

Energy case study with Joe

Client:

Joe

Date of birth

12/05/87

Presenting:

Physical:

- Lumbar spine rugby injury at the age 15/16 resulting in 2 compressed vertebra.
- Complaining of stiffness and limited mobility in trapezius and neck
- Glandular fever date age 18, never fully bounced back from it. Energy never fully returned
- Facial skin problems

Emotional/spiritual:

- Feeling blue in the winter months for last 2 years (interestingly since glandular fever)
- Routine is getting a bit too much
- Need for sunshine

Current health pursuits:

- Went to Pilates but back pain ensued.
 - Seeing a chiropractor. Prognosis: lumbar disc bulge, nerve root entrapment signs and of lumbar sacral dysfunction
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Session 1 – 09/12/08

Session outline:

- Verbal introduction to chakras and energy work in general
- ½ hr hands on
- Some light back massage and chakra balancing

Post session feedback:

- Could feel pulsating in chakra areas when hands were placed on them

- Visualisation of filling abdomen/solar plexus charka with yellow ball and spreading it to rest of body worked nicely
- Floaty and relaxed

Suggested self work:

- Energy sensing between hands
 - Holding solar plexus chakra
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Session 2 – 17/12/08

Feedback since last session:

- Felt comfortable and at ease after last session
- Worries were gone but seem to be back again
- Back pain is better since chiropractor
- Doesn't know if he should just up root and start somewhere else again.
- Not a worrier but seems to have patterns of worry and doesn't really quite know what the issues are
- Planning to go travelling in July to get out of rut
- Has been looking into chakras and reiki

Session outline:

- 45min hands on
- Audio meditative visualisation introduction to chakras (Deepak Chopra) whilst chakra balancing

Post session feedback:

- Spaced out and chilled
- Really enjoyed the audio
- Didn't lose consciousness
- Had difficulty in the beginning but managed to place himself in a clear space and breathe in the colours eventually
- Strong thumping sensation at solar plexus chakra at end of session

Suggested self work:

- Meditation to clear worried mind
- Expressed interest to download more audio meditation/visualisation

Post session communication:

- Joe sent a text the following day which read: "Hi Leora, Thought I'd let you know that I'm feeling very relaxed again. At ease with myself and happy. Thanks again for today"
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Session 3 – 22/12/08

Feedback since last session:

- Relaxed
- Smiley
- Good with customers, could think more clearly

- Feel like a 'reset button' was pressed
- Mentioned constipation with very irregular bowel movements
- Visit to chiropractor was good though back is a bit twingey but he thinks its from a lazy Sunday with little movement

Session outline:

- 45mins hands on
- Balancing root, navel and solar plexus chakras
- Visualising their colours and letting go of any past or present emotions that are no longer needed
- Filling these areas with white healing light and then spreading it to rest of body
- Polarity massage on back (helped above light spreading visualisation)
- Charka reiki on heart, navel and solar plexus charka
- Abdomen massage

Post session feedback:

- That was wonderful
- Relaxed
- Felt positive reaction in abdomen
- Enjoyed visualisations
- Appeared energised and sparked

Suggested self work:

- Clockwise abdomen massage with black pepper aroma therapy oil
 - Perhaps see a nutritionist though in the mean time, linseed tea and fish oils
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Session 4 – 29/12/08

Feedback since last session:

- 'Coming once a week and fully relaxing... to have someone guide me through a session helps everything settle. It balances it all out'
- Had a bad turn of thoughts 3 days earlier but managed to pick himself up again. Can't understand why he is having these downs about once a week (since the beginning of the year)
- Back is feeling good
- Started taking Actimel and that seems to be helping

Session outline:

- 1 hour hands on
- Chakra balancing whilst listening to Deepak Chopra Chakra balancing
- Some reiki
- Long full deep breathing
- Abdomen massage

Post session feedback:

- 'So relaxing its unreal'
- 'I'm instantly smiling when I get off the couch'
- After consecutive sessions Jo is finding it easier to tune out the chatter in his head and focus (and remain focused) on the visualisations.
- Managed to stick with the colours and sounds easily
- Easier to focus

- Getting better at getting into the zone, a lot easier to relax
- Looking forward to a floaty and relaxed walk home
- Really excited about learning about himself / his body and energy

Suggested self work:

- Full long deep breathing
 - Lemon and ginger in warm water to start the day
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Session 5 - 06/01/09

Feedback since last session:

- Feeling great, doing really well
- No dips last week
- Figured out it might be work getting him down and is feeling good after a 3 days weekend.
- Guts bad over weekend so went to doc and is taking magnesium and senokot
- Ginger and lemon in morning is working well
- Back is a little achey though going to chiropractor tomorrow

Session outline:

- ½ hour hands on front of body chakra balancing with 'Goddess meditation' visualisation audio

Post session feedback:

- Relaxed
- Preferred Deepak Chopra audio. The use of music helps relaxation and attention and it is more spiritual for him.
- Goddess language is easier though and half an hour hands on was all that was for this week
- ½ hour was enough for a top up

Suggested self work:

- Love his abdomen
- Pat himself a pat on the back and acknowledge all the good he is doing for himself.

