

## Grumpy

(Alias chosen from the seven dwarves)

A man aged 57 years old presented with chronic anxiety.

His symptoms consisted of:

Loss of breath - at times he felt he couldn't breathe at all

Tightness in throat and chest

Heart palpitations

Hot in the head

Had to be working constantly - couldn't be still

Anger and frustration

Claustrophobia

Depression

Burning across abdomen

Sciatica

Sleeping problems

Sweating

Irrational and excessive fear

He had tried many traditional avenues to get help but to now avail, and he was desperate. He said he couldn't function properly and that he was caught in a cycle of panic attacks and abject fear of having panic attacks. One was feeding the other.

He had both time and financial freedom to do what he desired, including taking a holiday, but was terrified to do so. **Fear was ruling his life!** His stress levels were very high and he felt life was closing in on him. He was wondering what on earth life was all about.

Grumpy's neck was very rigid. His shoulders were stiff and held up towards his neck, so that when he attempted to turn his head his whole body turned. **His body had literally seized up.**

He was also waking himself up at night to find himself in a lather of perspiration, banging his head against his pillow, yelling out "no, no, no". He was very distressed.

He was suffering from the symptoms of chronic anxiety. I knew them very well as I too suffered from chronic anxiety and intense panic attacks in my earlier life. I recommended 10 sessions and suggested his stress and anxiety levels would decrease rapidly once we started.

During the very first session Grumpy's neck started to release, there was a definite softening of his once rigid shoulder muscles (he was excited and kept asking me to feel how soft they were!) and his head felt clearer. I sent him off with an understanding of how stress and anxiety develop in the body and some simple but effective practices to do until his next session.

Grumpy phoned me after his second session very excited with his progress, saying "it's only two session, imagine how I will be after ten"!!

"Unbelievable" was Grumpy's most commonly uttered word during his sessions. He was amazed by many things that occurred and at times we laughed at the new experiences he was having.

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With great courage, Grumpy released a lot of old emotional, mental and physical density. He was ready to heal and was fully committed!

During his third session he confessed: **“I believe I was going to die before I came to see you, do you know that? I thought I’d have a break down or a heart attack or cancer. I know it sounds silly, but I believe I was going to die. I feel sooooo relaxed now.**

Grumpy’s blood pressure went from 160/90 to 140/75 by session six. He even experienced a past life to boot - in which he had no prior belief! It made so many connections for him that he is now open to having lived in other times. In fact Grumpy had quite a few eye opening experiences, where a whole new world opened up for him. The symptoms diminished quickly and he has not experienced one panic attack since session four. After ten sessions he’s a new man - physically, emotionally, mentally and spiritually.

He had a memory of running through a forest and being chased by men on horses who caught him and tied him to a tree and set him on fire... in the memory his was banging his head against the tree and yelling out, “no, no, no”. He said the time frame was 1400’s and he was being accused of something he didn’t do. The nightmares disappeared once the memory surfaced. We don’t need to believe in past lives, to clear them...

I taught Grumpy to meditate in in session five and he practises at home daily, along with some other simple tools.

**Grumpy’s symptoms of anxiety have completely disappeared and in his last session he said I have days where I feel fantastic!!!! Go Grumpy!**

...and yes, he is off on his long awaited holiday stress free and without fear - feeling calm, relaxed and really looking forward to it. He is very thankful, and ready and raring to go. He said “I’m one hundred percent better”.

He’s done the work and certainly deserves his result - well done Grumpy! I suggested to him he could finish off by changing his alias to “Happy” - I think he’s earned that too.

Hi ho.. hi ho... it’s off holidaying he goes ...