

How PTSD Symptoms Are Relieved by the Use of Energy Healing Therapy

Molly Burton, Graduate Years 2015-2017

The Bear McKay School of Energy Healing

Bozeman, Montana

September 11, 2017

Bear McKay, Instructor

How Post-Traumatic Stress Disorder Symptoms Are Relieved by the Use of Energy Healing Therapy

Post-Traumatic Stress Disorder (PTSD), as a term, does not appear in a standard dictionary. If one breaks down the term into everyday words, then it means types of stress that occur after a trauma, or negative life-altering event. The 'disorder' in this case involves many and various symptoms; thus, the victim could experience the trauma unlike another person might. 'Life-altering' is the key phrase, and everyone's traumatic experience brings unique results to that individual. These types of stress can result from anything: losing a favorite toy, maybe, because toys are few and therefore precious, or suffering from the death of a beloved pet, falling off a ladder, being in a car accident resulting in serious injuries, losing a family member or friend through divorce or death, long-term physical, sexual or verbal abuse, to being a Veteran and serving in a war. Much has been written about PTSD, and it is recorded in history that even our ancestors experienced PTSD long before it was given its present meaning (Grassman, Peace at Last, pg. 206).

Since this writer has studied the human condition through mothering two sons who have been serving our country in the US Navy, teaching in public school for 30 years, practicing massage therapy for nearly 28 years, and now studying energy healing for over 4 years, this writer has been fascinated by the unique faces of trauma for returning Veterans, in particular, the Vietnam Veterans. The men and women who served in that war are aging and dying at alarming rates (Burton, Finally, A Parade for You, pg. 190). For the purposes of this paper, this writer wanted to work with Vietnam Veterans, exclusively. The problem with finding these brave heroes, and getting them to reveal their souls to a civilian, was

nearly impossible: “The real heroes are the ones who did not come back.” “I was just doing my job.” “No one has ever wanted to hear my story.” The list of denial and self-effacement attitudes has made it extremely difficult to get Veterans to participate. This writer looked at other avenues. PTSD rears its ugly head in the spouses of those with combat experience. It also shows up in people who had miserable childhood experiences. It is on our very modern doorstep with Veterans from the Iraq and Afghanistan wars. This writer gathered those people into her study for contrast and richness, and at the same time, connection and constancy.

This writer chose eight different emotions usually associated with PTSD, adding some positive emotions to see if they registered at all on the scale, with one category for present-time feelings. These emotions are as follows: Anxiety, fear, curiosity, happiness, guilt, sadness, anger, calmness, and ‘other.’ A pre- and post-treatment inventory of feelings on a scale of 1 to 10 was given to each subject. The charts at the end of each study shows significant change over time, and many times from the beginning of each session to the end. This writer does not like to start a session with a survey and end with another survey when the subject is in a relaxed state of mind, but it was crucial to do this, as when high emotion is processed verbally, some of the ‘charge’ is already releasing.

Each of eight subjects was given five sessions of energy healing, spread out from once a week, to every other week, to several weeks between sessions. The subjects included 1 Vietnam Veteran, 2 Veterans from modern and ongoing wars, 2 spouses of Veterans, and 3 civilians. While this study is not clinical in the traditional sense of research, and more studies with more individuals might reveal more specific results over time, this writer is encouraged. The results were unique to each individual, and some subjects are

continuing energy healing sessions on a regular basis, as they report it centers and refreshes them. PTSD symptoms are truly relieved by the use of energy healing therapy.

Case Study 1

Case Study 1 (CS1) is a Vietnam Veteran. He had a fairly stable childhood in a family of five sons. He is the youngest of three half-brothers. One of these brothers was drafted into the Korean War. He has one full brother who joined the US Army, and was part of the Cuban Missile Crisis. CS1 came from a family that not only had a military background, but was also part of the northwestern logging industry. CS1 was sickly as a child, and had to repeat second grade. During an accident involving a loose window, he smashed his hand. As a teen, he lost two fingers of his right hand when he was working in a mill. They were successfully reattached, but complications caused the right arm to atrophy. He is a 'lefty' today. He was supposed to have a medical deferment from the service because of this atrophy, but the Army decided he was fit to serve in the Vietnam War.

During the Vietnam War, CS1 was in charge of several jobs in his Base Camp, and had to make decisions regarding what men were supposed to be doing. During one attack, when his commanding officer was not doing what he was supposed to be doing, nor was he where he was supposed to be, CS1 used his common sense to assist the men at the Base Camp. He lost a man in the base tower, and was wounded when shrapnel embedded itself in various places of his body. Another officer witnessed the activities of this soldier, and wrote a letter of commendation for him, but the military still does not recognize this man's sacrifices. He is still waiting for his medals, and other sources of recognition, like a Quilt of Honor that has been awarded, but has not been presented to him.

During civilian life, he married and raised three daughters. One died of cancer at age 37. It is possible that his daughter's premature death could be Agent Orange-exposure related, but there is no way to prove this. Jobs for CS1 were many and varied. He trained in a community college in corrections, worked in the logging industry, did construction work, drove a dump truck, and finally, became a police officer (his long-time dream come true). At one point in this career, a peace-loving couple was murdered by their foster son, and this event brought back the Vietnam War for CS1 in a flash. After many other unsuccessful positions in the corrections field, CS1 was not able to hold his position of public service. He now does volunteer help for Veterans when his health allows. He works with his church, Veterans helping other Veterans, a Prayer Wall, and the spouses and children of Veterans.

CS1 suffers from several health conditions, possibly relating to his exposure to Agent Orange in Vietnam. He has diabetes, and his health revolves around this disease: sugar stability issues, poor sleep patterns and the nightmares that go with them, edema (using compression stockings to assist in keeping the swelling down), and the like. He does try to eat diabetic friendly foods. Medications are numerous, for blood pressure, muscle relaxers, sleeping aid, and as-needed over-the-counter pain relievers. A visiting Veterans Administration doctor visits every two weeks, and a home health nurse checks on him periodically and fills his prescription reminder. He has short-term memory loss, and recently he has experienced seizures. He needs to go to Portland, Oregon to the VA hospital for testing, which stresses him and his wife, as each way they must drive for three hours and then try to find parking, when they both have trouble sitting or walking any great distance.

In his spare time, CS1 likes to draw nature scenes: animals, mountains, trees and the like. He also does photography. He is usually early to meetings, and likes to be in charge, quietly, leading from behind. A perfect day would be to spend it with family, including his brothers when they can be together.

Summaries: Client # 1:

May, 28, 2017: Presenting complaint for CS1 was nightmares, they awaken him, and he cannot get back to sleep. He presently has a headache, with pain in his knees, hips and hands. Losing strength in his hands, he is frustrated that he cannot do the things he would like to do, like painting and woodworking, or even driving. He is also experiencing increasing memory issues. He feels tired, worn out. Post-treatment, CS1 noticed his headache was gone, and his pain had diminished. (Techniques for treatment: emphasis on adrenal unhook, heart-liver alliance, headache treatment, structure)

June 11, 2017: CS1 has stabbing-in-the-eye headaches that even pain pills don't help. New medications and testing at the VA hospital to determine what seizures he might be having during sleep are in process. He is having trouble with neighbors who are dysfunctional; he tries to help, but gets into trouble for 'meddling.' It hurts his feeling of right and wrong, his sense of justice. Post-treatment, CS1 is calmer, more relaxed.

(Techniques for treatment: emphasis on spinal fluid wave, DNA Activation, sphenoid, occiput, cranial nerves, structure)

June 25, 2017: CS1 Is not doing well today. His knee hurts from his shrapnel wound. He still has headaches so bad he must take Tylenol, which he does not like to do, as it is not good for his liver. He needs to use his walking stick for balance, even just walking in his yard. A bright spot: CS1 and his wife brought a rescue puppy home, and they are just trying things out with the dog to see how they all get along. Post-treatment, CS1 is “better,” to use his word, but he still has a headache.

(Techniques for treatment: emphasis on chakra headache treatment, spinal fluid wave, DNA Activation, oxygenation)

July 16, 2017: CS1 has tried reading the book this writer wrote (Burton), but every few pages, he must put it down as the stories trigger his PTSD. He remembers one time ‘in country’ when he tried to inform a new recruit that he should not go beyond a certain camp perimeter. The new guy thought he knew better, went into the bushy area, and a mine field bomb blew him to pieces. He was the same rank as CS1. That memory brings anger, guilt and dismay to CS1. Prostitutes inviting him to sample their wares, homosexuals making unwanted advances to him, and wariness in trusting someone he did not really know came to the fore for this session. He realizes he was ‘not there’ for his wife, even though she has always ‘been there’ for and supportive of him. He had an alcoholic father who beat his mother (He told his dad that he would beat his dad to death if he ever struck his mother again. CS1 was 8 years old at the time). It is the first time a break-through of buried memories has occurred. Progress in healing is happening.

(Techniques for treatment: emphasis on oxygenation, heart-liver alliance, some cord-cutting, structure)

July 31, 2017: Much uncertainty is happening in the life of CS1. He has been cheating on his driving... Just to the store and back home, mostly. His doctor does not want him driving while he is being tested for the seizures, but it has been a long two months. CS1 is still processing his time 'in country;' remembering convoys that ran over little kids, but saved many lives, and "F...ing" cowards who let the grunts do all the work while they hid. It is harder to walk and go up steps. Anxious about his physical health, he worries about getting his awards, so his wife will be financially able to live alone should he die before she does. Post-treatment, CS1 notices he has less pain. His arm does not hurt when it is raised, and his neck feels better. The rescue dog is fitting in well with its new family. (Techniques for treatment: emphasis on hara alignment, for grounding, oxygenation, structure)

Case Study 2

Case Study 2 (CS2) has PTSD, among other health problems. She is the wife of a Vietnam Veteran, who also has severe PTSD. A high white cell blood count, diabetes, and three stents in her heart, and bladder issues are major concerns at this point in her life.

CS2 was the oldest of six children. Siblings appeared quite regularly: one 14 months after CS2, another nine years later, another the following year, another a year after that, and finally, another sibling arrived when CS2 was 15 years old. Her parents are now deceased. Her dad had jobs as a lawyer, a pharmaceutical salesman and a meat cutter. Mom was a stay-at-home parent. Though both parents provided stability in the home, in that they stayed together and saw that chores were done by all children, not much in the way of nurturing was provided. The family lived a safe country life for several years, before

moving to Oregon; the new home was complete with wood cook stove, on which CS2 cooked family meals, including for her grandparents. CS2's parents had certain ideas of dress, and allowed few social activities like the attendance of football games. A neighbor provided some social fun like taking the kids for popsicles and Cokes. Dad read aloud nightly from the family Bible. No TV was allowed, but the kids did get to see the movie, The Yearling.

When CS2 became a teen, her mom smacked her around, and they had many noisy arguments. The Psalm: "If your mother and father forsake you, your Father in Heaven will take you up," was her hope and salvation. Like all her siblings who left home when they could, CS2 left home right after high school. Many of her siblings still stay in touch with her.

CS2 found a place at Tongue Point, in the Job Corps. She took secretarial courses at the college, and while having young adult fun, met her future husband. Some lesbian girls had been going after her in a hostile way. Her new boyfriend rescued her from that environment. They were soon married and living in a furnished apartment.

Today, while she seems calm when visiting socially, CS2 knows her experiences during her teen years affected her. She had a proclivity for slapping her own children. Her oldest child needed a reason for it; this question probably added fuel to the fire of an already angry mother.

When CS2's husband came home from the war, he had PTSD. This woundedness has always been a part of their lives together. He had several jobs before he realized a life-long dream of becoming a policeman. He was gone from home often. During these absences, peeping Toms would frequently creep around the outside of the house at night. Though

these thugs were eventually caught, CS2 became fearful of even driving her car. She became an introvert, staying in the house and reading. She began to have the inability to get up and move around. Her own PTSD was developing further.

