

Gentling Way Self Care

We will be having fun primarily as we explore how we all got ourselves into the tangles we so seriously want to study/'fix'.

We will explore with/in multi media and on our own bodies.

As always – there is a pre course, hands on experiential (where below) followed by after class support - at the end of which is a certificate.

You will discover constantly – the tenets of this work.

1 - ***The body remembers everything that ever happened to it*** – this the rebirthing/Reichian/respectful roots

2 - ***The body heals itself*** (and something is blocking that - see above and be possible) and a support month – online.

3 - ***Structure determines function*** (thus we align to blueprint)

4 - ***Flows have to flow*** – life is movement

5 - ***Energy follows thought*** – you are what you believe – the kinesiology will assist here.

The Gentling Way site will in time be the way for others to find you.

As a GW practitioner - you know .

Content

1 – Setting the scene – being here now in form – introducing H's model

2 – Lineage – where we all came from

3 – 'Life recipe' – what is needed to stay anchored here.

4 – Three Treasures – and where they came from

5 – Blood – the essence of life and of being woman – why and how

6 – Food factory – and what runs it well

7 – Systems of flows

8 – 5 'T's – how we fall over – Stuck Liver Qi and Damp

9 – Introduction to Belly Care

10– Reichian armour bands /chakras

11 – Spiritual Healing

12 – Digestion – lymph to ligaments

13 – Ligaments and womb placement

14 - Man Matters – their lives mirroring women's

15 – Replication – otherwise known as babies. .and how they come – or not – and what happened when we were being made

16 – Advanced belly care

17 – Home remedies

18 – Integration – Self Love and Self Releasing

None of this you will have seen as I do it – as this is a lighthearted soul infused journey into how we are all here called together in sacred circle.

Enjoy . . being more of YOU