

## **1st Long Case Study Example**

### **Case study One**

Name of Client – Client 1

Contact Details – Address Inserted

Telephone contact – Number inserted

Emergency contact – Name and number inserted

### **Background information**

Due to the current world pandemic of coronavirus, it has not been possible to provide contact or face to face healing. Following discussion with my mentor it was agreed that online video healing was an acceptable way to achieve healing thus protecting the client and the student.

Prior to the lockdown restrictions enforced by coronavirus, this client had agreed to participate in the case study. Following further discussion by telephone she agreed to continue by video call through WhatsApp.

Preparation for session one.

Approximately half an hour prior to the planned session I messaged Client 1 to ensure that she was still happy to continue. I would not have done this normally, but I was aware that it would have been her late mother's birthday and wanted to check she still wanted to continue with the healing session distantly. We agreed on video as opposed to telephone only. Under the coronavirus restrictions, this was the better option as slightly more personal and enabled me to observe her throughout the session.

In the remaining time before the session was planned to start I completed a meditation for stillness within and self practice to raise my energy levels to be highly vibrational. I ensured that myself and Client 1, plus both of our home environments were protected.

Brief description of Client's presenting problems

Approximately, 12 months ago her mother had died of cancer. Client 1 had stated that grief had affected her energy levels. She had retired a few months prior to her mother becoming seriously ill and was aware that her teaching career had challenged and affected her mental and physical well being.

Client's Desired outcome from healing sessions To improve her general wellbeing and raise her energy levels.

### **Session one: 01.05.2020**

Client 1 had received healing before and was, therefore, aware of the healing process.

### **Before healing**

When messaging her prior to the session and agreement to proceed was confirmed, I requested that she might like to have a drink of water and some tissues available.

When the video call commenced I checked that she was comfortable and unlikely to be

disturbed. I reminded her that as this was a case study she would be contacted for feedback on the three sessions and that I would be making a record but all details would be held confidentially. She also confirmed that she had no uncontrolled epilepsy or heart problems. I explained how the session would proceed; starting with a relaxation leading into the start of the healing and that I would tell her when healing would start and finish and that when finished I would guide her through the ending followed by the opportunity for comments or to ask any questions, if required. It was agreed that I would turn my phone away during the healing so that Client 1 was afforded privacy and need not see my face but that I could still observe her. I explained that there would be a period of silence during the healing but I would be able to observe her. I explained that she could stop the session at any point.

### **During healing**

I could observe that Client 1 was in a comfortable position. We were silent a few moments to allow stillness to settle within both of us. I thanked source for protection for myself and Client 1 and for the environments we were both in. I felt guided to repeat this now that I could see Client 1 and her environment and that I had also moved rooms. I ensured I was grounded. I stood for the session as I felt this would facilitate being fully grounded and maximize my focus during attunement. I would not normally stand for the whole session but felt guided to do this in the strange times of energies being affected by coronavirus. I requested Client 1 to take some steadying breaths before returning her breathing to "normal" for her then used a meditation based on the sun visualisation.

### **The sun visualisation:**

*Take a few deep breaths. Focus your mind on the out breath and as you do so allow calm to flow into your body....*

*Then breath normally through your nose and feel your feet on the ground beneath you.*

*Now imagine that above you is a golden sphere of light, like a huge sun, it is shining out loving rays of light towards you. It feels comfortably warm and very safe.*

*Allow this sun to move down through the top of your head, to the level of your heart. Imagine the rays of light shining into every part of your body, so that you too glow with this light...*

*Feel the gentle, loving light energy clearing you, nourishing you, making you feel complete. You feel safe, empowered and very loved.*

*This light keeps flowing into you so that the rays start to shine out of your body. The loving light is now filling you and shining outwards so that you have a circle of comforting, protecting light around you.*

*Enjoy this feeling. It is here for you any time you want it.*

*(Now feel the ground and when you feel ready, open your eyes.) – not if followed by healing as it was.*

I particularly like this meditation because I found it very easy to follow when spoken to me. I particularly enjoyed the delicious feeling of warmth, love and nurture that it produced within me plus the calm, relaxed state it induces. Perfect preparation for healing. I felt confident that this recipient would benefit in a similar way.

I then attuned to source for Client 1 to receive healing. At the precise time that I thanked Source for her healing for the greater good of her mind, body and spirit, as appropriate, the sunshine burst out from behind the clouds and shone brightly for the remainder of the session. I felt this was significant as it had been a fairly dull day until this point. Despite the bright sunshine on my phone screen I was able to observe Client 1. She appeared serene, relaxed and content. I felt the great power of love reaching out to her (from Source) and felt pleasure within myself to experience this. This lasted about 15 minutes.

