***What?***  
A system of using whatever modality in the pursuit of body/mind/soul clarity.

***Intention?***

Intention is to return the body back to its blueprint – where it repairs itself, adapting to any life changes automatically.

***What is covered?***

All aspects of being - the blockages stashed away ‘for later’ are gently reminded that they are in the way of perfect body harmony, life ease and overall balance.

***Time required***

Maybe – the rest of your life. Selfing - putting YOU first - a novel yet imperative change. YOU are the reason that YOU are here.

***Pre requisites***

Probably desperation – nothing else SO FAR has done the job.

***Who is it for?***

Anyone who has had enough of tinkering at the edges, and who wants to get to the core of the issues that they find themselves revolving around. Usually someone who has tried many ways of undoing what is binding them in a problem challenge. Someone who has worked out that they are in charge/responsible. Your show – and no one can do easy for you. That hope is an illusion Your Life – Your stuff, Your STUCK.

You have not given up. You have kept looking.

Yet - chipping away at the issue is wearing you down.

***Tools needed***

Your openness to try different. Most of what is offered is ‘common sense’. BUT - in order to access, the usual answers and stories may need clearing out – that may be the resistance – then you can heal. You have to let go – often large hunks of beliefs. What it means to you to (whatever). Energy bodies have no limitations. They direct the physical body. If you alter the instructions – anything is possible. When we undo the life residue, it may not look/feel as you intend – and yet - anything is better than staying STUCK.

***Outcome (What you will be able to do)***

Clarity.

**Why this Is called the Gentling Way**   
Most is forced upon us. The body is in shock – small increments over each other – some huge and forgotten – except by the tissues, as the ***Body Remembers Everything That Has Ever Happened To It.  
Flows Need To Flow*** – and what holds YOU hostage is crating your own individual STUCK . You may be totally unaware or totally aware of what, how and why you are still in this state Eventually the body says NO and all is halted until you sort yourself out.  
  
**Gentling not forcing**. It is more likely to give you a complete respite from struggle.

The physical body is your vessel. You are here because it carries the essence of you around. As the expression of your life flows, your mission on earth even, it is dictated to by what it can do – and YOU the emotional being have a large part to play in when it can’t flow.

The hoarding of what is too hard (at the moment) - or that which we have no tools to deal with yet, may, without an occasional deep cleanse – become who we are. (Seeing /perceiving/experiencing only through the levels of crud on the body.

**What is in the way?**

What may be stored within? Large bundles of STUCK. Shock, unresolved life knocks, shadows of emotional responses, expectations unfulfilled, habitual reactions: all ready for release – when you move past what is holding them in.

In addition, unconsciously you may have picked up a lot of cold – and as all cultures’ “old wives’ tales” suggest – **Cold Is Not Your Friend.** Please avoid it. Cold wastes your body’s ability to function. Cold needs your essence to remove it as life is movement - and cold stops flows. Cold can also numb feeling – and somehow the body message STOP using me is overridden in this slavery system of your being always on call – for sport, work, because you are running the story that you are indispensable - whatever – yet the body MAY need time out to repair itself. . .

Presently there are whole (supposed) ‘healing’ models ideas around immersing yourself or parts of your damaged being in ice. This will not end well. Cold causes contractions stagnation – and ***All Flows Have To Flow***. Thus you get pain, thus things seem unable to heal, thus you get can’t ‘get better’. The lymph, Qi, and blood are unable to do their jobs.

We live in our bodies. Undergoing changes as we grow, maturing into the adult form then using the habits gained from our elders (those whose ways worked a survival of the fittest is the rule of the jungle) we set out to explore, experiencing what we are drawn to – or that which is set in front of us. When we are so busy being busy, bodies may store ‘for later’.

The residue – what we found unpalatable – eventually gets too much. Were it food – taken into the gut to be processed and discharged having taken what is needed out and repurposed or it may be vomited back - ejected somehow.

Experiences also need processing/making sense of . .

Assuming that we can ‘digest’ what happens to us, we could use that we then clear what we do not need, using only what we do. BUT unlike the housework, clearing out the fridge, rubbish removal in the shed and sweeping away what has landed on the floor, we may clean the skin layer of the body – but . . what about the rest?

**What to do?**  
Intentionally set out to declutter yourself. Of all layers. What blocks flows blocks healing. Maybe this is all to design? You may have had to get to where you had no easy way out?   
This may mean – look to what it is that you resist the most. Undertake to discover your role here. What lights your fire: sets your heart singing?

Most likely that holds the key - you - the driver now in the driver’s seat. Headed where? Maybe clear the path? Your life library may be cluttering your clarity/perception. You may then reset (as in an electrical gadget) back to the ‘factory settings’ – to restore ease in living.

**Touch therapy**

The laying on of hands has been used forever in all traditional cultures.

In the GW we allow the release of whatever has been holding the tissues, and the body – hostage. The structural rigidity that screams out ‘help!’ shows up as postural and apparently ‘aging’ changes that you may (or maybe not) be aware of.

Increasing levels of pain (body messages to tell you to pay attention) and overall distress may get accustomed to. Did you know that you can free yourself from what holds the patterns of ‘stuck’, to become supple – not only in form - but in self-expression – again?

**How/Why?**  
When we feel safe, subtle yet profound changes emerge. Part of the GW is a nourishing blend of modalities combined to bring back the state of harmony and balance to the body – on all levels. reproductive, digestive and sacral areas. On a much deeper and probably more important level, this unique therapy re-awakens and re-connects women to their bodies, especially their womb.

Residue from a seemingly endless bunch of incidents: trials and troubles ending in more challenges: operations even – may need undoing. Realigning you back to your blueprint will gift you grace and ease. Working with your breath, on the inner sea (lymph), and on the energy/electrical impulses that grant ***you*** life - will help to free what has been holding your body back from feeling and being more alive.

Deep yet gentle, non-invasive abdominal and sacral therapy focuses on enhancing flows to the abdominal organs. It aims to improve blood, nerve and lymph flow. The collection of many ways of knowing, many techniques, many new/different ideas that have come upon Heather’s path as a holistic natural health detective/problem solver in clinic and in her own life, as she also became a mum over and over again in different decades. Rooted in practicality. Only using what worked.

Focusing on releasing physical and emotional tension, helping to loosen harden debris (that has been accumulating in your gut for years), encouraging a natural movement and clearing of both physical and emotional congestion, leaving you, your structure and your abdomen feeling lighter and freer.