

## SomatoEmotional Release Session and CranioSacral Therapy

**By: Norma Hayhurst, RN, CHT, CST**

**Personal Information:** 44yo, Female

### **History:**

**Symptoms:** Heaviness in the chest

**Pertinent Medical History:** Head injury from falling down stairs and hitting the radiator - required stitches on forehead (age before five), tonsillectomy at 5 years, broke left wrist in two places at 6 years, swing set accident to pelvis at 6-7 years (no fracture).

### **Evaluation:**

**Findings:** SQAR good on right and left up through body, arced to thoracic inlet, which seemed dense and dark, or closed off, everything else seemed normal.

**Tools you used:** Began with 10-Step Protocol & ended with SER

**Objective results:** The listening stations, head vaults were fairly balanced. There was some resistance to a good release of the pelvic diaphragm and L5-S1, but nothing too out of balance, respiratory Diaphragm released fairly quickly, the thoracic inlet was dense and dark. We ended the session with another CV4, but did not complete the 10-Step Protocol the client was ready to leave following her SER.

**Subjective results:** I reached the Thoracic Inlet when the client dropped into an immediate SER. She instantly began screaming and crying. Through imagery and dialogue, she was apparently reliving a past lie in the final hours of Atlantis, just before it sunk into the ocean. She had felt obligated to escape from the sinking continent with vital information to be stored in the Western portion of what is presently the North American Continent. After considerable discussion and gathering of details, the client finally forgave herself for the loss of her child's life during those final hours. She had put duty ahead of her child's life and of her own life. She realized the importance of forgiving herself and how much influence the snuffing-out of her child's life during those final hours of destruction had on previous lives and this present lifetime. The client stated she felt as if a "huge" weight had been removed from her heart chakra. She also said she would be able to finally have children in her next lifetime, something which has been lacking for as many lifetimes as she can remember. Following another CV4, the client left the table. She thanked me for helping her to discover something she had been "feeling" for some time, but had not been able to find out how to uncover the problem, or how to resolve the issue. She was happy and smiling. This was the only time I worked with this client. I did hear from the person who referred her to me. Apparently, that one session had made a major and positive impact in her present life.

**Average length of session:** 1 1/2 hours

**Number of Sessions:** 1