

Finding Healers

We must love ourselves....right now. Sometimes this may seem like impossibility when we are not where we want to be, physically, emotionally and/or spiritually. One of the ways we can support ourselves is to reach out to healers to help us. Your assignment this week is to make an appointment with one of the following specialties to begin to help yourself.

Massage Therapy

Massage therapy can be extremely helpful to reduce stress, improve lymphatic drainage, reduce scar tissue and plain old just feel good! I would recommend skipping deep tissue right now and see if you can find someone who has experience helping survivors. Aromatherapy during a massage can be glorious too!

Acupuncture

Acupuncture is a way to restore proper energy flow throughout your body. Treatment and surgeries can disrupt our "chi" (energy) and acupuncture can help restore the balance.

Craniosacral Therapy

Craniosacral therapy helps to restore normal movement of the craniosacral rhythm. This is extremely relaxing and works on the nervous system to support homeostasis

Chiropractic Care

This is an excellent way to get your joints moving in a proper way. Scar tissue, inactivity and surgery can affect how your joints move. If you have a misalignment (subluxation) a chiropractor can correct this for you. An adjustment affects the receptors in the joints that respond to gravity which activate the brain. Therefore better movement in the joints leads to better brain function!

Reiki

Reiki is an ancient healing modality that focuses on restoring energetic balance to your body. It can be done hands on and/or hands hovering above the body. A practitioner can also help restore balance to the "chakras". The "chakras" are energy centers in our body that can be out of balance based on physically and emotional traumas, past and present.