

SET TALK

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AN EVER EXPANDING VIEW OF HEALING

It's that time of the year again. It seems that every year coming into the convention I am compelled to write a column that is less about technique and more about massage therapists. In the last year many of you with whom I have had contact have brought up the fact that you are using some form of energy healing. This has ranged from acupressure and Reiki to Quantum Touch and Matrix Energetics with many others in between.

Another topic that has come up almost as often is the rapid rate of change in people's lives and how there seems to be much more energy for personal growth and changes. People who are resisting this increasing momentum of energy for growth and change are not at all happy living in what they feel is an out of control world, and seem to be rather pessimistic about their future. Those of you who embrace this opportunity to grow and expand appear to be quite excited and optimistic as things develop.

Perhaps sharing some of my experiences over the last year may be of value, and may provide some insight and direction. First, a little background leading up to the last year. I have spent most of my adult life in the pursuit of growing on a personal and professional level. I have explored many forms of emotional/energetic release, both for my own growth and for my clients. Many of my clients who are in chronic pain had a lot of blocked emotional energy in their bodies that was a major contributor to the physical manifestations found in their soft tissues and structural distortions. Often it was only when this emotional energy was released from their soft tissues that they were able to rehabilitate to the point of not being in pain. For many of these clients this also led to resolution of many old painful psychological patterns. What became evident was that there was resistance in the tissue that blocked the release of this emotion. Only by releasing both the blockage in the tissue and the emotion were they able to become pain free. Obviously, the blocked energy manifested in the conditions in their body contributing to their pain.

Back in the 70's I took two very profound trainings that affected my development as a therapist. One set of trainings involved bioenergetic therapy, neo-Reichian therapy, and rebirthing in which breath was used to charge the body with more energy to mobilize stuck emotional energy facilitating its release. This had a profound affect on my life, and when used with my

clients profoundly affected them as well. The other training was Silva Mind Control which brought the focus to perceiving and healing from an energetic basis. This again helped me heal and become more aware. I could also perceive my clients' conditions using my intuition and help them heal coming from an Alpha brain wave level which is using the right brain.

Through years of practicing and using these techniques along with the therapeutic massage techniques of Structural Energetic Therapy® I was able to open a more accepting, loving space inside myself. This allowed me to relate more fully to my clients, to expand my intuition to perceive my clients' conditions, and to direct healing energies that assisted with the soft tissue work of rehabilitation.

Jose Silva, the developer of Silva Mind Control, had promised me that with practice I would continue to develop greater intuition and awareness and become more effective in treating my clients' conditions. What was also stressed was that the energy to heal was not my energy but energy from a higher power which takes my ego out of the equation. It also puts the responsibility for healing with the client where it belongs. Years of working and using the above techniques have made it apparent to me that I have only been dabbling at the tip of the iceberg of what was possible.

As the energy for growing and healing seems to be intensifying, especially over the last five years, exploring and studying many other methods has been a natural progression. Some of these have been acupressure, polarity therapy, Reiki, Quantum Touch, Emei Qigong, Reconnection, and Matrix Energetics. In addition, there have been awarenesses gained that have opened other avenues for me to develop. At present I use a combination of all of the above and am less attached to techniques. I would now like to share with you information that I consider valuable about this exciting and expanding energetic healing field.

The first topic of importance is recognized in every energetic healing method I have ever studied – the healing energy comes from a higher power. It is not mine, and I am not the healer. Ego, especially ego enhancement, blocks the energy from the higher power preventing healing. To work effectively energetically as a therapist we need to let go of our attachment to ego and our attachments to outcome. Once a higher power is engaged I would be foolish to let my ego think that I knew what was best for the client being healed, or that I could do it better. Sometimes conditions people are healing from are necessary for the person's development, and a higher power can make a much better assessment of this than I can.

