Why a Gentling Way session?

Our bodies hold so much of what has happened to us.

We may not realize that we are a storage vessel for all that has been experienced.

How? In holding patterns creating personality blocks. Most incidents have left an impression - most interactions and accidents create eddies of reactivity. These alone may interrupt flows of essential blood/Qi, lymph and the nerve signals.

Changes happen to our blueprint slowly. Though that sore bit may be only a tiny part of what needs shifting, the shifts from perfect build up. Eventually we cannot ignore it. Going from aches, pain to breaking down. We may not notice the loss of flexibility: shift from grace. Any physical healing after injury may mean that we are less flexible in body and in our being. Over time, the stored charges mess with the flows of Qi/ lymph/blood and nerve impulses.

Solutions must encompass the entire situation. Offering multi-modality, across many lineages and styles, The Gentling Way practitioners working with you in intensives (and long sessions) allow your body to trust the process. To go deeper.

By gradually untangling the blocks to flows, new sensations, and STUCK old emotional charges can be released. Having several sessions close together stops a backsliding to happen – so you stay with the new you. Multi-modality, across many lineages and styles allows a dynamic dance through time and energy.

**Afterwards . . .**

Welcome to your new body!

So much of what has been hidden away – for later may be discharged. You may need to look after yourself initially gentler – possibly start new habits of self-care.

There will have been many profound shifts. By loosening the tension on the ligaments that hold the structure hostage, different layers have been peeled back and released: allowing a new you to emerge. Upon getting off the treatment couch (or even whilst on it) you may notice a very different feel.

We start with the **Accident Recall.** You can do this at home – no more than 3 lots in each session. Always aligned first – usually with someone else to act as a clear surrogate on hand to assist. After doing the P.V. (poly vagal clearance) we get into PACE. If the pre test – negative/positive is reversed – or they test very strong on negative – they are stuck in the ‘fight’ mode. Simple – do the PACE and maybe extra water and pressing the points **Ki 27** and **Sp 21.**

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<https://heatherbrucehealing.com/accident-recall/>

And get into **P.A.C.E.** first (see the web page above).

**Profound**  
You may need to gift yourself time to sleep and regenerate as the work done ‘just’ in these two very simple techniques can be astonishing. Expect vast shifts.

Especially if you have recently been injured - giving birth or having had a fall, or an operation – or just – having been rescued now from a long term injury (sometimes from childhood) - your structure is gently realigned and it may can need some tender guidance after this.

These need supporting by your being gentle with yourself initially. Expect things to be different.

Perhaps walk about a little immediately – don’t sit down. . .   
Don’t take up the old habits of moving and sitting the same . .

**Please look after your tender self**

We need these absolutely essentials before even thinking about what to eat.

<https://heatherbrucehealing.com/life-recipe/>

Look to safety – and ponder.

<https://heatherbrucehealing.com/what-lies-beneath/>

**What next?**

Quite often we have uncovered what was hidden.  
Perhaps look through this. Be aware that you are NOT alone.

There is a free course you can take here to start you on you own journey of self discovery. <https://member.heatherbrucehealing.com/courses/life-rescue/>

By loosening and letting go – **we allow the real self to emerge**

<https://heathersays.heatherbrucehealing.com/healthy-life/>

Chinese medical philosophy teaches that here are 3 major ‘causes’ of disease. Blocked /suppressed/ignored emotional charge is the most important. **NOT ‘germs’/bugs and viruses.** Look to what stops YOUR body from dancing life well what weakens. <https://solutions.heatherbrucehealing.com/healthy-living/>

**Detox gently and effectively** – in today’s world – so much is being relentlessly released into the biosphere – that is interrupting normal life. Take out what you accumulated within your mother, whilst being made and now as we gather up ever more body burden – see how mercury alone messes with life here <https://detox.heatherbrucehealing.com/chronic-mercury-toxicity/>

Clear your body from seeing what it has as nutrients. [Detox drops](https://detox.heatherbrucehealing.com/). 5 drops x 6 daily and drink a lot cleaner tepid water. This is the beginning of your body clearing out what is not helpful/may even be stopping you absorb essential nutrients. Also – take a helper that *is not Glutathione* - but is what allows your body to instantly make it. Why would you? When troubled by energy lapses, inflammation, and/or the underlying mercury toxicity. Liberate yourself. Take 6 of these each morning with food. <https://solutions.heatherbrucehealing.com/glutathione/>

# **Helpful hints**

1. - More **magnesium** is needed for your body and life to be happier. On skin is best – but should it feel terrible (itches/prickles/burns – maybe even comes up with a rash). That is an indication that all is not well (as you know already) and the mercury and other poisons that are in your body are preventing the uptake of what you eat. Magnesium, zinc and selenium are the key players taken out.

