

SomatoEmotional Release

By: Melody Lee

Personal: Nikki

Age: 60

Sex: Female

HISTORY

Symptoms

- Fatigue
- Muscle pain
- Muscle joint stiffness
- Dry eyes
- Poor digestion
- Lower back pain and right hip pain

Pertinent Medical History

- Pre-diabetic II (current)
- Chronic Fatigue Syndrome (CFS) - diagnosed 1989
- Fibromyalgia
- Right hip pain since 1994
- Irritable Bowel Syndrome (IBS) since 1983 to present
- Neck pain and shoulder secondary to cervical surgery (1989)
- R Kidney stone diagnosed 2012 (not removed)
- Sjogren's Syndrome (chronic autoimmune disease in which the body's white cells destroys the exocrine glands leading to dry eyes) - diagnosed about 2003
- Cervical surgery to remove spinous processes of C5, C6, C7, T1 secondary to narrowing of spinal canal and compression of nerve roots - 1989
- Cholecystectomy (1985)
- Left Oophorectomy secondary to tumor and Endometriosis (1985)
- Appendectomy 1980

How long treated by others; frequency and type

- Acupuncture - past 4 years (once a week to once a month).
- Massage Therapy - once a month or every 2 months.
- Chiropractic - 1 year for c/o lower back and hip pain. No results noted.

Evaluation

With Nikki on the massage table, I began Arcing to find the restrictions in her body. Although the main restrictions were in the upper extremities, I began with a CV-4, Cranial Pumping and a 10-Step Protocol. During the 10-Step Protocol her ribcage felt stuck and her breathing was shallow. Her neck had very limited ROM with SCMs, scalenes and upper trapezii bilaterally tight. While performing the diaphragm releases the heart chakra was going counterclockwise and a large Energy Cyst (EC) in the solar plexus area became apparent. This EC appeared to be the primary lesion.

Findings

- Energy Cyst in the Solar Plexus (primary restriction)

- Restrictions in abdominal area, bladder, liver, spleen and Gallbladder (all secondary to the primary restriction).

Treatment

When I placed my hands on the anterior aspect of her solar plexus and my posterior hand on her spine between T3 to T6, there was a significance detector. Thus, began Nikki's SER. She remembered at age 4 witnessing the trauma of seeing her grandfather stuff a rag down her brother's mouth, trying to get him to stop crying. Nikki said that she witnessed her brother gasping for air and on the brink of dying. With the cranial rhythm still off, Nikki was able to let go of the pain associated with her brother's trauma.

During the session, when she relived the actual event at age 4, I asked her Inner Physician (Immunity) "What does she need at this moment?". Immunity told Nikki, "Timmy (her brother) was fine and Nikki did not need to keep the energy cyst or muscle memory any longer." I asked Nikki if she wanted to release it or keep the energy cyst. She replied she would like to release it through her neck. As Nikki began to release the energy cyst, the restrictions in her solar plexus, heart and neck began to dissipate.

Nikki was amazed that she remembered the whole traumatic experience in such detail because she was so young (4 years old). She said that she always felt responsible for her brother's well-being as long as she could remember. By having her SER, it was instrumental in reducing her fatigue and fibromyalgia.

Tools used

- Arcing the body
- CV-4
- 10-step protocol
- V-spread
- Dialoguing
- SER - Inner Physician
- Treated what client's body presented

Objective results

Ribcage was expanding and breathing was deepening. Neck muscles started to unwind and all muscle tissues were noted to soften. No heat or local disorganization was noted at the solar plexus area. The heart chakra was moving in a clockwise direction.

Subjective results

When speaking to Nikki the following week, she stated that she noticed an improvement in her appetite and digestion. Her lower back and hip pain had subsided and become more tolerable for the first time in 2 years. She also stated that she felt a renewal of her energy that she hadn't felt in a long time since her diagnosis of CFS.

Average length of sessions - 2 hours

Number of sessions

2012 - 13 sessions

2013 - 7 sessions

Cost of therapy prior to CST use - about \$3,000.00

Cost of CST therapy - \$100 per session. Total: \$2,000.00