Next topic: Healing comes through the heart space. The US government and USSR have researched extensively how individuals develop intuitive healing powers. Unfortunately, the governments of both these countries were looking for weapons to either control or destroy other armies or governments. From my readings it was obvious that they were wasting their time. Their research confirmed that the way to develop intuition is to allow this energy to come through by developing a bigger space in your heart – hardly a military weapon! This does not mean that we have to have gushy emotional love for anyone to whom we want to send healing energy. Instead, the heart chakra (energy center around the heart) can be expanded and developed to allow it to focus a positive intention and become a channel for the higher power of healing.

As massage therapists many of us already work more from our hearts and our heart chakras during our treatments. Richard Gordon of Quantum Touch, Dr. Richard Bartlett of Matrix Energetics, Dr. Eric Pearl of the Reconnection, all embrace methods to develop the heart space as being key for healing. Emei Qigong has many techniques to expand the heart space and recognizes that each cell of the body has a heart space. I highly recommend studying any or all of these to further expand your own heart space and healing potential.

Here is a very powerful and helpful method I have used for expanding my heart space. Sit quietly with your spine aligned and eyes closed, envision light coming through your crown chakra, down into your heart, then consciously seek to intensify and expand this light until it expands past the limits of your perceived physical body. Doing this daily as a 5-10 minute meditation will rapidly expand your heart space and ground and center you into your heart. The more you practice this the easier it will be to enter your heart space by just closing your eyes, visualizing the light descending into the area and then applying it for your client's well-being.

Another component of the development of the heart chakra is to cultivate a non-judgmental acceptance of ourselves first, and then of others just the way we and they are which includes our illnesses, beliefs, personalities, biases, and physical characteristics. From my observation and practice of coming from my heart I find I spend much more time in my right brain where creativity is 1000 times magnified. I have attended quantum physics lectures that elaborate on the left brain being a linear processor and the right brain being a multidimensional processor. The amazing thing is that the way to access this is to expand the heart. What also seems apparent and synonymous with Silva Mind

Control is that the Alpha level is harmonious with the expanded heart energy and creativity.

Next topic: Stepping outside the box of our mental beliefs. One of the limiting factors in developing these potentials for healing that we each tend to struggle with is the limiting structure of our already formulated beliefs that are full of bias which keep many doors shut. The ability to visualize almost to the point of hallucination is an asset in developing intuition and our own healing focus. In massage our attachment to technique can actually be a detriment to our developing our intuition and awareness. In the energetic healing the limitations of these attachments are magnified. Letting go of our beliefs that limit our ability to perceive beyond them is an absolute necessity in developing our intuition and healing skills.

The application of energy for healing is only limited by the situations in which we choose not to apply it. For massage therapists it is extremely easy to apply energy healing during cranial work, acupressure, neuromuscular points, polarity, Reiki, Therapeutic Touch, and all massage and soft tissue hands on techniques. I find it is as easy as centering, going into my heart space with the intention of bringing healing energy to the client's conditions, and then proceeding with my treatments. Visualizing desired outcomes while in the heart space focuses positive healing intention which can add to the effectiveness of the treatment. When you find tightened and resistant areas of soft tissue while applying massage techniques, going to the heart space and either envisioning the "knotted" muscles unknotted and relaxing or stuck energy that becomes mobilized, will very often result in the energy releasing and the tissue unwinding. When working with severe spinal distortions, visualizing the spine coming into alignment while in your heart energy can be very effective. Anytime there is swelling or an injury, using the heart energy along with our hands to surround that area with the energy from the heart can produce phenomenal results. When doing cranial decompressions, first go into your heart and bring that energy through your hands into the cranium to greatly magnify the ease of cranial mobility with long lasting positive effects.

I have only mentioned a few applications here. I highly recommend you explore this field and be as creative as possible in the application of healing energy. We live in an exciting time where there is more energy than ever available. Let's have fun and play!

Please visit our website for more information – www.StructuralEnergeticTherapy.com. You may also contact me through that site with any questions you may have.