

SET TALK

By Don McCann, MA, LMT, LMHC, CSETT

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EXPANDING YOUR HEALING POTENTIAL A Lifetime Journey

There are many reasons massage therapists enter the field of massage. Some want to do something with their lives that will help people. Some are looking for a stable profession making a good living. Others have a spiritual awareness of what is involved in mind/body/spirit healing and how massage can be an almost sacred profession. There are many massage therapists that I know of who have experienced their own personal growth once they entered the field and now have all three reasons for being in the massage profession.

In order to demonstrate a process of expanding your healing potential and developing a spiritual practice I would like to share a bit of my own journey.

Over 30 years ago I remember the moment when a client told me that my work was powerful beyond the realm of just the physical work and that I was truly a healer. Prior to this I had been working to make a difference in their lives, and that difference was usually measured by their recovery from pain. With that one statement my expanded awareness of what I was doing dramatically propelled me forward on a spiritual path of healing.

I was not yet fully aware of what my life was becoming. Since my time in college I have been on a journey of personal exploration and self-discovery. I spent time discarding and updating old belief systems about who I was, what being successful was, working on the development of my heart space, and expanding my mind and mental capacities. I read and studied philosophy and psychology in college, and had personal growth counseling to release old limiting mental, emotional and spiritual patterns formed in early childhood. I also practiced yoga, transcendental meditation, Sylva mind control, hypnosis, and mind dynamic techniques which provided more insight and growth than the classical approaches in psychology and philosophy.

Before graduating with a Masters in Counselor Education I encountered deep tissue bodywork and rebirthing which dramatically changed my life. Discovering the amazing benefits of releasing old patterns, both emotional and physical, through bodywork instead of going through the defenses of the mind dramatically speeded up the evolution of my spiritual life, and gave me a direction for my future.

After graduating I studied Postural Integration, Neo-Reichian Therapy and acupressure in California. The most important part of my studies was not just obtaining skills but also receiving bodywork and continuing to grow and expand. My world was wide open and I was ready for transformational experiences like EST, the Forum, communication workshop, Bioenergetics, Rebirthing, Polarity Therapy, Touch for Health, Jin Shin Do, and other forms of meditation.

When I opened my therapeutic practice which would eventually become Structural Energetic Therapy® I was confronted with my clients bringing issues into the sessions that I was still working. There was no escaping the fact that in order to be successful in this work I was going to have to continue the process of letting go of my past issues.

There were two psychologists who were influential in my growth - Maslow with his hierarchy of needs, and James who combined Gestalt Therapy awareness with Transactional Analysis, Reparenting a Healthy Inner Child. I became aware of internal conflicts and old negative parent messages that were survival based. I was able to release them physically and energetically replacing them with new and positive expanded loving heart messages for myself and for others.

To say this is an easy path would be misleading. However, by continually receiving the best deep tissue bodywork I could find, and doing as much emotional energy release as possible, I was confronting my limitations and my growth was a steady expansion.

In the last several years embracing change and growth has been both painful and rewarding. I am focusing more on studying the classic Chinese Emei Qi Gong, Reiki, Quantum Touch, Matrix Energetics, healing light meditation, and am receiving more breathwork and bodywork sessions as well as expanded Cranial/Structural therapy techniques.

One of the biggest changes that is happening now is the amount of energy that is available for growth and expansion. Everything seems to be highly energized and the potential for growth has intensified. There is agreement from many sources that the time to grow and expand and heal from past experiences is now. The time is quickly coming when there will not be room for old unresolved issues and domineering behaviors that are not tempered by loving accepting hearts.

So where does this leave those of us who serve people with touch? I don't have all the answers, but I'll present some of the directions that have become evident.

The first and probably most important is that it is time to release old emotional issues that have been around since birth. These issues such as “I’m not lovable”, “I’m not good enough”, “something’s wrong with me”, fear of abandonment, being hypercritical and judgmental will be huge blockages to a successful future if they are not changed. Often these issues are locked up with painful stored emotions in the tissues of the body. Two very effective ways of releasing these are deep tissue therapy and emotional energy breath release. These are beneficial both for massage therapists, and for our clients who experience pain caused by these emotional energy blockages.

The second is letting go of the old judgmental patterns that keep us stuck and cause us to repeat the same patterns over and over. They also keep us as massage therapists from being able to accept our clients with love and focus on their healing. But even more insidious are the self-judgment patterns that keep us from loving and accepting ourselves, and block our ability to work with healing energies for our clients.

The third is to further open and expand our hearts. We can’t do this if we are constantly judging and criticizing, so letting go of judgments is a pre-requisite. Opening our hearts can be as easy as accepting people the way they are AND the way they are not. The more we do this for ourselves, the more we can do it for our clients. We also open our hearts by learning to expand the energy field of the heart chakra and allow this healing energy to flow through our hands. Expanding our hearts can be a joyful experience once we let go of old hurts, pains and patterns from the past. If we are still holding on to old hurts and patterns, expanding our hearts will put us in touch with this pain and provide an opportunity to experience and release them so there is room for expansion. There are several ways to do this – breathing into the heart space during massage treatment is very effective. Receiving Reiki or Emei Qi Gong attunements can rapidly expand the heart space. Using healing light mediation can create a dramatic and rapid expansion of the field of the heart. Once the heart space is expanded the benefits are there for both the massage therapist and the client.

A fourth step is to take responsibility for all the lessons that come into your life. Learning from them without judging them or holding grudges against those who bring them to us, and consciously working to forgive those who bring us those lessons is extremely valuable. Also, bringing these people into the light of our hearts using a healing light meditation rapidly expands our ability to accept them in a positive light. A practice like this will greatly expand your ability to bring your clients into that healing light around the heart allowing you to project

more healing energy when working with them. Don’t forget to bring yourself into the healing light field of your own heart, and forgive yourself.

A fifth step is for you to receive structural balancing bodywork. A prime example is Structural Energetic Therapy® which includes Cranial/Structural work that will release the spiral distortion to create weight bearing support through the pelvis as well as energetic support by allowing the energy to flow more freely from the lower chakras up into the heart and higher chakras expanding your healing potential. In addition, the release of the character armor (chronically tightened muscles blocking emotion) with deep tissue and breathwork will release old emotions from past experiences so these anchors will no longer hold you back. The results are a body in structural balance and energetically and emotionally open which supports an expanded heart space and expanded healing potentials. In essence, the evolution you undertake in your healing development can be the evolution of your soul.

Since we are on a path of spiritual evolution, whether we know it or not, be conscious and pro-active and share your expanded potential for healing with your clients.

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