**Magnesium** is crucial to comfort - and life. ([**https://solutions.heatherbrucehealing.com/magnesium/**](https://solutions.heatherbrucehealing.com/magnesium/))is a must – topical - this means more on the body (get way to get in) plus more daily foot soaks, more Epsom salts baths and also more awareness of your need for rest and regeneration. To aid mineral absorption, more actual sunlight is needed.

“But I got all my mercury fillings out” – you say.  
Hmmmm. There is always so much more

**Please see more below.**  
Mercury lurks - stored away to get us later.

Or come out in the fat cells as they are released.

<https://detox.heatherbrucehealing.com/chronic-mercury-toxicity/>

Get rid of . .

<https://detox.heatherbrucehealing.com/>

How does this affect all of us? Not just you . .  
<https://detox.heatherbrucehealing.com/hormones/>

1. – Whilst all are ‘aware’ that *too much* (whatever that means) sun is not good - the message has shielded all from not enough sun – and without **Vit D3** and a lot of it – essential minerals are not absorbed – please get more sun exposure. . and take at least 10,000 iu of Vit D3 https://solutions.heatherbrucehealing.com/essential-vitamins/vit-d/a day to help here (more needed in winter).
2. **-** [**Castor oil packs**](https://heathersays.heatherbrucehealing.com/self-care/castor-oil-packs/)– <https://heathersays.heatherbrucehealing.com/self-care/castor-oil-packs/> to alleviate any inflammation. Often - daily.

You can ‘cheat’ - we all now have such busy lives - just put a little ORGANIC castor oil on your palm, and when warmed up, pop it on the **sacrum**. (Most of us need it here as the pelvis and all organs are supplied by nerves and blood from here). This will assist the normalisation of the back and all pelvic regions.

If you have a definite **belly** issue – wherever it is a trouble will also be of great use. Pop on over the area that cysts or general unwellness is felt. Organic castor oil pulls out toxins and aids any adhesion release.

Castor oil can be inserted **within cavities** to allow adhesion softening and also calm any inflammation locally. Healing post birth or surgeries distress especially structurally. So soothing – and also will undo gradually any adhesions - anywhere in the body – patience – it took a while t get to this state..

**4) –** In addition - **sacral moxa** is hugely beneficial. It calms and builds up the flow whilst allowing the Kidney energy that is so depleted that allows the back and aching there in the first place.

**5) - Use of a faja** (belt/sort of fabric girdle) – often when this is put on the magic relief is astonishing – the legs being heavy/swollen (especially in pregnancy but also if there is a DVT/cellulitis or diabetic issue) and the back – men and women

* constant supportive relief . . until you take it off again.

**6) – Daily self massage** – the belly – at least the first two moves to calm all down .. can use of fractious babies and children – and yourself - slowly, gently, superficially.

**7– Vaginal (or anal) steaming** – this is something that most cultures have done under the guise of ‘secret women’s business’ and have in their initiations allowed women the knowledge to easily be healthy at all stages of their menstrual and reproductive lives. See how it will change your life – after having ne with me – start this practice up at home. This is even more important to your body than the massage, and the massage will be so much better after a steam!!

These tools are found within the Selfing online course.  
You can avail yourself to an online deeply nurturing version with a small group of like-minded others – or maybe attend one in person.

# Follow up

Sometimes as your body has been lived in and ignored for so very long.

This is why the intensives – no more than a week apart - and hopefully less time in between – and at least 6. By the 4th – uncovering a blockage that is NOT comfy - that you will have hidden for a while. Released!!!

From being so reorganized – anything can happen. Massive shifts are possible – be gentle on yourself and do not ‘soldier on’ – that is part of why this was needed.

Use of magnesium in all forms will assist here - in baths and added in as - food as whole grains, dark green leafy veggies and of course used all day topically as a gel, or oil added into the skin. Multiple times. Using castor oil packs a must.

As your body feels so much better, you may get a lot more done – and over time – especially with the use of extra Vit D3, and magnesium and moxa on the sacrum – you may be [totally pain free](https://heatherbruce.mykajabi.com/beyond-pain). All through your own efforts at home – with no extra money spent in seeing therapists. And with better results.