CS2 now says she likes people, but is “scared of guys who wear bandanas,” and will go out of her way to avoid them. Dealing with her husband’s anger is difficult. He, too, was hard on their children, always wanting them to “be perfect.” He would lose his temper, at times taking the stress of his job home with him and taking it out on the family. This behavior has decreased, but when tempers rise, CS2 fights back. She once threatened to get out of their car and walk to her destination. She has survived because of her faith.

Today, CS2 takes over 25 medications. She has had gall bladder removal, along with controlled blood pressure and thyroid issues. She has year-round allergy issues, which include cats, catkins and walnut trees. She confesses to a poor diet, and reminds herself that she needs to “stay on Weight Watchers, and get more fruits and veggies” for energy. Because she sleeps too much (sometimes 14 hours a day), and hyperventilates in her sleep, she is on a C-pap machine, which helps regulate her breathing. More exercise is on her list of to-do’s. Several health care providers are her team of care experts. (Author’s note: CS2 may benefit from all of these doctors having a consultation among themselves regarding overlapping medication possibilities, and possibly eliminating some of these prescriptions.)

Health care providers for CS2 include a nurse practitioner, heart specialist and a sleep specialist. She also has someone who comes to clean her home. CS2 is artistic (She sews clothes for Barbie Dolls.), likes cooking, gardening and working with people. Her best traits are understanding and compassion. They are also her worst traits: she is patient, patient too long. She likes to be early to meetings, and prefers taking a passive role in group

situations. CS2 believes in Jesus as her Lord and Savior and attends the Four Square Church. Though she is a Christian, she is not against others {in their beliefs}. One dream for CS2 is to have someone teach her how to paint or draw. A perfect day for CS2 would be to go out and plant beautiful flowers in a garden, from sunup to sundown. Taking her time, and being solitary, she would let the flowers themselves tell her where they would like to be for their best appearance.

Summaries: Client # 2:

May 28, 2017: Presenting complaint for CS2 was that she would like to have energy for movement, like being able to dance. Her hormones were working overtime, as she was sweating in a fan- and air-conditioned room. She seemed unsettled, like she was unsure about how to act during the session. Her chakras were dished, and some of her systems, like her endocrine system seemed exhausted. She was very protective about her 'self.' Post-treatment, CS2 was very relaxed and soothed. She let her mind wander during the session, and felt very relaxed.

(Techniques for treatment: emphasis on oxygenation, structure, heart-liver alliance, sent light to bones and blood where cell generation begins, adrenal unhook)

June 11, 2017: Today, CS2 had a backache in her lumbar areas. A little soul dialogue indicated that she felt Willow's presence, insinuating her kitty self into CS2's treatment: this kitty has just died after an illness. This writer felt it, too. CS2 was very close to her. Her 'other' emotion today was grief. She was curious about how energy work would

progress. Her chakras were somewhat dished. Digestion seemed sluggish. Post-treatment, CS2 seemed very relaxed. She 'dreamed' about driving without being tense.

(Techniques for treatment: emphasis on heart-liver alliance, oxygenation in diaphragm, digestion, sending light and energy to involved organs, and adrenal unhook)

June 25, 2017: While CS2 is seemingly calm on the outside (check emotion scores), inside she is sometimes quite stressed with nerves. Her low back has been hurting, and she gets nervous when her husband yells at her to drive faster than she wants to go. She would like to be able to get a weekly session, as she feels calm and relaxed at the ends of her sessions. She also thinks this would help her try to quit smoking. At the end of the session, CS2 was actually beginning to fall asleep without medication.

(Techniques for treatment: emphasis on oxygenation at diaphragm, lungs, and the rest of her body including her digestive tract, an adrenal unhook, structure and occiput)

July 16, 2017: CS2 gets nervous about imagined fears, and in a way feels helpless to be able to be in charge of her life. She is worried about the eclipse (due August 21, 2017), her husband's cancer scare, how their new pet will fit into their lives, and the fact that her pain shots did not work as well as she thought they would. She feels guilty about not reading her Bible, her grounding path. Her 'other' emotion was general anxiety that she could not really pinpoint with a cause. At the end of her session, she felt more relaxed, peaceful, calm and comfortable.

(Techniques for treatment: emphasis on DNA Activation, structure, adrenal unhook, occiput and sphenoid)

July 31, 2017: CS2 is still concerned about the eclipse, and getting enough groceries when it is hard to drive in town, and how traffic and crowds will be, are enough for CS2 to have considerable stress. While her negative emotions, like anger, fear and sadness do not seem to register, CS2 tries to ignore these emotions rather than voicing what's truly happening. It goes back to her helplessness when, in her past, she was vulnerable when alone. Post-treatment, CS2 had lowered back pain, was less stressed about her everyday concerns, and localized and generalized anxiety dropped significantly.

(Techniques for treatment: emphasis on adrenal unhook, energy sent to total digestive tract, oxygenation, structure, and heart-liver alliance)

Case Study 3

Case Study 3 (CS3) is a civilian with PTSD. As a child, she suffered several kinds of abuse. As an adult who has dedicated her life to helping others with PTSD, she has developed a sanctuary for all military Veterans who suffer from PTSD, with a specialty in assisting Vietnam Veterans.

CS3 is the oldest of two children; her sibling, a brother, is a few years younger. Her parents are living, but each remarried after divorcing when CS3 was quite young. She has, in essence, two sets of parents. She lived with her mother and stepfather, who was a commercial pilot. Rules were quite strict, but negative patterns of family dynamics appeared through her teen years: alcoholism, emotional, physical, sexual and psychological abuse sometimes brought thoughts of suicide to this young girl, turning into a woman. Even visits with her birth father were not too helpful, as a constant party and good times seemed to be in progress... Not conducive to stability. These formative years have

ingrained CS3 with a great distrust of men and feelings of a lack of safety in their presence. Today, she is in a loving relationship with a man who “just might be the one.” CS3 and he have gone to pre-marital counseling, and even a couple’s retreat. Though they have thought about marriage, they have a long-distance relationship (about 150 miles apart), which they are continually processing and figuring out how to resolve.

CS3 has been academically trained in counseling, and many counseling opportunities helped bring her to today. She is the corporate head of a project that is a dream come true. A safe house (accredited adult foster home) in which Veterans can live when they have nowhere else to go, is just beginning to be ready for occupancy, once all the finances and organizational issues are in place. This place is a working ranch, farm, and plant nursery that welcomes everyone who desires to volunteer in any of several areas: farming, building maintenance and repair, and other operations as needs arise. It is also a place, where, when it is time, Veterans have a safe place to die with dignity. This facility is growing beyond CS3’s the wildest dreams. She is now in the process of finding managers who have experience in running this type of operation, while she continues to provide public relations opportunities for funding and further growth.

As a youngster, CS3 developed an allergy to bees. Also, in her tender years, she was in a motor vehicle accident (MVA), and suffered mild internal injuries. She does have some chiropractic care, but not regularly. With her huge work schedule, CS3 is quite healthy physically, but her body’s reaction to stress is beginning to show in several ways. At one time, she had an eye twitch that lasted six months. Her diet tends to be “lean and green.” She does take vitamins C and D, with coconut oil supplements. No other medications are used. Her only pre-cycle negative is that she does not feel well. Cycles are slightly erratic

and only last a couple of days. Sleep is elusive, she can fall asleep easily, yet wakes up around 2:00 AM, and her mind gets busy... Too busy to allow sleep! CS3 enjoys yoga, walking, summer hikes and for the last two years, running. She sees a psychologist, and has a once-a-year mammogram. (Since her participation in this study, she is also including a once-a-month energy healing session, as a benefit for calming her busy mind, and putting life issues into perspective.)

Talents for CS3 include being a healer, a good listener (people “open up” to her), being a visionary, being a creative thinker, being an artist who paints, being conscientious, and being a loving person. Her best traits include being a good listener, having a sense of style, consideration of others and having compassion. Her worst traits include selfishness, reactivity/judgment {self-preservation?}, being a gossip, and having avoidance issues {fear?}. She likes to take charge of a situation, but she can be late to meetings at times.

CS3 is a practicing Catholic. She feels it centers her: prayer, reflection, contemplation, and Mass itself, as it is grounding, the symbolism is comforting, and she is always given the ‘Meditation of the Day.’

Summaries: Client # 3:

March 3, 2017: CS3’s presenting complaints are that she has a knot in her left shoulder, and her brain just ‘hurts.’ While most of her pre-treatment scores are in the midline, she has a higher than average score for emotional ‘numbness.’ She pushes through high stress at work. During her treatment, she noticed energy pulsing at her ankles (This writer wrapped to ground her during her session.) In soul dialogue, this writer ‘saw’ (energetically) pillars of light around her, as if guiding her way. CS3 saw colors, like purple and turquoise, and

felt energy pulsing through her body. She noticed animals along the way: a porcupine and cats. Post-treatment, CS3 noticed the knots on her left shoulder had reduced from plum-sized to grape-sized. Her emotional 'numbness' had dropped to nearly nothing.

(Techniques for treatment: emphasis on structure to align physical body with etheric body, hara alignment, adrenal unhook, occiput, spinal fluid wave, sphenoid and diaphragm with oxygenation throughout)

March 23, 2017: Again, emotions were near it, during CS3's pre-treatment survey. Her brain seems focused on tiny awarenesses. During her session, she noticed skunk, porcupine and quail; from our discussion, she seems to need protection, as well as needing to provide it to others. Post-treatment, scores were more polarized, with negative emotions showing a lesser charge, and positive emotions showing a higher charge. She felt more of an expanded consciousness. She is feeling that she needs to take a spiritual vacation, like getting energy work done, and just 'getting out of Dodge' more often.

(Techniques for treatment: emphasis on oxygenation, wrapping to ground, hara alignment, adrenal unhook and structure)

April 27, 2017: CS3 is having energetic as well as psychological shifts. She is feeling overwhelmed: work has no relief, and her relationship with her boyfriend is not working at the moment (it is a long-distance romance and each one of the parties has work that is developing their careers). She is feeling abandonment issues that have stemmed from childhood, and when these stresses occur, she leans back into the turmoil of earlier times: no control. Today, she saw a fox, with a ball of string (She is being strung along?). An

interesting chart result for this session is that unlike the last session where ending scores were more polarized, this time, at the beginning of the session, scores were varied in scattered mercurial ways. Post-treatment, they were more centered. Each session showed positive influence with CS3's treatment, although with a different pattern of scores.

(Techniques for treatment: emphasis on heart-liver alliance, oxygenation, combing (debris in CS3's 6th and 7th chakras), and adrenal unhook)

May 22, 2017: CS3 is on anti-anxiety medication for depression, and still feels scattered, like she is not being heard. She is working through her distrust and hatred of men, and is focused on work and life that has security and freedom for design. During her session, this writer did a little soul dialogue with CS3, and she sensed angel wings surrounding CS3 and heard, "You are safe and nurtured." Post-treatment, CS3 was less scattered, and more in tune with positivity than when she first arrived. Calmness reigned.

(Techniques for treatment: emphasis on DNA Activation, oxygenation, cords cut for those who insisted on undermining her vision for her work project, and an adrenal unhook)

July 6, 2017: Things seem to have turned a corner for CS3. She is more positive, her work and personal relationships are in a better place than at the last session. She feels more in charge of her life. She is relaxed enough to sleep well, although fatigue remains an issue. She is definitely continuing her energy healing sessions.

(Techniques for treatment: emphasis on oxygenation, adrenal unhook, heart-liver alliance, and structure.)

