

Untitled

April's Story Continued:

During this session he again zoomed in on painful areas in my body and the emotional traumas that were locked in them. When he identified an area that needed to be worked on he asked me to breathe deeply, to feel that area and to allow any sounds or words that wanted to come out as a result of focusing on the painful energy. I was moaning, crying, sounding, coughing, getting in touch with anger, grief, fear, which isn't great fun in itself, but having realizations and understanding of my painful childhood, the ramifications it had, and how it has affected me and my life, and my relationships. At times my body would shudder with so much energy being released, and I felt a lot of tingling sensations throughout my body. After the session ended I felt exhausted, but renewed, knowing something very profound had just happened to me and my life.

After years of various therapies; hypnotherapy, psychotherapy, acupuncture, bodywork, etc..., this work with Alan addresses, not only by identifying, but actually releasing traumas held in the body/mind/spirit like nothing else I have ever experienced! April C., L.Ac., Ms. T.