

The client's symptoms were accompanied by acid reflux as well as the difficulty swallowing. Limiting spicy foods reduced the reflux. Also, the main running theme throughout the series of sessions was the role of emotion in the plumstone qi issue. The plumstone was strongest when feeling emotional and in the evenings when the client was at home in bed with all her thoughts running away on her.

She remembered that the plumstone started and was at its most acute when she first heard that her friend had been diagnosed with cancer. That event kick-started the problem. The friend recovered and the plumstone did reduce after that, but continued to show up in times of emotional reactions. Sometimes, even watching a movie that made her feel sad would bring it on. Co-workers not pulling their weight – that would trigger it, or someone fibbing to her, or her upstairs neighbours being noisy on a weekend morning when she wanted to sleep in, and eventually, even after visiting her parents would cause her throat to constrict.

She stated that she was a very empathic person, a perfectionist, and she was an avid student of human nature. So, she started to apply some of her skills to knowing herself better. We decided that she might start taking note of when and in what situation the plumstone was triggered. This strategy helped enormously. Together with the acupuncture sessions, she felt the huge shifts in her behaviour and in the plumstone. She started to be able to delegate tasks at her workplace (lots of trouble doing this before – always needing to be the one putting all the details and deadlines together), she was less upset by rude drivers on the road. It really seemed that being aware of the onset of the plumstone was a vital key to the changes.

Also, the Great Central Channel Release gave her enormous relief; of all the sessions, this one was, for her, the most memorable, for its calming effect.  
(w. CV 22 for plumstone and CV12 for reflux).

Briefly, we did the following sessions together:

Gr. Regulator, Head/Neck Segmental with added points for plumstone qi  
(St 40, Lv-3 and 5, P-5, H-8)

TW Release, Lv tonification, Sedate Earth, TW/GB Entry/Exit, St Release,  
Gr. Central Vessel (including CV22 and CV12), Clear Thinking Release, S.I.  
tonification, Lu-LV Exit/Entry

This was a fascinating series of sessions for me, largely because the client was so engaged in the process and found life strategies to cope and heal as well as the acupuncture path.