Case Study 4

Case Study 4 (CS4) is a Veteran of the Afghanistan War. He has PTSD, and has suffered both physically and emotionally. He joined the US Army at age 19, a scared kid who was stationed in Panama for 13 months. In '90, he participated in Desert Shield. In '92, he found himself in South America for six months. Finally, he was deployed to Afghanistan: "A beautiful mess," he says. He was a primary weapons instructor, at the intermediate level did small engine repair, and was a machine gunner. CS4 left the Army in 2005.

CS4 met his future wife in '88/'89 before he joined the Army. They married in 1999, and he continued deployments in Afghanistan. Three or four times a year, he would have bad 'military dreams.' After leaving the Army in 2005, he was still having nightly nightmares in 2006. Progressively more powerful drugs were given to him to eradicate migraines and the awful sleep patterns the night terrors visited upon him. These drugs came with side effects that could cause cancer or even kill him. He began using cannabis with THC, CBC and CBD that had higher ratios of plant terpenes. He had been having one to two migraines a week, and they stopped immediately!

As alarming for him as his military service might have been, CS4 began having symptoms of PTSD from an early age. His big sister was 10 months old when he arrived in the family. These two siblings were the only natural children of his parents who adopted 13 more children. His birth father and mother divorced when he was three years old. His dad emotionally and physically beat his mom. She decided on a hysterectomy and left his dad. She then married CS4's stepdad. When CS4 was eight years old his new dad adopted him. As the family was Christian, it was thought that a great way to be of service would be to foster, then adopt as many children as they could afford. As teens entered the family,

sibling rivalry became even more hostile. CS4 and his natural sister asked their parents to not adopt any more children who were older than they were. Eventually, along with several singletons, three sets of two siblings joined the family. One sibling was a special needs child (autistic and Downs Syndrome), but the family had to surrender him, as his behavior was quite violent. This complicated family life left its mark on CS4. At age 10, he was incontinent; at age 12, he was still having this issue, and in seventh grade he was diagnosed with attention-deficit-hyperactivity disorder (ADHD).

The parents of CS4 both worked. Mom was a mid-wife, and dad was a parole and probation officer. They decided big-city life was too chaotic and opted to move to a smaller, more rural environment. That did not deter the challenging and loud intra-family chaos. For a time, CS4 lived in a calmer atmosphere with his mom's parents.

Mentioned earlier, CS4 married his present wife in 1999. These two people have weathered PTSD for almost 18 years. From a previous marriage, CS4 has two daughters, both in their 20s. The relationship with these daughters is tense, as these girls/women seem to need their dad only when they want money... another heartache for CS4 and his wife.

Today, CS4 lives a relatively quiet, healthy life. He and his wife live in the country surrounded by wildlife, like rabbits, deer and birds, and a few predators of the feline variety. CS4 suffers from seasonal asthma, and only takes Ibuprofen as needed.

The Veterans Administration (VA) had CS4 taking about 40 pills a day (not a team effort on the part of his health care providers). He is not taking any of them now. In Afghanistan, CS4 lost a tooth in a fight. He has a gap in his molars, and scar tissue where he cut his tongue. While he had 'chewed' for 20 years, CS4 quit in Afghanistan. He had a

cancer scare, and saw an ear, nose and throat (ENT) specialist, as well as a lung specialist. He is well at this point.

CS4 has good digestion, while diet is a work in progress. He and his wife try to eat well, watching what they eat and trying not to buy processed foods. He uses Kyani, an Alaskan blueberry super oil, anti-oxidant.

Summaries: Client # 4:

June 9, 2017: CS4 has a presenting complaint of pain. Both hips are “creaky,” and he has a “duffle bag of broken parts.” He has broken his shoulder, foot, back, knee, and various other parts of his body. His emotions are fairly middle of the scale, and this could change with another day or even with the weather. He was so relaxed on the table that he fell asleep and jerked, as muscles released in relaxation. He woke up for a minute, saying, “I fell down the stairs,” then went right back to sleep. He hardly remembered saying that when he finished his treatment. He was a little nervous to begin, and was completely relaxed at the end of the session.

(Techniques for treatment: emphasis on hara alignment, wrapping, sphenoid, heart-liver alliance, and oxygenation)

June 24, 2017: CS4 said he slept really well for the next couple of nights after his last treatment. His back is really bothering: he has had a l5/s1 discectomy, so we bolstered that hip to take pressure off the lumbar areas. Again, weather affects CS4’s moods; he is not a fan of rain. This writer worked on his skeletal system, sending light and energy to it.

Oxygenation increases his relaxation. Post-treatment, CS4 exhibited almost no charge on the chart of emotions, except for being very calm and happy.

(Techniques for treatment: emphasis on heart/liver alliance (for triggers for the war), oxygenation, alignment with physical to etheric body, and wavy fingers at the diaphragm)

July 13, 2017: CS4 is a little anxious today, as he must drive to Portland, and there are “too many bad apples to deal with,” using his words. He has become very outspoken about righting wrongs: he chased down a litterbug, and told him to clean up his trash! The litterbug did comply. Emotions were all over the scoreboard pre-treatment, and at or near zero post-treatment. His fatigue did not change in the ‘other’ category, but he was relaxed at the end of the treatment.

(Techniques for treatment: occiput, spinal fluid wave, sphenoid, oxygenations in the lungs and diaphragm and adrenal unhook)

July 26, 2017: Today, CS4 was ‘pretty hot’ over a dispute with a neighbor who was trespassing; the Sheriff had to come out and deal with the issues. He was feeling a little bit relaxed physically, as he had been given a Watsu (water massage) treatment earlier in the day. Most emotions were evident, but anger was quite charged. Interestingly, emotions registered below 1 on the chart, except for happiness and calmness, which were evident in his elated demeanor post-treatment.

(Techniques for treatment: emphasis on oxygenation at both lungs and diaphragm, adrenal unhook, sphenoid, and three wraps, as CS4 was rather difficult to ground until he began to relax)

August 8, 2017: Emotions have become more stable with CS4. His scores indicate less charge pre-treatment, and below 1 post-treatment. Even his hip dropped from 5/6 to a 4 on the pain scale. In soul dialogue, this writer sensed that CS4 was a caretaker of animals in another life, mending strays and comforting injured creatures. An energy alignment was done for CS4's energy body and his physical body. Oxygenation at the lungs and diaphragm were repeated more than once. CS4 feels this work is mentally and emotionally effective, and good for families and marriages, too. It is also physically very relaxing.

(Techniques for treatment: emphasis on oxygenation of muscles, lungs, and diaphragm, doing work at the occiput, sphenoid, and sending light to the myelin sheath, and doing the spinal fluid wave)

Case Study 5

Case Study 5 (CS5) the wife of an Afghanistan War Veteran has PTSD. She is the only child of parents who divorced when she was six or eight years old. Her father was a draftsman who now spends his time on the golf course. He lives on the property of CS5's family in a small independent home. He remarried once, but his second wife passed away before 9/11. CS5's mother worked for an insurance company. She retired (quit) because she was ill. She then went back to work, and now lives overseas. CS5 lived with her mother in the same house while growing up, after moving one time when CS5 was small. Mom was an alcoholic, bringing high stress to family life. Mom took CS5 to parties of friends at which CS5 would cry. Being timid, very shy, CS5 would try to mediate with others to try to keep the peace. She really wanted to live with her dad. This is ironic, as today, CS5 has trouble bonding with men.

CS5 had an early marriage that ended soon afterward. She had one child, a boy, from that union. He was difficult to raise, because he was extremely strong-willed. After high school graduation, he packed his car, and left with a girlfriend to go to his dad's place, and be near friends. When he lived with his mom (CS5), he did not drink; however, he has tendencies to do so when he is with his dad. By the end of this research project, he turned 20 years of age. CS5 has been married to her present husband for nearly 18 years, since 1999. They met before he enlisted in the US Army, and married between his deployments to Afghanistan's war. They have no children of their own. Living in a peaceful country setting, they share it with lots of trees and native wildlife.

In the last several years, CS5 has had several surgeries: breast reduction, gall bladder removal, and partial hysterectomy. She has esophageal dysmotility and irritable bowel syndrome (IBS). Pancreatitis and flare-ups from eating rich, greasy food (with no gall bladder to help digest them) are caused by the onset of stressful situations. Her diet consists of many protein shakes (trademark, Isogenics). When she does not have her daily shakes, she will suffer up to 2 days of constipation/diarrhea. Problem: she likes sugar, and carbohydrates... Just what she does not need. She suffers from a rapid heart rate when she does not take medication for it. Since she does not have her ovaries, she is "over the top" with emotional moods near a full moon, her periods are heavy with much clotting, intercourse can cause bleeding, and while she tends to have abnormal PAP checks, she has undergone ablations as well. Sleep is difficult. She uses cannabis for sleep, anxiety, and Obsessive-Compulsive Disorder (OCD). She has been taking anti-anxiety medications since 9/11. Allergy suffering is seasonal, so CS5 uses Zyrtec or Sudafed as needed. For exercise, CS5 walks her new dog, a mastiff, one or two times daily, does yoga to help with sciatica,

and uses her elliptical machine. Her health care providers include a nurse practitioner, a chiropractor and a physical therapist for a rolled ankle. When she can afford it, she also sees this writer for massage therapy and energy healing.

CS5 has several talents: singing, painting watercolors, and gardening. Her best trait is caring about those with whom she is close. Her worst trait would be her OCD... Fixating on things or situations that are out of her control. For appointments, like work, she is early; for appointments to which she must drive her husband, she can be either a little late or just walking in the door at appointment time. CS5 practices Christianity in a non-denominational church. She began this spiritual journey in her 20s.

A perfect day for CS5 would be to hang out with her husband, exploring, traveling or maybe having a "little adventure." These activities would probably include eating well, and playing with their two dogs: Deuce, a Bordeaux mastiff and Abby, a chihuahua and cairn terrier mix.

Summaries: Client #5:

June 8, 2017: CS5 was a little nervous about her first session. We talked about the procedure, and when this writer had her score her emotional charges for the chart, she was middle-of-the-road for most of the emotions, but very curious about how everything would all play out. At the end of her session, CS5 was peaceful, more lethargic than after a massage, and felt very comfortable and rested.

(Techniques for treatment: emphasis on wrapping to calm heart rate, matching breaths with client, oxygenation for lungs, diaphragm and digestion, heart/liver alliance, occiput and sphenoid, spinal plump and wrap)

June 27, 2017: Today, CS5 had pain in hips, shoulders, and neck, along with a headache. Happiness was at a low ebb, while most of the other emotions were registered at many and varying levels. She is not waking up feeling rested. A little nausea was noted. CS5 was hard to ground, but her wrap was finished with one cycle. Checking her digestive tract, 'bugs' were evident; virus was scooped out of her digestive system and this writer did a stomach pull-down. At the end of the session, CS5 felt 50-75% better. Her hips did not hurt as much, and she felt more comfortable.

(Techniques for treatment: emphasis on heart/liver alliance; the first time, CS5's liver had a mushy, drowning effect, and during the second checking in, the liver was warmer, dryer; alignment of physical to etheric body, and lots of oxygenation)

July 13, 2017: CS5 has had no nausea since her last session. With no gall bladder, the delights of food are sometimes lost on CS5. She feels guilt about her husband who gets irritable, then she does not eat from the stress. She does have hypothyroidism, so treats that and the sometimes 'low' charge of emotions. Today, lethargy is CS5's 'other' emotion, part of exhaustion. Her first session might have been more curiosity than elation, but that thought can hold for later. Emotional charge for most emotions was at or below 1 at post-treatment.

(Techniques for treatment: emphasis on occiput, sphenoid, myelin sheath, adrenal unhook, oxygenation of all areas of the body)

August 2, 2017: CS5 and her husband are working out misunderstandings and miscommunications. Her right hip and left shoulder are in pain. CS5's other emotion is

uncertainty, mostly about a part-time job she is thinking about getting. Emotions tend to be midline pre-treatment. Post-treatment, most emotions had lost their stressful charge, and uncertainty was down 4 points. CS5 said her eyes did not want to open. Her right hip was better, and there was not pain in her shoulder.