I then thanked Source for returning her energies to an appropriate level for daily living, ensured by thanking that she was grounded, energetically closed and safe. I added the words “energetically closed and safe” to my practice after completing the qualification course and continued my self development. In my initial practice I was concerned that I was not always fully grounded and incorporating this phrase satisfied any doubts.

Source was thanked for filling Client 1 with Divine light to leave her as highly vibrational as possible at this time.

I repeated this process for myself then thanked Source for separating the energies. I gave thanks for the healing. I enjoyed a feeling of warmth and gratitude within myself and felt incredibly positive.

I softly called Client 1 by her name several times as she was deeply relaxed, to tell her that the healing session had finished but before opening her eyes to feel the contact beneath her feet and place her hand on the top of her head. She opened her eyes stating that she “was back”. I knew then that she understood she was fully grounded.

### **After healing**

Client 1 remained very relaxed, peaceful and smiley. The opportunity for questions or comments was offered. She stated that she felt the healing had been “very powerful”. I could identify with this feeling of “power”. I told her of the boost of sunshine coinciding with the start of the healing. It felt hugely symbolic or representative of the link from Source to client.

I informed Client 1 that the effects of healing could continue over the next days. I also requested that if she had any concerns over these next days to contact me.

Conducting the session via video WhatsApp was discussed with agreement to further sessions this way. The next appointment was agreed for 05.05.2020.

Thanks were exchanged.

### **05.05.2020**

Approximately half an hour prior to the planned time I messaged Client 1 to ensure she was

happy to proceed with the healing session and, if so, to prepare her drink and tissues. She was so I repeated my personal preparation as for the first session. The session was conducted via WhatsApp video again.

I asked her how she had been since the last session. She said that she had been inspired to increase her self practice to increase her energy levels which had been beneficial.

The healing session was completed following the same procedure as the first session.

During this healing session I was aware of a strong warmth and tingling sensation in my left palm. I also saw blocks of colour predominantly red then green. As I had thanked Source that Client 1 receive healing “for the greater good.... as appropriate...” I understood that this intention could be linked to the heart and base chakras and that this was “appropriate” for her needs. I thanked Source for appropriate clearing and rebalancing of her energies. I observed that she remained peaceful and relaxed throughout the healing.

Following completion of the session she stated, “that was lovely” and she felt “very relaxed”. It was agreed to continue using WhatsApp video for the third session including messaging her half an hour prior to the appointment.

Thanks were exchanged.

#### **08.05.2020**

As previously agreed I messaged Client 1 approximately half an hour before the planned time. This system has worked well for both of us so that we are both prepared for the session. For myself, this half hour preparation time again provided the time for raising my energy levels through attuning to Source and being thankful that I would be able to provide the best link for the healing that I could be.

I asked Client 1 how she had been since her last session. Her “good” with a smile was a welcome and positive response. Her motivation to continue her self practice had continued – reporting that she had not relied on any prompts (mobile phone alerts) to complete it today but had freely done it of her own volition. The healing session was completed following the same procedure as outlined in the first session.

During this session I again saw blocks of colour, red and green again but not for as long. I sensed that her energies felt much ‘lighter’ than previously. Within myself I had feelings of joy, wellbeing and ‘upliftment’ to the extent of feeling buoyant. These words came into my mind when I was fully engaged in the healing session. I hoped that this was reflected in Client 1 as her energies were balanced and raised to a high vibrational level appropriate for her.

I paid particular attention to the grounding process for both of us, not just for the reasons mentioned previously, but due to the feelings of happiness and upliftment I experienced during the healing. I didn’t want to be careless in completing the healing process. I did, however, give Source very joyful thanks for this session.

After the healing, the effects of healing lasting beyond the actual session were discussed and the benefits, as confirmed by the Client, of continued self practice were confirmed. She did state that when feeling ‘stronger’ it was easier to do this which, of course, reflects the importance of self practice – preferably daily.

Further sessions were offered. It was agreed that the video WhatsApp offered a convenient

way of achieving this. Client 1 would contact me as required and endeavour to maintain her daily practice.

Thanks were exchanged.

Ann Realey

Word count 1975

## **2<sup>nd</sup> Long Case Study Example**

### **Client 1**

**STUDENT:** Gill Brighten

**PRESENTING PROBLEM:** Long Covid

**CLIENT'S DESIRED OUTCOME FROM HEALING SESSIONS:** To help increase energy and improve her general wellbeing, with a view to returning to full-time work and enjoying her life more fully.

### **BRIEF INTRODUCTION**

This lady was recommended to me by a mutual friend. The client is keen to see if Energy Healing will alleviate the Long Covid symptoms she has been experiencing for some months, being particularly troubled with fatigue, headaches, vertigo and palpitations. She usually works full-time in the care industry but has had to reduce her hours due to her symptoms.

#### **1.6.23**

This first session was conducted face to face at my own home. The client has previous experience of Reiki but this is the first time she has tried Energy Healing, and so was unaware of the process. I checked with her the day before to confirm the arrangements and to thank her for agreeing to be a Case Study.

