

## **A Short Case Study Example**

### **Anonymous Record :**

Name of client: *Client 2*

Contact details: *address inserted*

Emergency contact: *name & number inserted*

Introduction: *Presenting problem & how he would like healing to help him*

*(Full client details were completed at the beginning of the first session on a normal record sheet)*

### **Introduction**

Client 2 is a friend of mine and was very interested when I told him about the healing course I was attending. We had numerous discussions about positive and negative energies and about the power of thoughts. He was very keen for me to do a healing session with him as he had been feeling very low in himself.

09-09-18

He requested that the healing be done at his home, so I made sure I did protection for myself, the house and everyone in it before I entered. I explained some of the things he may experience i.e. colours, heat, cold and also that we could stop the healing at any time if he didn't feel comfortable. He was happy for me to start the healing and chose to sit in a chair.

I talked through the 'Breathing in Peace' visualisation to relax him before starting the healing. During the healing I sensed that he felt 'empty' of energy. As it progressed, I became aware that he was slowly filling with white Source energy, almost like an empty milk bottle being filled with milk. When I felt that the healing had finished (approximately 20 minutes) I checked that he felt fully grounded and gave him a glass of water.

I asked how he had experienced the healing. He said it was 'amazing', he felt all warm and calm and as if he was 'back in the room and a whole person again'. He also said he had seen flashes of orange and green in his mind's eye and had felt as if his head was tilting backwards.

I suggested that he try to keep his energetic vibrations high by doing the sun visualisation and talked him through it until he was happy he could do it on his own. He said he would try to do it every day in the morning or when he could.

16-10-18

Another healing session was requested at his home again. I did all of the necessary protection etc. before entering the house.

I asked how he had been feeling since the last session. He said he had been 'great' but had recently started to have feelings of inadequacy and worthlessness. I asked if he had been doing the 'Sun Visualisation'. He said he had but maybe not often enough. Before starting the healing, I made sure that there were tissues nearby due to the emotions he said he was experiencing. I talked through the 'Breathing in Peace' exercise to relax him and commenced the healing.

As the healing progressed, I sensed a blockage in his heart area and felt drawn to put my hand near that area, but at the back. I felt heat and a tingling sensation in my hand and sensed I needed to keep my hand in the same position. After about one minute it returned to normal. As I sat in a chair alongside the client, I noticed tears starting to roll down his face, then he broke down crying. I passed him the tissues and reassured him that this was quite normal and to let it all out. After a couple of minutes, he said he felt ready and wanted to continue with the healing. I resumed the healing and sensed it was finished after approximately 15 minutes.

I asked how he felt. He gave a big sigh and was quiet for a few seconds, then said he felt like a pressure valve had been released. He said he had felt the heat from my hand and it was a comforting feeling. He also said he had experienced the same colours as on the previous healing.

We chatted about positive thinking and how to re-frame negative thoughts into positive thoughts and also about spending more time outdoors instead of always being inside at work, in a car or in the house. I also talked about the importance of keeping his energy vibrations high.

21-11-18

Client 2 requested another healing at his house for a 'top-up'. I did all of the necessary protection etc before entering. I asked how he was feeling since the last session. He said he had found the positive thinking really helpful and had applied for a promotion. He also told me he had started to walk the dog around a nearby nature reserve and was enjoying noticing more wildlife, etc.

He sat in a chair and I talked through the 'Breathing in Peace' exercise to relax him, then proceeded with the healing. I noticed that his energy didn't feel as 'heavy' as in previous sessions but again sensed a slight blockage in his heart area. I felt the need to put my hand near the back of his shoulders (no contact). I could feel heat radiating from my hand, so I kept it in that position until it subsided (approximately three minutes). The healing session took about 15 minutes.

After the healing I asked how he felt. He said he had felt the heat from my hand again which he found comforting and he also felt as if he had been 'washed and cleansed from the inside out'.

He was very happy with my work and said he would have no problem recommending me to family and friends.

Helen Ewins

(927 words)