(Techniques for treatment: emphasis on hara alignment, myelin sheath, adrenal unhook (left adrenal was larger than the right), and more light and energy was sent to CS5's thyroid; digestion was energized and etheric body was aligned with physical body)

August 9, 2017: While most emotional charges dropped significantly pre-and post-treatment, calmness jumped to the end of the chart on the positive scale. While CS5 is a little dehydrated and needs to tend to her digestion, she is calmer. This work helps everyone from Veterans to civilians and everyone in between. It gives them quiet space. She was glad she did not have to drive home today.

(Techniques for treatment: emphasis on occiput, sphenoid, myelin sheath, cranial nerves and structure and oxygenation throughout her body, heart/liver alliance and just being)

Case Study 6

Case study 6 (CS6) is a US Army Veteran of the Iraqi and Afghanistan Wars. She has PTSD. The oldest of three, she has one full brother, and one stepbrother. Her parents, dad a Vietnam War Veteran, married two years after he returned from the war. At age four, CS6 fell off a horse and broke her arm. A year later, the same thing happened. At age seven, when she was in the second grade, she fell off another horse, and sprained her back. Also, this was the year her parents divorced.

CS6's dad remarried a woman with one child, and moved to New Mexico. There, he worked at numerous jobs, among them cattle and goat ranches and oil fields. Her mom, with on and off growing 'fears', checked herself into a hospital. CS6, the big sister, became the mother in her home, the 'lady of the house,' in charge of chores, and what stability the family had. She had this experience from grades eight through 12. School was her refuge. She escaped into sports like volleyball, and music, playing the bassoon, drums, and base clarinet. The family never went without; they had clothes and food on the table.

CS6 left home right after high school, beginning work at a guest ranch to earn money to go to college. The first summer, her horse was spooked, and she was thrown off, fracturing her left hip. She also experienced throbbing pain and numbness in her left arm, as it was under her when she landed. The next summer, at another guest ranch, she was bucked off another young horse. Her tailbone was broken this time. She was so mad, she kicked the horse...a Clydesdale! (Later, in the Army, she received a muscle pull or tear in the left shoulder, probably from overuse. She has done physical therapy and push-ups to strengthen it, along with the use of a tens-unit for pain. When she is stressed, it flares up. Also, in Afghanistan, she injured her right shoulder and left knee. It was a long recovery, which included a steroid injection. In the last year, she has started running off and on for stress relief, and does Crossfit six days a week.)

In college, CS6 took an abnormal psychology class, learning that her mother had the symptoms of early adult onset psycho-affective bi-polar disorder with paranoia. In 2005/2006, Mom went into a nursing home. CS6's Aunt Jane, her mom's sister, has become the 'mom' CS6 never really had, in family matters. In the summer of 2014, CS6's dad had heart surgery. He was home in one month, and is now retired.

PTSD probably began for CS6 in her childhood with all her various injuries and difficult family life. After graduation from college, she enlisted in ROTC in 2003/2004. She was stationed for a while in Germany as a logistics officer, but then came deployments in Iraq and Afghanistan. She was not in a convoy, but flew in a helo a few times to various positions in Iraq. As a non-commissioned officer (NCO), she received a two-month crash course in mortuary affairs in Sadr City. Lots of activity out of Baghdad occurred at work. Eighteen hell-fire missiles were dropped in one night. During a rotation schedule in March of '08, Humvees came to her unit to begin processing mortuary affairs to Douglas Air Force Base in Delaware. She was in charge of categorizing belongings: wallets, rings, watches and other belongings, and of notifying families of the death of loved ones. In the aftermath, she felt helpless, too many code blacks: Killed in Action (KIA). Her reactions included crying, shaking, voicelessness and anger. Her unit would view guys who had just been on patrol, in black bags. These dead boys arrived in a Humvee, that was their hearse, and in a ramp ceremony would enter a Black Hawk helicopter to be taken home. CS6 was on duty 24/7. Her unit received 10 to 12 calls a month for this duty, each including too many soldiers. Teams were called in to provide combat critical incident stress relief for group therapy. Part of her reactions to all this high stress included feeling like she was being attacked all the time. A rocket attack meant, "Hit the floor!" She became desensitized... It's still annoying, because she reacts as if she is in a combat zone. Later, while stationed in Kandahar, she went to Kabul assigned to do electronic warfare: jamming remote IEDs and communications devices. It was "scary and exciting together," she stated. Working with little kids at one point, she used "Dari," a local language; one time when she was ambushed (i.e.: shot at), she needed to communicate to those in her charge what needed to happen.

“It was an out-of-body experience: like having the flu, fuzzy, and in slow-motion.” 2013-2014 saw her as a company commander of 82 soldiers. They were a support unit for base tear-downs, transportation of heavy engineer equipment, all over Afghanistan. Supply convoys were easy targets for Al Qaeda. Those in charge of food and cooking duties were replaced with gunners (combat armored soldiers) and combat engineers. CS6 was a female in command of men; she was a super-tough type A, who was very protective of her charges. Working from a Tactical Operations Center (TOC), she would analyze threats in full battle regalia; she might have needed to change missions for better battle advantage.

In 2005, CS6 married an Army officer in the ‘bubble of romance’ that military marriages sometimes experience. She knew she had PTSD, and her husband, too, suffered from depression. They tried to work through it: she was “stress eating,” while he pressed her not to work so hard; however, one did not tell the Army, “No!” One must give 150%. If one was merely competent, one gave 75-to-80%. In December 2007, CS6 changed jobs and became a supply and service officer, coordinating external support for her unit. She and her husband were not right for each other. Being separated from each other with various deployments, and having true incompatibility, they separated in summer, 2012, and divorced in 2013. At this time, CS6 is not in a relationship, but she keeps her options open.

CS6 thinks her diet “sucks.” She tries to eat healthy foods, but it is difficult. At one point, she had maintained her weight at 175, but she admits that she still “stress eats.” Exercise is slowly becoming part of her routine again. She takes Isogenics, a shake system with adaptogens, and takes stress vitamins in the B category, and other supplements to control food intake. She takes Armor thyroid for hypothyroidism, and is on birth control to regulate cycles, low flow and cramping. Sleep is helped with melatonin. Her work creates

such stress that Friday and Saturday nights are the only nights she can really rest. Sunday nights, she finds herself gearing up to be back in the 'work mode.' Once in a while, maybe on a date, she might have a glass or two of wine, but that is rare, and it does not help with sleep.

Today, CS6 deals with anger issues. During her childhood, her dad would 'get pissed' at her and her brother. Given the 'silent treatment,' she would "walk on eggshells," and vowed not to be like her dad in the future. Even in her marriage, she worked on her "self-mirror" (how she revealed herself to others) and patience. Recently, an employee who was also a friend, could not separate work and friendship, and CS6 had to fire her. She has since finished the relationship with a final truth-telling session, and it went quite well. (This latest information was revealed after the case study was finished.) Presently, CS6 meets challenges with reaction, then calms down and shows rationality. She manages schedules, work orders and payroll for a service company. She is studying Five Dysfunctions of a team, a program that shows processes of how to manage a team, so everyone gets maximum benefits in the work place.

CS6 does not have any health care providers at this time, except for the energy healing sessions with this writer. She has her thyroid check and women's exam once a year. CS6 is on Inactive-Reserve status with the military, and is keeping her options for further service open. Health and opportunities will help her decide where to go from her present position.

Talents for CS6 include writing poetry, and organizational and leadership skills. Her best traits include loyalty, a sense of humor, empathy and the ability and willingness to work hard. Her worst traits are perfectionism: always setting standards that are

sometimes too high, and caring too much. She also has a hard time with boundaries: saying, “No!” She is always early to meetings, unless circumstances are out of her control, and then she is on time. She likes being in charge of situations. Spirituality has been somewhat neglected, but wants to be with like-minded people, keeping positive thoughts and energy. (She catches herself when she begins to think negatively.) Prayer is part of this belief system, along with being in nature, like the mountains, or the ocean; these experiences bring her closer to God.

A perfect day for CS6 would be sleeping in, having brunch, going horse-back riding (she still likes horses), then going to a spa. She would finish her day watching a good movie.

Summaries: Client # 6:

February 9, 2017: CS6 is quite positive about where she is with her emotions. Her ‘other’ emotion is frustration in working with civilians who do not have the military organizational skills or appreciation for them in a work environment. This emotion was at 7 pre-treatment and down to a 3 post-treatment. She has a dull ache from a previous injury in her left shoulder. During the session, she kept falling asleep, as if this was something she should not do. She was very relaxed at the end of her first treatment. It was a “very...really cool” experience. She had a spirit guide in the form of a horse (read her history).

(Techniques for treatment: emphasis on adrenal unhook; thyroid was depleted, oxygenation throughout her body, wavy fingers at the diaphragm, heart/liver alliance was strong, occiput, and sphenoid)

March 8, 2017: CS6 is tired and drinks lots of water. She is looking for a mate, and seems to either become disenchanted, or her new acquaintance does. Frustration and uncertainty are her 'other' emotions today. At the end of her session, scores were still in the low- mid-range, but frustration and uncertainty dropped 2 points. She has many cords connected to her heart; a heart/liver alliance was in order: still good. Her guides are "circling the wagons" in her protection. She did some breathing meditation on her own.

(Techniques for treatment: emphasis on adrenal unhook; thyroid really needs to detach from adrenals, myelin sheath, occiput, sphenoid, and as it was difficult to ground CS6, aligned physical body with etheric body)

April 10, 2017: CS6 is taking a break from worrying about who likes her and who does not. She is focusing on why she is not sleeping well, and how she can reduce office friction at work where she is in charge of organization and operations. CS6 went through a door-like black mirror during her session. She floated through darkness, landed on a saddle and rode off. CS6's 6th and 7th chakras had evidence of stickiness, like old glue. Combing was in order. The end of this treatment was the most relaxed CS6 has been.

(Techniques for treatment: heart/liver alliance, wavy fingers and oxygen at diaphragm, adrenal unhook with thyroid and pancreas being a little depleted... Oxygen was used, myelin sheath and spinal fluid wave)

May 15, 2017: CS6 tends to stress eat, but is watching her intake of comfort food, so she does not lose the progress she has made in the last 10 weeks. Frustration and restlessness are high charges on the 'other' category today. She seems to cry spontaneously and easily.

Cording was involved with a high-needs employee: a tired endocrine system may have contributed to this situation of stress, or stress may have contributed to the depletion of the endocrine system. At the end of the session, CS6 was relaxed and serene, with the feeling that things would be “ok.”

(Techniques for treatment: emphasis on adrenal unhook, oxygenating the circulatory system including the diaphragm with extra oxygen, heart/liver alliance, spinal SI plump and wrap, spinal fluid wave)

June 5, 2017: CS6 is in a good place, emotionally, and with a diminished frustration level. She may be less frustrated with her ‘self’, so this emotion has become less charged around other. She feels good in having lost 20 pounds, and is “enjoying the now.” She can say what is in her heart, and feel good about it. She is also continuing her energy treatments. They keep her grounded, focused and relaxed.

(Techniques for treatment: emphasis on balance, occiput, sphenoid, cranial nerves/structures, adrenal unhook, and oxygenation throughout her body)

Case Study 7

Case Study 7 (CS7) is a civilian with PTSD. She is 62 years old, and she has had dysfunctional family relationships since infancy. She grew up in a little town in Iowa, known as the maple syrup industry capitol. It boasted a population of 3,500, and today has only 5,000 people living there. CS7 was the second-born child of her parents. (Her dad had been married before, to a woman who was quite unstable. This woman died when CS7’s half-sister was five or six years old. This half-sister, and her brother, joined the family when

CS7's parents married.) CS7 was truly the middle child, as three more siblings arrived after her. CS7's dad became her protector when she was only a few months old. Her older half-sister was 10 or 11 years old when CS7 was born, and this older girl was very jealous of the new baby CS7. She tried to smother CS7 with a pillow. CS7 can distinctly remember her dad picking her up and holding her for comfort, when he came upon the situation.