Before she arrived, I ensured my room was clean, warm and welcoming. I prepared myself by doing a meditation for peace and stillness within, in order to raise my own energy levels to a high vibrational state. This helped me to feel completely ready and confident, knowing that my environment was appropriate and my energies raised. I go through this process before any client visits for healing.

## BEFORE ENERGY HEALING

Before we started the energy rebalancing, I ensured she felt comfortable, with a glass of water next to her and tissues nearby. I reminded her that she had kindly agreed to be one of my Case Studies and that she would be contacted for feedback at some point. I also assured her that her personal details and notes from each session would be kept confidential, within the boundaries of the law.

I explained how the session would proceed by starting with a short relaxation meditation which would lead in to the start of the healing. I said that I would tell her when the healing would start and end and would gently guide her through the ending. She would then have the opportunity to ask questions or give feedback on how she had experienced the session.

We briefly discussed energy, and I explained that the aim of the healing session is to raise the energetic vibration of the client, bringing us back into balance and so leading to better health and wellbeing.

I added that she may feel some sensation during the healing, for instance warmth, cold, tingling, but that this is not always the case, and that any of this would be quite normal. I also said she could ask me to stop at any time if she felt uncomfortable in any way. She felt very happy with all this information and was eager to start.

## DURING ENERGY HEALING

I could see that my client was comfortable. I encouraged a few moments of quiet together to allow us both to fully settle after our explanatory chat. I asked her to take a few deeper breaths, followed by returning her breathing to a comfortable level, and then continued with the [Sun Visualisation](#).

*(Take a few deep breaths. Focus your mind on the out breath and as you do so allow calm to flow into your body.)*

*Then breath normally through your nose and feel your feet on the ground beneath you.*

*Now imagine that above you in a golden sphere of light, like a hug sun. It is shining out loving rays of light towards you. It feels comfortably warm and very safe.*

*Allow this sun to move down through the top of your head, to the level of your heart. Imagine the rays of light shining into every part of your body, so that you too glow with this light.*

*Feel the gentle, loving light energy clearing you, nourishing you, making you feel complete. You feel safe, empowered and very loved.*

*This light keeps flowing into you so that the rays start to shine out of your body. The loving light is now filling you and shining outwards so that you have a circle of comforting, protecting light around you.*

*Enjoy this feeling. It is here for you any time you want it.*

I find this meditation a perfect way to help a client relax as it is very easy to follow. It induces a natural feeling of warmth and nurturing when I practice it for myself, and I was keen to help my client feel this way too, especially as it was her first session.

I then attuned to Source for her healing to be received for the greater good of her mind, body and spirit. I continued through the steps of Source Attunement Healing:

1. Still Self – *a quiet moment to feel calm, connected and ready to start the Attunement.*
2. Protect All – *myself first and then my client. This is essential at the start of any healing session so that any lower vibrational energy cannot affect either of us throughout.*
3. Ground myself – *by feeling my feet on the ground and the earth supporting me. No need to do this for the client as they are about to be lifted to Source.*
4. Attune – *myself first and then attuning my Client to Source energy.*
5. Hand my client over to Source - *thanking Source that the healing is for the greatest good and is appropriate for this person.*

And when the Rebalancing is complete, for client and then myself:

6. Return energies to normal levels – *feel expanded energies returning to appropriate levels for daily life.*
7. Ground – *feeling feet firmly on the ground and supported by the earth, as the second part of the grounding, to ensure neither my client nor myself feel ‘spaced out’ after the Energy Healing*
8. Visualise the client and myself as a shining, bright Divine Light – *so that we are as highly vibrational as possible.*

Finally:

9. Separate energies – *to ensure my client’s energies do not influence my own, or to carry this client’s energies on to the next one.*
10. Thank Source. – *to show gratitude for the healing experience just taken place.*

During the healing session, as I attuned to Source, I felt my own energies expand as a warm glow came over my body, and then received the impression that my Client’s energy system was quite low. I gradually sensed an opening up of her energies and she became visibly brighter. Her eyes watered but she was not visually emotional. This first session lasted approximately 15 minutes.

#### AFTER ENERGY HEALING

I gently brought her back to the full consciousness, asking her to become more aware of any sounds and aromas in the immediate area, to feel her feet firmly on the ground supporting her, and to open her eyes after a few moments. I suggested she rested a hand on the top of her head if she felt slightly light-headed (to close her crown chakra to an appropriate level) and to also take a sip of water. I gave her the opportunity to comment or ask questions.

She said how much she had enjoyed the healing session and how relaxed she felt throughout. She enjoyed the Sun Visualisation but explained that she is a person who really struggles to visualise anything at all, saying she just listened to my words. I explained that it is the intention

of the words which are important in the visualisation and she does not need to actually visualise for it to work. I also explained that the effects of the healing may continue over the next number of days and to contact me if she had any further concerns or questions.

