he will be able to heal, and change his life for the better.