

case studies

May 2014

Healing 101: Passive-Aggressive Energy

Healing anger should be at the top of almost anyone's to-do list, but it is a rare person who faces it head-on. Sandy's case therefore stands out.

Sandy came to me for help in alleviating a passive-aggressive tendency. She was in her early 40s, but realized that she still acted out anger towards her mother. She would stop herself from doing something she wanted to do just to show her mother how damaging her mothering had been. She passively expressed her anger--by not doing and not achieving.

As a result of this passive-aggressive anger, Sandy had tied herself up. She told me she sometimes felt she was literally tied up with rope. She never painted even though she loved to paint. She had taken a long time to get out of a difficult relationship. The problem was, the only person Sandy was hurting was herself.

In the session, I put light on this tendency and worked on releasing the binding anger. As I transmitted energy, asked herself : What does this passive energy feel like? She had a strong feeling of energy being stagnant and not flowing.

Then she asked herself: What is the opposite energy of being passive-aggressive? She felt a tremendous outward rush of energies from her solar plexus, heart and throat centers, where she had long felt restricted. The energy was so intense it felt like there was a burst of flame at each center, as if something burned out.

In the weeks after this session, she had many insights and shifts. "We were not able to talk about anything in my family. So I acted out. My mother was also very passive-aggressive."

Since the healing, Sandy has been able to feel anger and release it, instead of holding on to it or acting it out passively. "It's okay for me to be mad about something, and not be mad forever." She is also able to make a more conscious effort to do things instead of getting bound up by anger.

The healing in which Sandy released her anger was a turning point and now she is moving forward step-by- step.