

ANCIENT HEALING TECHNIQUES



BY KIMBERLY FISHER, EARTHLY INSIGHTS

Is modern living leaving you stressed, fatigued or anxious? Does your digestive system seem a little sluggish or off? Are chronic symptoms disrupting your life? Or are you looking for a way to reduce or avoid prescription medications?

If you have thought about or experienced any of these and you answered yes, know that there are alternatives and complementary therapies you can integrate into your life. Having had health problems in 2008, I went to many doctors to find out what was the cause of my pain. Each of them had a different version of what they thought was happening. Not convinced I had the right answer, I was guided to see an Ayurvedic Energy Healing Practitioner. Being unsure of what to expect, I went and had an amazing experience. Having answered some questions before beginning the session, I mentioned my point of concern. Music played in the background, I laid on a massage table fully clothed and he did a gentle laying on the hands. As we finished up the session, I felt incredibly at peace; had a clear sense of clarity as though the fog was clearing to give me some support. Not telling me exactly what to do, he gave me some insight as to go back to the doctors and have another scan done on my liver. Asking my doctor to give me a fifth scan with more specifics he went on to direct me to Froedtert Cancer Center to get things squared away as soon as I could. Learning of all my options, I opted for liver surgery and said whatever happens after that, I would then work on healing myself in the most natural, holistic way.

Having gone through this experience, both with surgery and experiencing an energy session, I was able to connect with my body in a very intimate way. Part of my journey here feels I needed to share my story. Know there are options if you recognize and feel something in your body that others may not be able to discern. Trust what you feel. This experience has brought me to my profession of Energy Healing and getting involved in different Energy Medicine Techniques. Not only was I fascinated in understanding more about the human body after my experience, but I wanted to know how energy work could assist in helping the body heal. I recovered much faster after having healing energy work done after surgery.

I continued my visits to the Ayurvedic Practitioner, and this is where I decided I too wanted to get in on the fun and learn his great trait. Ayurvedic is Sanskrit for the "Knowledge and Wisdom of Life." It is the oldest healthcare perspective to humans that originated in India over 5,000 years ago. Through the work of addressing the emotional, physical and spiritual realms, we can explore issues, problems, and or uncomfortableness. Holistic concepts of Ayurveda give emphasis to health promotion and sustenance, disease prevention and diagnosis of the body type.

Now, even more so, I was fascinated in the human body looking at it through the eyes of little pathways all over the body and figuring out the routes. Our body is an actual roadmap and looking more deeply

within yourself, you are able to discern so much more than what appears on the outside. I wanted even more, so onto another part of the East to learn. This time, Reiki.

Reiki is a Japanese word meaning "Universal Life Energy." The practice of Reiki is based on the teaching of Mikao Usui, a Japanese man who taught and practiced Reiki in the late 19th and early 20th centuries. It is a Japanese form of healing and relaxation. Reiki enters the body via the crown and flows through the body, out of the bottoms of our feet, up the body and out the top of the head. Rei = Universal or Spiritual and Ki = Life force energy that all things are made of. According to the National Center of Complementary and Integrative Health (NCCIM), Reiki is based on the Eastern belief and is an energy that supports the body's innate or natural healing abilities.

Energy is all around us. Everything is made up of energy. While both healing modalities are spiritual in nature, it is not a religion. It has no dogma, and there is nothing you must believe in order to learn and use its abilities in your life. Allowing your body to relax, open and flow, will give some amazing insights. Not everyone needs a life-altering event in their life to find ways to assist, but know you have options in the holistic realm to compliment whatever you may be using or working on. These ancient ways of healing have been happening for thousands of years and Reiki with lineages passed down through the ages. Feel the energy in and around and allow yourself to open up to its ancient wisdom. I look forward to guiding you on your journey!

Kimberly Fisher is a Reiki Master Teacher, Ayurvedic Energy Healing Practitioner, Medicinal Aromatherapist, Certified Teacher of Muna Ki-Rites, Reiki for Animals Practitioner, Health Coach and uses the plant's ancient wisdom to help in everyday life. She comes from Wisconsin bringing years of experience and having touched the lives of many, brings her passion to Cody. Kimberly sees clients at Lokahi Wellness and Serenity Wellness both located in Cody, WY.





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