CS7's dad dabbled in many occupations. He was an artist, a Boy Scout Master, and a truck driver who had the good fortune to be able to be home every night. CS7's mom was a cook in a restaurant and managed the kids when she could. Unfortunately, there was not much supervision, so the kids pretty much took care of themselves. Life for CS7 was lonely and challenging, because she never really had one-on-one nurturing time from any one person (unless it was from her dad), although she was surrounded by others. CS7 was in her 20s when her parents died.

Although she is widely read and highly self-taught, CS7 dropped out of high school as a senior, and at 18 years of age, she married a hometown man who is the father of her only children, two sons. One son is very close to her, and the other one does not speak to her. When CS7 divorced, she then married again for a short while. Between this and her next marriage, CS7 had two abortions. One of the pregnancies was caused by rape. CS7's third marriage was to a cruel man who was extremely calculating and for a time after they separated, she moved from one state to the one where she presently resides. He stalked her relentlessly for several years. She has been with her present husband for nine years, married for six. He is also a manipulator who does not really trust women, and needs to find ways to put CS7 'in her place,' control the family purse strings, and who finds other 'small and mean' ways to suppress her spirit. Now, one son lives on their property and

works for them. Because her child is a man, CS7's husband will listen to his advice for promoting the family business, a self-sustaining agricultural-earthing enterprise.

CS7 has several health issues. At age nine, she had an appendectomy. Her cycles were regular until her hysterectomy 12 years ago. CS7 is a stomach cancer survivor, who had 2/3 of her stomach removed, as well as her gall bladder. Polyps are frequently found in her nose. At times, even when she is perfectly still, she suffers from vertigo. She suffers from chronic anxiety. CS7 uses many types of homeopathic remedies in the form of bio-plasma salts, tinctures, and essential oils. These remedies help with hair, nail and scalp (all of which tend to be fragile), immune-boosting, pain relief, fibromyalgia, overactive bladder, weakness, and the beginnings of macular degeneration. CS7 also takes vitamins for Seniors 50+, D3 and K2. She regularly eats a 'gruel' of pea soup, spirulina, maca, and bone broth. It is easy to digest and gives her protein needed to build bone and promote strength.

(This writer has known CS7 for several years. A recent call came to me via her husband, who was 'very concerned' about her. Upon arriving at her home, this writer found she could barely walk, and was quite skeletal looking. Her son arrived in a few weeks and continues to live on the family property and work, as previously mentioned. The reason CS7's relaxation and improved health has been slow, is that for years, her husband has caused her verbal stress. She was literally wasting away. Since this writer has been giving her regular energy treatments, and verbal stress has been curtailed with her son's influence on her husband, CS7 is relaxing and feeling more in charge of her life. One of the goals for her recovery is to give her the skills to continue increasing self-confidence and free will in the event of her son moving into his own home.)

Cs7's health care providers include a massage therapist and energy healer (this writer), and a chiropractor when it is needed.

Talents for CS7 are many: artistic designing, architecture (she has redesigned several rooms in the family home: knocking out walls, masonry, painting, tiling, window and door replacement, etc.), building an outdoor kitchen, creating prototypes for cob houses and other structures, furniture building, painting, weaving and earthing (philosophy and practice of connecting with the energies and bounties of Mother Earth).

CS7's best trait is perseveration, and her worst trait is stubbornness {Possibly two sides of the same coin?}. She likes to be in charge if a situation is her idea, but is comfortable in taking a passive role with someone else's ideas. Her spiritual practice is to meditate three or four times daily. Her perfect day would be to manifest what she 'dreams about at night, living in the moment.'

Summaries: Client # 7:

August 1, 2017: CS7 has buried much of her PTSD. It shows up in her distrust of men in her everyday life. Her emotions scores were split from some charge to no charge after her session. Curiosity, happiness, and calmness were the standouts of her emotions. Today, she is using marijuana for pain and nausea. Digestive issues are a big problem for CS7. Her husband is corded to her emotionally, and if these cords are cut, then they are quickly re-corded to her heart. This writer sent light and oxygen to her structure, and aligned her etheric body with her physical body. Emotions were less than one on the scale of 1 to 10, except for the three emotions that had a high rating pre-treatment.

(Techniques for treatment: emphasis on combing sticky residue out of chakras for free will and spirit, DNA Activation, stomach pull-down, adrenal unhook and oxygenation)

August 8, 2017: Today, CS 7 had scores that had several ranges pre-treatment. Her 'other' emotion was a compulsion to be tidy at level 7. She has a headache today, and is working on empowerment and standing up for herself. This writer sensed guides clapping for her; for her, it was validation for past lives and relationships. During a DNA activation, the strands became shorter the closer their nearness to strand # 1. Light and energy were sent to the strands of all CS7's DNA. It is interesting to note that post-treatment, most emotions had little to no charge, except happiness and calmness. She seemed to have little to say, except that she was grateful that I was giving her the gift of energy healing. Also, her headache and nausea were gone.

(Techniques for treatment: emphasis on oxygenation for diaphragm and lungs, sphenoid, stomach...possibly a blockage? In structure, level 3 was wobbly; maybe where abuse started in another life? Heart/liver alliance)

August 15, 2017: Today, CS7 seemed a little tired, not sleeping well, brain "running." Her gut continues to give her fits, as she is only holding a place for organs that are missing, even though energetically they are still there. DNA Activation was in order. Blue goo was used for her headache. This writer sensed insecurity in CS7 today. She is ok as long as her son is in charge of business operations; he carries out her design plans. More work is needed to strengthen chakras 5, 6, and 7. At the end of her session, CS7 was not sleepy or tired. She was relaxed with energy.

(Techniques for treatment: emphasis on adrenal unhook, oxygenation in diaphragm, and lungs, and doing the DNA activation)

August 22, 2017: Only 1 emotion changed pre-and post-treatment today. Happiness went from a 9 to a 10. All other emotions had no affect to them. Structure was slightly out of focus, so headache/jet lag treatment was done. Oxygen was sent to all body systems. Her husband can still be difficult, but her son is present, and is an energetic shield for verbal put-downs. Strengthening her courage for when her son is not present in her everyday life will be key. She still loves her husband, and needs to find ways to assert herself when she is feeling attacked.

(Techniques for treatment: emphasis on heart/liver alliance, DNA Activation, diaphragmatic deep breathing, occiput, sphenoid, myelin sheath, spinal plump and wrap. Journeying would be a good way to connect with roots, and bring healing to old wounds.)

August 29, 2017: Almost no charge on emotions are verbalized, except happiness and calmness. It is in CS7's behaviors and how her body responds to energy work that 'tell' her story, in a subtle way, but with great power. During an adrenal unhook, this writer was attempting to bring the pancreas into present time, and 'time' would not go forward beyond 2014. Note was made of it, and at the end of her session, CS7 told this writer that was when her husband and his friends were especially emotionally abusive to her. When this story was verbalized, it was easier to send light to the endocrine system for CS7.

Case Study 8

Case Study 8 (CS8), a civilian, has PTSD. Childhood trauma, great adult responsibilities, and several illnesses have buried many of her feelings about her traumas. She seems to live completely in the present, which can be good in some ways, but not really practical in the long term.

CS8 was the youngest of two children. She had a brother, three-and-a-half years older, who died in 2003. They were not close. When they were kids, he would terrorize her: she did not know if he was going to hug her or slug her. "He was a turd," to use her words. When their parents were working, his behavior was quite overt, but when they were home, this behavior was covert, so their parents were rather clueless about the situation. CS8's dad was a truck driver, and then he sold sewing machines and musical organs. Mom was a nurse. CS8 has been wary of men since childhood. PTSD had already started.

CS8 thinks her brother was mentally ill. He married the only girlfriend he ever had. When they divorced, CS8 raised his three kids and then helped her brother's ex-wife raise her 2 grandkids, as well. He died early from a triple by-pass surgery that had literally unhooked from his heart.

CS8 left home at 18, and worked in a cannery for two years. The first year, she made boxes, and the second year she worked 'on the line.' College then began. CS8 started term one at a state college, then the second term she went to a city college, returning her third term to the state college. The second year, she attended another state college, then graduated at a state university, majoring in secondary education, language arts and history. She earned her Master's Degree by going to night school while teaching during the day.

CS8 had married as a junior. Her husband was also attending college, and though he was very smart, he was put on academic probation, because he had a huge drinking problem. They had two sons, CS8's only children, and divorced after 12 years.

CS8 was single for a year, but 'hooked up' with her next husband, before the divorce was final. She and this husband were married for 35 years, before he died of cancer. They had no children of their own, but helped raise several others. This husband worked overseas in Libya and Malta. CS8 home-schooled her sons and his daughters from a previous marriage. It was a scary time for this mom, and she had few friends, if any, in a strange land in which she was on her own for most of the time.

Back in the States, CS8 work for the Education Service District (ESD), and developed a program for runaway girls. CS8 took her husband's girls to their birth mother; one of the girls kept running back to CS8's house. CS8 left again for Malta for a year, then returned to the States permanently. During the time she had been married to her first husband, they had a foster child; CS8 had been her teacher, and this foster child came to live with CS8 when she was beginning high school. This foster child went back to Africa for the last year that CS8 was there, went to college when they all returned home for the last time, then the now-grown foster child joined the US Army. This woman married, had two children, then divorced, had another child, then decided she was a lesbian. She left her three children with CS8. CS8 raised these three, and helped with "re-hab" for one of her present husband's daughters; her drug habit included borrowing drugs from her own mother's stash! Then, CS8 also raised four of her foster daughter's grandchildren for 6 months; none were in school yet. SC8 did all this while working.

Meanwhile, her brother's children were being abused, so CS8's mother, their grandmother, dropped them off at CS8's place. Remember, their dad had died; their mother remarried, and this husband abused the kids: they had no decent clothing, no school, and the girl showed sexualized behavior. CS8 took care of it all, while still working. When CS8's husband returned to the States, he wanted to live away from where she had an established career. Her sons were in college; one of them could not stand her husband; they never really got along together. Her husband thought CS8 should take his side against the boys, even though he was quite rough with them when they were home. One Christmas, things came to blows, and her son left to go to his own dad's, a raging alcoholic. CS8 and her husband nearly divorced at this time. She sold her house and moved to the same town where her husband lived. They lived in an apartment in a scary part of town, while she worked at a college, and he did part-time real estate work and swept floors. She gave him money for rent, and he spent it---not on rent! At her new job as a full-time administrator for a community college, CS8 finally had insurance coverage. Her stepdaughter and her boyfriend came to live with them. The stepdaughter sold products for a pyramid scheme. CS8 was the only one working, and the family's living arrangements disintegrated quickly. CS8 lived for one year this way, then her husband, his daughter and her boyfriend moved to another town after maxing out CS8's credit cards, forging her name. CS8 moved to another part of the state, working another full-time high-stress job. She sent money to her husband, who blew through it in two weeks. CS8's father had left her \$150,000, and her husband blew through that, as well. Even so, pretty speeches on her husband's part kept them together, and they finally settled in one area... Together!

Physical ailments began for CS8. She had had a hysterectomy in 1974, so her reproductive organs were not an issue. The current issues began with arthritis. In 2002, she was diagnosed with right breast cancer, and her thyroid shut down. She finally retired. In 2003, she had neck disc surgeries. Next came carpal surgery on her left hand. This was followed by seven other surgeries for various issues, one of them being for breast cancer in her left breast.

