

Butterfly Touch Massage

It is a gentle form of light touch therapy that expands our life energy, promotes family bonding, relaxation, healing, growth and overall improve well-being. This BTM is suitable for all age groups particularly beneficial to premature and newborn babies and children. They love it!

Reasons of common trauma for babies:

- Assisted birth such as cesarean birth, use of forcep, ventouse suction
- Use of anesthesia during labour and birth
- Long labour due to baby's position
- Separation from mother right after birth

* Please note that trauma is unique to individual. What is a traumatic experience for a person may not be traumatic to another.

Benefits:

- Promote relaxation and melt tension in the body
- Restore energy after accident/illness
- Heal birth trauma and integrate birth experience
- Stimulate healing properties and promote growth
- Promote parent baby bonding

Please arrive in loose fitting comfortable clothes and it is recommended that you are not required to leave in a rush and drive long distances immediately afterwards and have the option to rest afterwards if necessary.

CONTACT DETAILS



Sylvia Moore

Address: 10 Kitchener St
Coorparoo, QLD 4151
Phone: 0435 792 203

Business Hours: By appointment

www.thelifealignmentcentre.com



Healing Trauma

Gentle Bio-Energetics and Armoring



Eva Reich's Gentle Bio-Energetics & Armoring

Gentle Bio-Energetics is a healing process - melting armor, healing the underlying trauma and restoring our energetic flow. Drawing on her vast experience Eva Reich, MD, daughter of Wilhelm Reich, created a gentle model incorporating butterfly touch in body and verbal therapies for healing and growth.

At the foundation of Gentle Bio-Energetics is the interaction between our **Life Energy**, our vital living source of power. This flow is impacted by **Traumas**. As a result of experiencing trauma during our lives, we make unconscious, instinctual decisions to develop the **armor** to protect ourselves to limit the damage from trauma and future traumas. Although armor “protects” us, it also impedes the flow of life energy and limits our life experience.

Gentle Bio-Energetics healing and therapy involves reversing the process by identifying the armor, melting it, healing the memory of the underlying trauma, and restoring the natural flow of life energy. Because it is so gentle it's applicable for all ages, including children and pregnant women.

The goal of Gentle Bio-Energetics therapy is to enable individuals identify his/her armoring mechanisms, heal any underlying conscious or unconscious memories and restore the natural flow of life energy. Eva Reich often refers to the phrase "glow and flow" meaning that the life energy glowing in the center of our being is free to flow expanding beyond our being into our energetic field. The process might involve talking or gentle touch to restore the energetic flow resulting in new energy for life, emotional health, healing the memories, and integrating the work into our present life experiences. The process of understanding and melting armor, healing underlying memories and restoring the natural energetic flow is a healing process.

Gentle Bio-Energetics involves working with all aspects of the individual ;cognitive, physical, emotional and spiritual. It is not just a body therapy. However, there are special areas that the therapy addresses where the memory may be maintained in our bodies including pre-verbal trauma, unconscious states, and trance states. The traumatic or even joyous experiences of these times may have been repressed or lost to us because of the pain or the lack of permission from others. Now from within ourselves we continue the repression stopping the experiencing of the fullness of life.

Through the *Gentle Bio-Energetics* process of touching we will be enabled to get back to the earliest and deepest memories stored in the cells and body tissues.

Gentle Bio-Energetics is like an umbrella under which can be many healing and educational options provided they accept the basic principles of Gentle Bio-Energetics, honor self regulation, and are gentle in the process. Note that the therapist and client share equal roles. There is an element of education as well as therapy. *The aim of Gentle Bio-Energetics is to restore the natural flow of life energy by:* [1] applying techniques immediately when a trauma happens to avoid having to do therapy many years later; or [2] helping individuals sometime later recover and heal memories of trauma held in the body for years.

