

REIKI 2 – Case Study

Someone comes to you with a frozen shoulder

Client X has come to see me in regards to their frozen shoulder which has been in causing issues for a while.

I have gone through the procedure of the treatment and the waiver form with them

I have obtained permission to carry out the treatment on them.

I have asked the relevant questions which may help in finding the possible cause of the frozen shoulder.

- Is it due an injury?
- Is it due to tiredness?
- Is it due to the person carrying a lot of emotions on their shoulders?

I have begun to work on their heart and sacral chakra

The stiffness could be a sign to say that we are set in our ways and resisting new possibilities. This resistance can lead to the upper body becoming tense as a means of trying to maintain control. This often then results in tension of the hands, arms and shoulders.

Stiffness in the shoulders can also be a sign that we are frustrated by our personal limitations which in turn creates a tremendous feeling of stiffness and pressure. This also can be a sign that we would rather avoid having to make decisions and want to escape from making them.

The frozen shoulder indicates the feeling of being frozen and trapped in the current situation you are currently in making the person feeling powerless and helpless.