Then, CS8's mom became ill, and had her gall bladder removed. She then fell, broke her tailbone, and needed a care home. That did not work, so Mom came to live with CS8 and her husband, as did her dad. Mom was also diagnosed with Alzheimer's. CS8 cared for both of them, in her home, until they died.

Another challenge: CS8's husband was diagnosed with cancer. He was treated first at their hometown, then at a hospital teaching university, next, the Cancer Treatment Center of America, and then back home. He was given one year, but had seven. He became nasty to CS8, like he had with her son. CS8 cared for him until he died in great pain. Before his death, their granddaughter brought her three children, two of them twins, to live with them. This granddaughter stayed six months, so she could get her GED. Finally, a little respite: after her husband died, one of CS8's sons came to live with her. They lead separate lives, but he is there to help with rent and other projects that need heavy lifting.

Today, CS8 has these conditions: rheumatoid arthritis, arthritis of the eyes, and lumbar vertebrae 1 and 2 are crossed over each other (shown on an x-ray). Lumbar vertebrae 2 and 3 are bone on bone, and 4 and 5 have no padding between them. She has trouble holding urine and a fragile gut system. Her sleep is doing better as of this writing. She has been off medication for three weeks. CS8 does not exercise, per se, but does several

projects, like putting in new flooring by herself, to keep active. She takes vitamin D3, HRT estrogen, thyroid supplement, Neurontin (for toe neuropathy), and a urine suppressant. She exhibits a benign growth on her skull. CS8 has a team of health care providers: massage therapist and energy healer (this writer), rheumatologist, neurologist, and a homeopathic MD.

CS8 is very talented. She is a craft artist, and a self-described “kid whisperer”(little children are drawn to her, and she is very good with them, finding them to be enchanting as adults-in-training). She is a logistical architect and is a good organizer. Her best trait is that she draws people in with her vivacious personality, and is a happy person who laughs easily. Her worst trait is that she is selfish; she has what she calls the “youngest child syndrome.” She has always been a person who likes to be in charge, but now that she is retired, she prefers a more passive role. Her spirituality is undisciplined: she believes in angels and a Creator, but goes to church mostly to see her grandkids.

A perfect day for CS8 would be a casual assortment of activities. She would have some contact with her family, she would get up late, poke around in her flowers, remember to eat, read, listen to music, take a walk (really, go to the beach and walk along the shore), read again, and then go to sleep.

Summaries: Client # 8:

July 22, 2017: CS8 began her sessions not knowing what to expect. Her emotions were scattered all over the charts for pre-treatment responses. She was not feeling guilt, anger or sadness. She had pain in her back at L1, 2, 3 and 4. Her ‘other’ emotion was busyness. She still had it at the end of her treatment, but it had dropped two points in charge. She felt

no pain. Chakras seemed dished. For her 'busyness,' this writer held her occiput, did a spinal fluid wave, sphenoid, and myelin sheath, as well as cranial nerves and structures. An adrenal unhook was done, as was DNA Activation. CS8 felt fine at the end of her session.

(Techniques for treatment: emphasis on circulation, with oxygenation in diaphragm and lungs, as well as the rest of her body)

August 3, 2017: Emotions scores are becoming more polarized. Her male friend took her to a gathering, and when things did not go his way, he became abusive to everyone and left the party, with CS8 still needing to get home. Her anxiety was quite high, and an adrenal unhook helped calm her. At the treatment's end, she was breathing more easily. Hara alignment occurred three times during this session, to keep CS8 grounded. Oxygenation was also key. This writer held her head and just stayed with her. She was feeling much better at the end of her treatment.

(Techniques for treatment: emphasis was on oxygenation, wavy fingers at the diaphragm, alignment of physical and etheric body)

August 14, 2017: Scores are continuing to polarize. CS8 has very little charge with negative emotions. She is busy doing some upgrades on her home, and dropped a full can of food on her foot. Pain level was at 8. At the end of the session, her pain level at the foot was 3. Blue goo was used with an extra wrap. Again, an adrenal unhook was done. This writer sensed guides around CS8; message: "You are safe." Heart/liver alliance was strong: warm and open. CS8 noted that at the end of her treatment, she was dancing in moonlight with garden fairies, and really thought she heard a flute! She was very relaxed.

(Techniques for treatment: emphasis on oxygenation for lungs and diaphragm, alignment for etheric and physical body, sphenoid, myelin sheath and cranial nerves and structure)

August 31, 2017: CS8's AC quit, her cat is ill, she was late to the appointment because of roadwork. She was feeling guilty about how she had treated her late husband. Checking in with him, he seemed to be present like energetic confetti, and his message was, "There is nothing to forgive." CS8 still has cords to her late husband, even though their marriage was rocky. This writer combed stickiness from CS8's 6th and 7th chakras; energetic gunk was attaching itself to CS8. At session's end, CS8 was doing well: her back did not hurt, and her dizziness was gone (headache/jet lag treatment). She was more engaged, and revealed that she is a believer in energy healing, because it works! She has more focused energy.

(Techniques for healing: emphasis on oxygenation for her whole body, adrenal unhook, and heart/liver alliance)

September 6, 2017: Emotions were somewhat scattered at the beginning of CS8's session. Her foot neuropathy was half way to ends of her toes, not halfway up the foot. It has never fully come back since her treatments began. When combing was done at the 6th and 7th chakras, sticky energy cleared quickly. In soul dialogue, this writer noticed a little girl in a four-poster bed, in a darkened room with a nearby hall light. A spirit was telling her she was safe. This could have been a response from when CS8 was a little girl and her brother tormented her. It resonated with her. She is continuing treatments as she feels they really work.

(Techniques for treatments: emphasis on regular continuation of energy healing sessions to maintain wellness)

Conclusion

This research on 'How PTSD Symptoms Are Relieved by Energy Healing' has been, and continues to be, an amazing journey. While the real journey began more than four years ago when this writer was introduced to energy work by her mentors, John and Justine Gibb, and then their teacher, Bear McKay, her awareness of the benefits of this phenomenal work are now made new with each new day's beginning. The journeys she took with eight volunteers for her research sometimes began with her previous acquaintance of volunteers, while others were referred to her. Beginning in February and ending in September of this year, her case study subjects and she learned of the many possibilities for living pain free, being in charge of one's self will, focusing on present time to heal trauma of the past, being healthy in body, mind and spirit.

This project was not the typical clinical project with like subjects using specific dates and settings, and rigidly monitoring all aspects of their lives, including gender, age, cause of trauma, occupation, and the like. Rather, their common quality was that they had suffered emotional, physical or spiritual trauma, and its effects appeared in what is commonly known as PTSD: Post-Traumatic Stress Disorder. Its causes are as varied and unlike other experiences as there are people. Humans can relate even to their pets or livestock, and the land itself, as having types of post-traumatic stress. It is as dramatic as being born, being wounded in war, or losing a loved one. It is as common as getting a skinned knee or paper cut. While most people shrug off the trauma as simply part of life,

others can be deeply affected for most of their lives from the moment the trauma occurs until they die. Sometimes it becomes a self-image of who one thinks he or she is in relation to others. Other times, PTSD guides the opportunities for one's life-long work, and it is used as a monitor. Others suffer so much that their spirit shrinks into an alcoholic or drugged abyss that is impossible to reach.

Each subject was given five appointments of energy healing ranging from once a month to once a week. Many techniques are available to energy healers, but for the purposes of this paper, a few were not part of the sessions. More in-depth techniques would be more appropriate in the future. Techniques that were mentioned may be of help to other energy healers. While some subjects were quite skeptical of the effects of this work, they all agreed that for the period of the session, and sometimes for a few days after the treatment, they were more relaxed, slept more easily and generally felt better, more focused on life matters. Emotional triggers for the original event seemed less charged, and occurred less frequently than in the past. At times, the charts belied the actual truth of a person's charge. The verbal release of issues before and after a session were significantly qualifiable, though they could not be quantified except in notes. Comments like, "It would be good for people who work all the time", "It is amazing how gentle, but powerful it is", to "I am continuing this treatment, because it is so comforting and relaxing," are part of their records. They are telling others about it: this is the best way to advertise a wonderful balm for the psyche and some of the physical ills encountered. While some people probably will not continue with treatments for financial reasons, they praise its relief. Others are budgeting it into their lives with investments of both time and money.

One's health is his or her own responsibility. Listening to just one opinion when seeking answers to issues that are concerning can be discouraging. Many opportunities and choices are available, some free or at little cost. Daily practices of reflection, worthwhile work, physical activity and being in nature, one's diet, sanctuary/space, even one's clothing, family and relationships, and most importantly, one's own self-love are the greatest healers (Brennan, Hands of Light, Pg. 253). Energy healing can assist with self-promotion. This all must be honored and practiced with diligence and grace. It is all part of the energy of healing.

Appendix

Charts for Pre- and Post-Energy Healing Sessions

KEY: Each set of emotions reads left to right from session one to session five. Number 1, has the least amount of charge, and the number 10 has the most. **Red** on each set indicates a number for the amount of charge before treatment. **Green** on each set indicates a number for the amount of charge after treatment. Arrows < and > indicate less than or more than when the client is determining a score for each emotion. Arrows < and > for one number indicate that the number has not changed, or has changed only slightly.

For each session, including the first appointment interview, the client gave the practitioner a pre-session number for each emotion before we actually started our discussion. As soon as the client finished each session, post-session charting was done before the session follow-up discussion was complete. It is interesting to note that even talking about one's symptoms began the release of the stress of PTSD.

Client #: 1

Anxiety <1 2 3 4 5 6 7 **8** 9 10
 Fear <1 2 3 4 **5** 6 7 8 9 10
 Curiosity 1 2 3 4 5 6 7 8 9 <**10**>
 Happiness 1 2 3 **4** 5 6 7 8 9 **10**
 Guilt 1 2 3 4 **5**> 6 7 8 9 10
 Sadness 1 2 3 4 **5** 6 7 8 9 10
 Anger <1 2 3 **4** 5 6 7 8 9 10
 Calmness 1 2 3 4 5 6 7 **8** 9 **10**
 Other <1 2 3 4 5 6 7 8 9 **10**

Anxiety 1 2 3 <**4** 5 6 7 8 9 **10**
 Fear <1 2 3 4 **5** 6 7 8 9 10
 Curiosity 1 2 3 4 5 **6**> **7**> 8 9 10
 Happiness 1 2 3 **4** **5** 6 7 8 9 10
 Guilt <1 2 3 4 5 6 7 8 9 **10**
 Sadness 1 **2** 3 **4** 5 6 7 8 9 10
 Anger <1 2 **3** 4 5 6 7 8 9 10
 Calmness <1 2 3 4 **5**> 6 7 8 9 10
 Other 1 2 3 **4** 5 6 7 8 9 **10**

Anxiety 1 2 3 4 5 **6** 7 8 9 **10**>
 Fear 1 2 **3** 4 5 6 7 8 **9** 10
 Curiosity 1 2 3 4 **5**> 6 7 **8** 9 10
 Happiness 1 2 3 **4** **5** 6 7 8 9 10
 Guilt 1 2 3 4 **5**> 6 7 8 9 10
 Sadness <1 2 3 4 5 6 **7**> 8 9 10
 Anger 1 2 3 <**4**> 5 6 7 8 9 10
 Calmness <1 2 3 4 5 6 7 8 **9**> 10
 Other 1 2 3 4 5 6 7 8 **9** **10**

Anxiety <1 2 3 4 5 6 7 **8** 9 10
 Fear <1 2 3 4 **5** 6 7 8 9 10
 Curiosity 1 2 **3**> 4 **5** 6 7 8 9 10
 Happiness 1 2 3 4 5 6 **7**> 8 9 **10**
 Guilt <1 2 3 4 5 **6** 7 8 9 10
 Sadness <1 2 3 4 5 6 7 8 9 **10**
 Anger <1 2 3 4 **5** 6 7 8 9 10
 Calmness 1 2 3 4 **5** 6 7 8 9 **10**
 Other 1 2 3 **4** 5 6 7 **8** 9 10