### **8.6.23**

#### **BEFORE ENERGY HEALING**

This was a further session at my home, which I had confirmed with my client the day before.

I repeated my own personal preparation as described in the first session.

I ensured that my client was completely comfortable and asked how she had been since our first session. She said she had experienced a few days “shedding stuff”. She had felt congested with a cold but did not feel ill. This had pleased her as she was dreading developing her next cold or virus in case it impacted on her Long Covid symptoms.

She loved the feeling of peace last time. I suggested that when she wakes up each morning she tries to find time to do the [Sun Visualisation](#) and thank and intend that she is totally well, physically, mentally and spiritually.

#### **DURING ENERGY HEALING**

The start of the healing session proceeded very much like the first time. Leading into the rebalancing, I again read through the [Sun Visualisation](#) to allow the client to become familiar with it and be able to use it as a self-help tool for herself.

As my own energies expanded, I was aware of warmth filling my body and a tingling sensation especially around my head area. I could sense my client’s energies lifting more easily than last time, as I thanked Source that the healing would be received for the greatest good of this client. The session this time took around 20 minutes.

## AFTER ENERGY HEALING

My client said she felt very warm and relaxed, and looked happy. She explained it as a very peaceful feeling. She had felt pain in her left knee and was aware of occasional head movements which gave a similar feeling to when she has vertigo. She had felt a swallowing sensation during the healing at the same time as her eyes watering. She thought this interesting as she often keeps within what she would really like to say to some people in her life. I said that these sensations may be due to a rebalancing of her energies and suggested she may like to observe any change in this respect in the foreseeable future.

She explained again that she does not visualise on closing her eyes. However, during this healing she did “see” a dog lying on the settee nearby (please see relevance at 22.2.24 session which follows).

She is enjoying our sessions and has mentioned them to her friends.

## **29.6.23**

## BEFORE ENERGY HEALING

This was another session at my home. I prepared as usual, and again ensured my client was completely comfortable, with water and tissues nearby. She said that she had been experiencing a “perfect feeling of wellness” for the first week and a half after the last rebalancing. This changed one night when she had rapid heart palpitations but she said that this may have been due to alcohol consumption the previous evening. I advised her to see her GP regarding this. She has returned to her normal working week, for the first time since Covid and was pleased she did not experience extreme fatigue as she had anticipated.

Since our last healing session, she has experienced two flashes of imagery which she found very interesting.

We discussed again whether she might benefit from doing the **Sun Visualisation** each day, and she agreed.

#### DURING ENERGY HEALING

To lead into the Healing Session, I took my client through the **Sun Visualisation** to reinforce the client becoming more familiar with it.

I could sense my client's energies expand during the healing, as highly vibrational light filled her body, and I saw bright colours throughout. I observed that she seemed very peaceful and relaxed.

#### AFTER ENERGY HEALING

The client said the session had been very pleasant. She sensed a new affirmation during the healing – “I am whole, well-balanced and free”. Half way through she had also seen an image of a bird which she attached to the feeling of being free, for which she was grateful. As she seems to be visualising more now, I reinforced that she may like to bring some visualisations into her daily practice, for example imagining the powerful, healing light of Source entering her body and spreading throughout and beyond, as in the Sun Visualisation.

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**This client had a zoom session on 8.8.23 and expressed surprise at how a Zoom session seemed to be as powerful as in person.**

**We had further face to face sessions later in 2023 and she reported better health and wellbeing.**

## 22.2.24

### BEFORE THE ENERGY HEALING

As usual, I confirmed our in person session by phone a few days before we met. We discussed generally how Client 1 had been feeling in the weeks since our last meeting.

Her energy had increased and she has been walking further since the New Year. She feels well and she enjoys her new lack of fear of dogs.

(Late last year she was approached by a large dog and, without thinking, she bent down and petted it. This shocked her mother. The client was also surprised at what she had done and put her lack of fear down to a previous healing session during which she “saw” a dog beside her.)

### DURING THE ENERGY HEALING

We started the Rebalancing with the [Sun Visualisation](#). I sensed my client’s energies were slightly low but lifted as highly vibrational Light filled her energy field. I experienced a feeling of joy and wellbeing and felt that this was also reflected in my client as her energies were being balanced and raised.

### AFTER THE HEALING

My client commented on her having to clear her throat frequently during the Healing, even though she has no viral type cough at the moment. I explained that this may be the effect of the healing energy reaching her in a particular way.

She says she experiences a deep sense of relaxation and wellbeing during the sessions at my home. She takes this feeling away with her. We discussed the effects of healing lasting beyond

the actual session. She said practising the previously suggested visualisations was helping with this.

**This client continues to come for sessions.**

**2,298 words**

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