My thoughts at this point:

It seems Joe has benefited greatly from weekly sessions. He is now more in tune with his body, mind and soul. He stays happier for longer periods and manages to push his blues away more successfully. Figuring out what is going on in his mind and body is giving him a sense of relief and a good understanding of himself to help him move forward.

Joe has been committed to his healing, reading up on relevant topics, auctioning some aftercare advice and is enjoying learning about himself as a whole being. In the sessions he stays focused and works with me to achieve his desired goals of good mental and physical health and spiritual development. I feel this is an important key to his healing: Working with the practitioner and the healer within him is proving powerful.

In the next session (if the weeks has been good for him) I will suggest we have a session once every fortnight instead of weekly and see how that works out.

Text message: on 12/01/09 I'm ill this week, can't make appointment though still happy!

So, as luck would have it, we have a natural break in sessions and he remains happy for the 2 weeks.

Session 6 – 21/01/09

Feedback since last session:

- Skin is looking good. Taking antibiotic from doctor. He reckons the skin getting better is helping his head and spirits.
- Senokot is helping and bowel movements have increased
- No blues in last 2 weeks.
- A bit 'run down' by back and digestion challenges
- Has noticed a big change in energy levels
- Massive difference all round
- Feeling more alive and on his toes!

Session outline:

- 15 minutes hands on polarity massage and polarity steam balancing
- Polarity stream point balancing concentrating on ankles to influence pelvic structure and sacrum through to hara. Hopefully helping back and digestion issues

Post session feedback:

- Felt some pulsing/tapping

Suggested self work:

- Nothing given this session. This session was more of a catch up, speaking about past chakra balancing sessions (he prefers this when supine) and introduction to polarity stream balancing
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Session 7 – 27/01/09

Feedback since last session:

- Knackered
- Haven't been sleeping
- Lethargic
- Sneezing from dog at home
- Stomach not happy again, going to see doc in a few days.

Session outline:

- 45 mins hands on
- Polarity stream point balancing concentrating on head including 3rd eye point to stimulate the pineal gland to aid sleep

Post session feedback:

- Looked really relaxed and sleepy
- sleepy

Suggested self work:

- See nutritionist
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Session 8 – 04/02/09

Feedback since last session:

- After last session Jo looked and felt incredibly relaxed and sleepy. When he got home he was energised and really awake. He did several things and was 'buzzin' about. Normally he is lethargic in the evenings. When he was ready for bed he slept really well.
- Great, though stressed from a hard day at work

Session outline:

- 45mins hands on polarity point balancing including all point on the front of body
- Concentrated on relaxing and releasing stress and negativity from the day and bringing in positive energy

Post session feedback:

- chilled

Suggested self work:

- Being conscious of breath, remembering to breathe fully.
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Session 9 – 11/02/09

Feedback since last session:

- 'Feeling pretty good'
- Joe looked really good too. His skin had cleared further
- He reported being low on energy but that might be due to a new diet as he visited a nutritionist. This has made him feel very relieved.

Session outline:

- 1hr hands on incorporating all energy work (charka balancing, polarity stream and point balancing)
- Focusing on raising energy

Post session feedback:

- 'That felt fantastic!'
- He commented that this was the best session for him

Suggested self work:

- Being conscious of breath, remembering to breathe fully.
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Session 10 – 25/02/09

Feedback since last session:

- 'Happy and on top of the world, stoked'
- Back at the gym and back is feeling good
- Though sleep cycles are a little disturbed due to having lots of energy and a busy mind.
- Shallow sleep and only getting 5 hours.

Session outline:

- 45mins hands on incorporating all energy work (chakra balancing, polarity stream and point balancing)
- Focus on influencing sleep

Post session feedback:

- He looked very chilled and felt like he'd had a really good rest and would be able to sleep well that night.

Suggested self work:

- Carry on loving the new you!
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Session 11 – 22/04/09

Feedback since last session:

- He said with a very happy face that he was still feeling fabulous.
- He was feeling grounded
- His digestion was good and he was starting to add certain foods back into his diet
- When I asked him if there was something he'd like to work on he struggled to come up with anything as he was feeling so good. Then he realised he was having some confidence issues

Session outline:

- 20mins hands on incorporating chakra balancing and polarity stream balancing
- Chakra balancing focused on throat and heart chakras to boost confidence
- Some breath work incorporating 3 part breath
- Visualisation and positive reinforcement

Post session feedback:

- He said that after having a large gap between sessions it was nice to feel the post session peacefulness again

Suggested self work:

- 3 part breath
 - Using visualisations on throat and heart chakra to support him when he needs a confidence boost.
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Conclusion

Through the sessions he gained a better understanding of himself; body, mind and soul. The regular treatments helped him remain positive though the winter and the 'daily grind' didn't bother him so much. His energy had also returned and he gained understanding and control of non productive thought patterns. He also discovered an enjoyment for connecting to his spirituality. His skin cleared, he didn't have back tension or pain and his bowel function improved

When he arrived for the final session, he was a completely different. I asked him what he'd like to work on to which he said that he was feeling fabulous and grounded and struggled to find any 'issues' to tackle that session. Success!

I thoroughly enjoyed working with Joe and aiding him in finding his healer within.