Anxiety <1 2 3 **4** 5 6 7 8 9 10
 Fear <<1 2 3 4 5 6 7 8 9 10
 Curiosity 1 2 3 4 5 **6**> 7 8 **9** 10
 Happiness 1 2 3 4 5 6 7 8 **9** **10**
 Guilt <1 2 **3** 4 5 6 7 8 9 10
 Sadness <<1 2 3 4 5 6 7 8 9 10
 Anger <<1 2 3 4 5 6 7 8 9 10
 Calmness 1 2 3 4 **5** 6 7 8 **9**> 10
 Other 1 2 3 4 5 6 7 8 9 10 **NANA**

Client #: 2

Anxiety <1 2 3 4 5 6 7 8 9> 10
 Fear <1 2 3 4 5 6 7 8 9> 10
 Curiosity 1 2 3 4 5 6 7 8 9> 10
 Happiness 1 2 3 4 5 6 7 8 9 10
 Guilt <1 2 3 4> 5 6 7 8 9 10
 Sadness <1 2 3 4> 5 6 7 8 9 10
 Anger <1 2 3 4 5 6 7 8 9 10
 Calmness 1 2 3 4 5 6 7> 8 9 10
 Other 1 2 3 4 5 6 7 8 9 10NANA

Anxiety 1 2 3 4 5 6 7 8 9 10
 Fear 1 2 3 4 5 6 7 8 9 10
 Curiosity 1 2 3 4 5 6 7> 8 9 10
 Happiness 1 2 3 4 5 6> 7 8 9 10
 Guilt <1 2 3 4 5 6 7 8 9 10
 Sadness <1 2 3 4 5 6 7 8> 9 10
 Anger <<1 2 3 4 5 6 7 8 9 10
 Calmness 1 2 3 4 5 6 7> 8 9 10
 Other 1> 2 3 4 5 6> 7 8 9 10

Anxiety <1 2 3> 4 5 6 7 8 9 10
 Fear <<1 2 3 4 5 6 7 8 9 10
 Curiosity 1 2 3 4 5 6 7 8 9> 10
 Happiness 1 2 3 4 5 6 7 8 9> 10
 Guilt <<1 2 3 4 5 6 7 8 9 10
 Sadness <<1 2 3 4 5 6 7 8 9 10
 Anger <<1 2 3 4 5 6 7 8 9 10
 Calmness 1 2 3 4 5 6 7 8 9> 10
 Other 1 2 3 4 5 6 7 8 9 10NANA

Anxiety <1 2 3 4 5 6 7 8 9 10
 Fear <1 2 3> 4 5 6 7 8 9 10
 Curiosity 1 2 3 4 5 6 7 8 9 10
 Happiness 1 2 3 4 5 6 7 8 9 10
 Guilt <1 2 3 4 5 6 7 8 9 10
 Sadness <<1 2 3 4 5 6 7 8 9 10
 Anger <<1 2 3 4 5 6 7 8 9 10
 Calmness 1 2 3 4 5 6 7 8 9 10
 Other 1 2 3 4 5 6 7 8 9 10NANA

Anxiety <1 2 3 4> 5 6 7 8 9 10
 Fear <<1 2 3 4 5 6 7 8 9 10
 Curiosity 1 2 3 4 5 6 <7> 8 9 10
 Happiness 1 2 3 4 5 6 7 8 9> 10
 Guilt <<1 2 3 4 5 6 7 8 9 10
 Sadness <<1 2 3 4 5 6 7 8 9 10
 Anger <<1 2 3 4 5 6 7 8 9 10
 Calmness 1> 2 3 4 5 6 7 8 9> 10
 Other 1 2 3 4 5 6> 7 8 9> 10

Client #: 3

Anxiety 1 2 3 4 5 6 7 8 9 10
 Fear 1 2 3 4 5 6 7 8 9 10
 Curiosity 1 2 3 4 <5> 6 7 8 9 10
 Happiness 1 2 3> 4 5 6 7 8 9 10
 Guilt <1 2 3 4 5 6 7 8 9 10
 Sadness 1 2 3 4 5 6 7 8 9 10
 Anger 1 2 3 4 5 6 7 8 9 10
 Calmness 1 2 3 4> 5 6 7 8 9 10
 Other 1 2 3 4 5 6 7 8 9 10

Anxiety 1 2 3 4 5 6 7 8 9 10
 Fear 1 2 3 4 5 6 7 8 9 10
 Curiosity 1 2 3 4 5 6 7 8 9 10
 Happiness 1 2 3 4 5 6 7 8> 9 10
 Guilt 1 2 3 4 5 6 7 8 9 10
 Sadness 1 2 3 4 5 6 7 8 9 10
 Anger <1 2 3 4 5 6 7 8 9 10
 Calmness 1 2 3 4 5 6 7 8 9 10
 Other 1 2 3 4 5 6 7 8 9 10

Anxiety 1 2 3 4 5 6 7 8 9 10
 Fear 1 2 3 4 5 6 7 8 9 10
 Curiosity 1 2 3 4 <5> 6 7 8 9 10
 Happiness 1 2 3 4 5 6 7 8 9 10
 Guilt 1 2 3 4 5 6 7 8 9 10
 Sadness 1 2 3 4 5 6 7 8 9 10
 Anger 1 2 3 4 5 6 7 8 9 10
 Calmness 1 2 3 4 5 6 7 8 9 10
 Other 1 2 3 4 5 6 7 8 9 10

Anxiety 1 2 3 4 5 6 7 8 9 10
 Fear 1 2 3 4 5 6 7 8 9 10
 Curiosity 1 2 3 4 5 6 7 8 9 10
 Happiness 1 2 3 4 5 6 7 8 9 10
 Guilt 1 2 3 4 5 6 7 8 9 10
 Sadness 1 2 3 4 5 6 7 8 9 10
 Anger 1 2 3 4 5 6 7 8 9 10
 Calmness 1 2 3 4 5 6 7 8 9 10
 Other 1 2 3 4 5 6 7> 8 9 10

Anxiety 1 2 3 4 5 6 7 8 9 10
 Fear 1 2 3 4 5 6 7 8 9 10
 Curiosity 1 2 3 4 5 6 7 8 9 10
 Happiness 1 2 3 4 5 6 7 8 9 10
 Guilt <1 2 3 4 5 6 7 8 9 10
 Sadness 1 2 3 4 5 6 7 8 9 10
 Anger <1 2 3 4 5 6 7 8 9 10
 Calmness 1 2 3 4 5 6 7 8 9 10
 Other 1 2 3 4 5 6 7 8 9 10

Client #: 4

Anxiety 1 2 3 4 5 6 7> 8 9 10
 Fear 1 2 3> 4 5 6 7 8 9 10
 Curiosity <1 2 3 4 5 6 7 8 9 10
 Happiness 1 2 3 4 5 6> 7 8 9 10
 Guilt <<1 2 3 4 5 6 7 8 9 10
 Sadness <<1 2 3 4 5 6 7 8 9 10
 Anger <1 2 3 4 5 6> 7 8 9 10
 Calmness 1 2 3 4 5 6> 7 8 9 10
 Other 1 2 3 4 5 6 7 8 9 10NANA

Anxiety <1 2 3 4 5 6 7 8 9 10
 Fear <1 2 3 4 5 6 7 8 9 10
 Curiosity <1 2 3 4 5 6 7 8 9 10
 Happiness 1 2 3 4 5 6 7 8 9 10
 Guilt <1 2 3 4 5 6 7 8 9 10
 Sadness <1 2 3 4 5 6 7 8 9 10
 Anger <1 2 3 4 5 6 7 8 9 10
 Calmness 1 2 3 4 5 6 7 8 9 10
 Other <<1 2 3 4 5 6 7 8 9 10

Anxiety <1 2 3 4 5 6> 7 8 9 10
 Fear <1 2> 3 4 5 6 7 8 9 10
 Curiosity <1 2> 3 4 5 6 7 8 9 10
 Happiness 1 2 3 4 5> 6 7 8 9 10
 Guilt <1 2> 3 4 5 6 7 8 9 10
 Sadness <1> 2 3 4 5 6 7 8 9 10
 Anger <1 2 3 4 5 6 7 8 9 10
 Calmness 1 2 3 4 5> 6 7 8 9 10
 Other 1 2 3 4 <5> 6 7 8 9 10

Anxiety <1 2 3 4 5 6 7 8 9 10
 Fear <1 2 3 4 5 6 7 8 9 10
 Curiosity <1 2 3 4 5 6 7 8 9 10
 Happiness 1 2 3 4 5 6> 7 8> 9 10
 Guilt <1 2 3 4 5 6 7 8 9 10
 Sadness <1 2 3 4 5 6 7 8 9 10
 Anger <1 2 3 4 5 6 7 8 9 10
 Calmness 1 2 3 4 5 6 7> 8 9 10
 Other 1 2 3 4 5 6 7 8 9 10NANA

Anxiety <1 2 3 4 5 6 7 8 9 10
 Fear <1 2 3 4 5 6 7 8 9 10
 Curiosity <1 2 3 4 5 6 7 8 9 10
 Happiness 1 2 3 4 5 6 7 8 9 10
 Guilt <1 2 3 4 5 6 7 8 9 10
 Sadness <1 2 3 4 5 6 7 8 9 10
 Anger <1 2 3 4 5 6 7 8 9 10
 Calmness 1 2 3 4 5 6 7 8 9 10
 Other 1 2 3 4 5> 6 7 8 9 10

Client #: 5

Anxiety 1 2 3 4 5 6 7 8 9 10
 Fear <<1 2 3 4 5 6 7 8 9 10
 Curiosity <1 2 3 4 5 6 7 8 9 10
 Happiness 1 2 3 4> 5 6 7 8 9 10>
 Guilt <1 2 3 4> 5 6 7 8 9 10
 Sadness <1 2 3 4 5 6 7 8 9 10
 Anger <<1 2 3 4 5 6 7 8 9 10
 Calmness 1 2 3 4 5 6 7 8 9 10
 Other 1 2 3 4 5 6 7 8 9 10NANA

Anxiety 1 2 3 4 5 6 7 8 9 10
 Fear <<1 2 3 4 5 6 7 8 9 10
 Curiosity 1 2 <3> 4 5 6 7 8 9 10
 Happiness 1> 2 3 4 5 6 7 8 9 10
 Guilt 1 2 3 4 5 6 7 8 9 10
 Sadness 1 2 3 4 5 6 7 8 9 10
 Anger <1 2 3 4 5 6 7 8 9 10
 Calmness 1 2 3 4 5 6 7 8 9 10
 Other 1 2 3 4 5 6 7 8 9 10NANA

Anxiety <1 2 3 4 5 6 7 8 9 10
 Fear <1 2 3 4 5 6 7 8 9 10
 Curiosity 1 2 3 4 5 6 7 8 9 10
 Happiness 1 2 3 4 5 6 7 8 9 10
 Guilt <1 2 3 4 5 6 7 8 9 10
 Sadness <1 2 3 4 5 6 7 8 9 10
 Anger <1 2 3 4 5 6 7 8 9 10
 Calmness 1 2 3 4 5 6 7 8 9 10
 Other 1 2 3 4 5 6 7 8 9 10

Anxiety 1 2 3 4 5 6 7 8 9 10
 Fear 1 2 3 4 5 6 7 8 9 10
 Curiosity 1 2 3 4 5 6 7 8 9 10
 Happiness 1 2 3 4 5 6 7 8 9 10
 Guilt 1 2 3 4 5 6 7 8 9 10
 Sadness 1 2 3 4 5 6 7 8 9 10
 Anger 1 2> 3 4 5 6 7 8 9 10
 Calmness 1 2 3 4 5 6 7 8 9 10
 Other 1 2 3 4 5 6 7> 8 9 10

Anxiety 1 2 3 4 5 6 7 8 9 10
 Fear 1 2 3 4 5 6 7 8 9 10
 Curiosity 1 2 3 <4> 5 6 7 8 9 10
 Happiness 1 2 3 4 5 6 7 8 9 10
 Guilt 1 2 3 4 5 6 7 8 9 10
 Sadness 1 2 3 4 5 6 7 8 9 10
 Anger 1 2 3 4 5 6 7 8 9 10
 Calmness 1 2 3 4 5 6 7 8 9> 10
 Other 1 2 3 4 5 6 7 8 9 10NANA

Client #: 6

Anxiety 1 2 3 4 5 6 7 8 9 10
 Fear <1> 2 3 4 5 6 7 8 9 10
 Curiosity 1 2 3 4 5 6 7 8 9 <10>
 Happiness 1 2 3 4 5 6 7 8 9 10
 Guilt <1> 2 3 4 5 6 7 8 9 10
 Sadness 1 2 3 4 5 6 7 8 9 10
 Anger <1> 2 3 4 5 6 7 8 9 10
 Calmness 1 2 3 4 5 6 7 8 9 10
 Other 1 2 3 4 5 6 7 8 9 10

Anxiety 1 2 3 4 5 6 7 8 9 10
 Fear <1> 2 3 4 5 6 7 8 9 10
 Curiosity 1 2 3 4 5 6 7 8 9 10
 Happiness 1 2 3 4 5> 6 7 8 9 10
 Guilt <1> 2 3 4 5 6 7 8 9 10
 Sadness 1 <2> 3 4 5 6 7 8 9 10
 Anger <1> 2 3 4 5 6 7 8 9 10
 Calmness 1 2 3 4 5 6 7 8 9 10
 Other 1 2> 3 4 5 6 7 8 9 10

Anxiety <1 2 3 4 5 6 7 8 9 10
 Fear <<1 2 3 4 5 6 7 8 9 10
 Curiosity 1 2 3 4 5 6 7 8 9 10
 Happiness 1 2 3 4 5 6 7 8 9 10
 Guilt <<1 2 3 4 5 6 7 8 9 10
 Sadness <<1 2 3 4 5 6 7 8 9 10
 Anger <1 2 3 4 5 6 7 8 9 10
 Calmness 1 2 3 4 5 6 7 8 9 10
 Other 1 2 3 4> 5 6 7 8 9 10

Anxiety 1 2 3 4 5 6 7 8 9 10
 Fear <1 2 3 4 5 6 7 8 9 10
 Curiosity 1 2 3 4 5 6 7 8 9 10
 Happiness 1 2 3 4 5 6 7 8 9 10
 Guilt 1 2 3 4 5 6 7 8 9 10
 Sadness 1 2 3 4 5 6 7 8 9 10
 Anger 1 2 3 4 5 6 7 8 9 10
 Calmness 1 2 3 4 5 6 7 8 9 10
 Other 1 2 3 4 5 6 7 8 9 10

Anxiety <1 2 3 4 5 6 7 8 9 10
 Fear <1 2 3 4 5 6 7 8 9 10
 Curiosity 1 2 3 4 5 6 7 8 9 10
 Happiness 1 2 3 4 5 6 7> 8 9 10
 Guilt <1 2 3 4 5 6 7 8 9 10
 Sadness <1 2 3 4 5 6 7 8 9 10
 Anger <1 2 3 4 5 6 7 8 9 10
 Calmness 1 2 3 4 5 6 7 8 9 10
 Other 1 2 3 4 5 6 7 8 9 10

Client #: 7

Anxiety <1 2 3 4 5 6 7 8 9 10
 Fear <1 2 3 4 5 6 7 8 9 10
 Curiosity 1 2 3 4 5 6 7 8 9 <10>
 Happiness 1 2 3 4 5 6 7 8 <9> 10
 Guilt 1 2 3 4 5 6 7 8 9 10
 Sadness <1 2 3 4 5 6 7 8 9 10
 Anger <1 2 3 4 5 6 7 8 9 10
 Calmness 1 2 3 4 5 6 7 8 9 10
 Other 1 2> 3 4 5 6 7 8 9 10

Anxiety <1 2 3 4 5 6 7 8 9 10
 Fear <<1 2 3 4 5 6 7 8 9 10
 Curiosity <1 2 3 4 5 6 7 8 9 10
 Happiness 1 2 3 4 5 <6> 7 8 9 10
 Guilt <1 2 3 4 5 6 7 8 9 10
 Sadness <1 2 3 4 5 6 7 8 9 10
 Anger <1 2 3 4> 5 6 7 8 9 10
 Calmness 1 2 3 4 5 6 7 8 9 10
 Other <1 2 3 4 5 6 7 8 9 10

Anxiety <1 2 3 4 5 6 7 8 9 10
 Fear <<1 2 3 4 5 6 7 8 9 10
 Curiosity 1 2 3 4 5 6 7 8 9 10
 Happiness 1 2 3 4 5 6 7 8 9 10
 Guilt <1 2 3 4 5 6 7 8 9 10
 Sadness <<1 2 3 4 5 6 7 8 9 10
 Anger <<1 2 3 4 5 6 7 8 9 10
 Calmness 1 2 3 4 5 6 7 8 9 10
 Other 1 2 3 4 5 6 7 8 9 10NANA

Anxiety <<1 2 3 4 5 6 7 8 9 10
 Fear <<1 2 3 4 5 6 7 8 9 10
 Curiosity 1 2 3 4 5 6 7 8 9 <10>
 Happiness 1 2 3 4 5 6 7 8 9 <10>
 Guilt <<1 2 3 4 5 6 7 8 9 10
 Sadness <<1 2 3 4 5 6 7 8 9 10
 Anger <<1 2 3 4 5 6 7 8 9 10
 Calmness 1 2 3 4 5 6 7 8 9 <10>
 Other 1 2 3 4 5 6 7 8 9 10NANA

Anxiety <1 2 3 4 5 6 7 8 9 10
 Fear <<1 2 3 4 5 6 7 8 9 10
 Curiosity <<1 2 3 4 5 6 7 8 9 10
 Happiness 1 2 3 4 5 6 7 8 9 <10>
 Guilt <<1 2 3 4 5 6 7 8 9 10
 Sadness <<1 2 3 4 5 6 7 8 9 10
 Anger <<1 2 3 4 5 6 7 8 9 10
 Calmness 1 2 3 4 5 6 7 8 9 <10>
 Other 1 2 3 4 5 6 7 8 9 10NANA

NOTE: Sessions 2, 3, and 4 were done long distance.

Client #: 8

Anxiety 1 2 3 4 5 6 7 8 9 10
 Fear 1 2 3 <4> 5 6 7 8 9 10
 Curiosity 1 2 3 4 5 6 7 8 9 10
 Happiness 1 2 3 4 5 6 7 8 9 10
 Guilt <<1 2 3 4 5 6 7 8 9 10
 Sadness <<1 2 3 4 5 6 7 8 9 10
 Anger <<1 2 3 4 5 6 7 8 9 10
 Calmness 1 2 3 4 5 6 7 8 9 10
 Other 1 2 3 4 5 6 7 8 9 10

Anxiety <1 2 3 4 5 6 7 8 9 10
 Fear <<1 2 3 4 5 6 7 8 9 10
 Curiosity 1 2 3 4 5 6 7 8 9 10
 Happiness 1 2 3 4 5 6 7 8 9 10
 Guilt <<1 2 3 4 5 6 7 8 9 10
 Sadness <<1 2 3 4 5 6 7 8 9 10
 Anger <<1 2 3 4 5 6 7 8 9 10
 Calmness 1 2 3 4 5 6 7 8 9 10
 Other <1 2 3 4 5 6 7 8 9 10

Anxiety <<1 2 3 4 5 6 7 8 9 10
 Fear <<1 2 3 4 5 6 7 8 9 10
 Curiosity 1 2 3 4 5 6 7 8 9 <10>
 Happiness 1 2 3 4 5 6 7 8 9 <10>
 Guilt <<1 2 3 4 5 6 7 8 9 10
 Sadness <<1 2 3 4 5 6 7 8 9 10
 Anger <<1 2 3 4 5 6 7 8 9 10
 Calmness 1 2 3 4 5 6 7 8 9 10
 Other 1 2 3 4 5 6 7 8 9 10NANA

Anxiety 1 2 3 4 5 6 7 8 9 10
 Fear 1 2 3 4 5 6 7 8 9 10
 Curiosity 1 2 3 4 5 6 7 8 9 10
 Happiness 1 2 3 4 5 6 7 8 9 10
 Guilt <<1 2 3 4 5 6 7 8 9 10
 Sadness 1 2 3 4 5 6 7 8 9 10
 Anger <<1 2 3 4 5 6 7 8 9 10
 Calmness 1 2 3 4 5 6 7 8 9 10
 Other 1 2 3 4 5 6 7 8 9 10

Anxiety 1 2 3 4 5 6 7 8> 9 10
Fear <1 2 3 4 5 6 7 8 9 10
Curiosity 1 2 3 4 5 6 7 8 9 <10>
Happiness 1 2 3 4 5 6 7 8 9> 10
Guilt <1 2 3 4 5 6 7 8 9 10
Sadness <<1 2 3 4 5 6 7 8 9 10
Anger <<1 2 3 4 5 6 7 8 9 10
Calmness 1 2 3 4 5 6 7 8 9 10
Other 1> 2 3 4 5 6 7 8> 9 10

Bibliography

Brennan, Barbara Ann. Hands of Light: A guide to Healing Through the Human Energy Field. Joseph Smith, Illustrator. Pg. 253. June, 1998. Bantam Books, a Division of Bantam Doubleday Dell Publishing Group, Inc. New York, New York. (Good reference for philosophy blending science and metaphysics)

Burton, Molly. Finally, A Parade for You. Pg. 190. November, 2017. Waldorf Publishing. Grapevine, Texas. (A tribute to Vietnam Veterans)

Eden, Donna, with Feinstein, David. Energy Medicine. Illustrations by Brooks Garten. 1998. Jeremy P. Tarches/ Putman, a Member of Penguin Putnam, Inc. New York, New York. (Reference)

Evans, Mark, Contributing Editor, and Fnimh, B. Phil. Body Mind Spirit, A Guide to Natural Therapies for Health and Well Being. 2000. Updated 2001. Anness Publishing, Ltd. Hermes House. London, England. (Complementary healing therapies)

Grassman, Deborah. The Hero within: Redeeming the Destiny We Were Born to Fulfill. 2012. Vandamere Press. St Petersburg, Florida. (Stories of healing/tips for therapy)

Grassman, Deborah. Peace at Last: Stories of Hope and Healing for Veterans and their Families. Pg. 206. 2009. Vandamere Press. St. Petersburg, Florida. (Inspiration)

Hay, Louise. Heal Your Body: The Mental Causes for Physical Illnesses and the Metaphysical Way to Overcome Them. 3rd. Edition. 1998. Hay House, Inc. Santa Monica, California. (Quick tips for wellness thinking)

Katie, Byron. Loving What Is. Four Questions That Can Change Your Life. December, 2003. Potter/Ten Speed/ Harmony. (Inspiration, steps to healing)

McKay, Bear. The Bear McKay School of Energy Healing. Bozeman, Montana. bear@themckaymethod.com (Energy 'influences' all aspects of our lives.) 2017.

McKay, Bear. Your Energy Signature. Amazon Digital Services, LLC. 2017. (Discover who you really are!!)

Power to Change: Top Experts Share Their Powerful Secrets. 2011. Thrive Publishing, A Division of PowerDynamics Publishing, Inc. San Francisco, California.

Villoldo, Alberto, PhD. Shaman, Healer, Sage. 2000. Harmony Books. New York, New York. (Reference)