

ENERGYWORK

What can you do if it does not seem to be muscle spasm or the patient is too sore to massage

Jackie Tiernan Dip.Manip SMTO

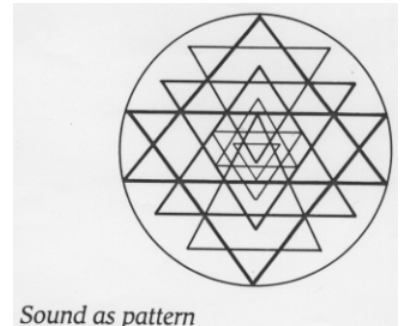
Some patients have aches or pains that for no apparent reason do not respond to Massage Therapy. Sometimes, as a Massage Therapist we cannot find cause for the problem and neither can modern methods. Some patients seem more absorbed by their problem and cannot pull themselves out of it. Then others may seem more attached, involuntarily, to the pain or problem and cannot get away from it. Occasionally we get patients with conditions like multiple sclerosis, pain from gallstones, too much acid, rheumatoid arthritis, cerebrovascular accident (CVA), severe stress, with which we know we can only do so much. Energywork may allow us to help that bit more.

My approach to good health and the healing process is from a scientific background. I have diplomas in Swedish Massage, Remedial and Sports Massage, Advanced Remedial Massage and Manipulative Therapy. I also hold certificates in Reiki, Reflexology, Psychic Massage and Energy Therapy, having also trained to be a State Registered Nurse and had a disciplined Meditative Practice for twenty years. From all these disciplines and practices I have developed Energywork, a scientific approach to healing that can be learned, practiced and understood as easily as any other science based understanding like massage or physiotherapy.

To watch Energywork, it may look like nothing is happening. The patient remains clothed. The therapist may work over a specific area and once the therapist's hands are in a position, they remain still for a while. When the therapist decides she has achieved what she can, she will then move her hands to another position and wait there for a few minutes.

We are about to take a scientific look at Massage Therapy and Energywork.

Let's start by comparing Massage to the high-pressured sound of the bass note (as is produced by the bass guitar, double bass, or bass drum). You cannot just hear the note but also feel it because it is a big vibration (also thought of as low frequency). Then I could liken Energywork to the ultrasound wave used by a physiotherapist with an ultrasound machine, where you cannot feel or hear the vibration, because it is small and at high frequency).



With Massage, the heavier vibration, healing is facilitated and with Energywork, the lighter vibration, is also facilitated but in a different way.

Energy permeates and circulates the body through an energetic system. This system, like any other system of the body, can become congested, diseased, out of harmony, over active, under active and so on.

Energywork is Healing, sounds old fashioned, even biblical I know. Yet there are few other names for it, which are simple and encompassing. I have racked my brains trying to come up with some names or bullet points that would look modern and informative. *I also remember having the same trouble trying to describe what I did as a Remedial Massage and Manipulative Therapist – trying to put an effective name on it was tough, my fellow students and I often discussed the issue.* Nowadays, I am described as the person who will fix your back, elbow, whatever and very few patients need any further description than that. The few who do ask for descriptions of all the different styles of massage, on my certificates, are rarely genuinely interested, they are just making conversation when they should be yielding to the therapy.

Vibrational Medicine was the latest buzzword at the last health fair I attended. I had heard the term before with reference to Homeopathy and Flower remedies. Now it is used to describe the latest styles of healing therapy on their way over from the USA in many varied forms. One style, seemingly, flies in on the golden ray, a clearly superior vibration (apparently). Another style boasts the incorporation of a study of sacred maths (how sophisticated and how complicated). Neither of these Therapies could tackle the simple muscle spasm, which debilitates 8 out of 10 people at some point in their lives, and none of the Therapists knew anything about Anatomy, Physiology or Health. These therapies did seem so elite and exclusive that the Therapist will only see a couple of clients a month, or treat large groups of deserving people freely.

In the UK there are also many different styles and approaches including Reiki, Shen, Bio-energetics, Psychic massage, Bi-aura therapy, to name but a few. These are only modern words to describe Healing.

Some of these therapies are gentle in approach. Others have a more manipulative style and seem to attract therapists with a thirst for catharsis, which belongs in a sports stadium or theatre, not Therapy. Then there are some, which are quite theatrical to watch and obviously attract people who enjoy all the trimmings of the new age trip.

I have been on healing style workshops where the facilitators have had us jumping up and down screaming and shouting every morning for five days. Funnily enough I could see the benefits in "getting it all out". Providing there is something, of that magnitude, stuck in your system to begin with. Simple stretching often suffices.

They called it active meditation and were in pursuit of enlightenment (apparently).

There are still a few who insist on trying to package Energy Therapy with counselling. This is never a good idea.

I feel that if anyone gets something out of their system in your therapy room, make them feel safe and encourage them to walk away without analysis. It no longer matters.

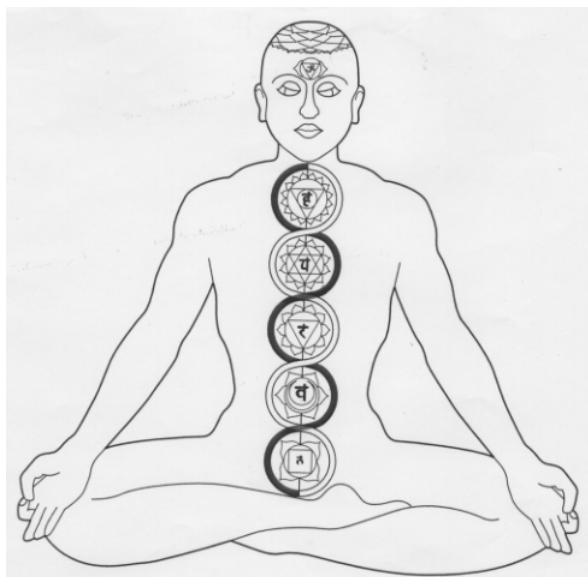
Healing is a force that develops, protects and repairs. Healing has directions towards good, better or optimum health and we need to participate in that direction (good food, exercise, clean habits).

The Healing Force, or Life Force, needs space to resonate through our bodies. If our body parts cannot resonate within their optimum vibe, then there is degeneration and dysfunction. For example, if you had your radio tuner just off the radio station, we would not hear harmonies that make sense, we would hear disharmony.

Like a piece of music without enough space between the chords and notes, it becomes cluttered and disorganised. It is the same with our cells and tissues. You may not think that our cells and tissues give off chords and notes but they do, it is called resonance.

Science now has the equipment to measure our cells' resonance, in other words, hear our cells singing. In fact Science now has the equipment to see, hear and feel that which we could previously have doubted. Nowadays you can go to a Health Fair and have your aura photographed, in colour!

Energywork, like Massage Therapy, could also be described as a form of Vibrational Medicine. All the machinery involved in the treatment of massage is designed to generate a vibration through the muscle. Some of the machines carry a smaller vibration through to a bigger vibration (how sophisticated and how complicated).



Vibration generates rhythms. Our cognitive abilities allow us to tap out rhythms, with more variety in the velocity and frequency than the machines. We can tap our feet, bounce on our heels, or jiggle our knuckles. It is very effective and it is introducing the "super effective" vibration into the muscle.

With massage we clear congestion and muscle spasms, we do this by using various pressures and rhythms (in other words vibrations) to allow that which needs to flow to get moving again. In other words we have cleared/created space and removed pressure. With Energywork it is the same principle – different frequency. As with ultrasound machines, our hands can also generate vibrations, not felt as readily as the massage style frequencies that are still measurable and effective.

Everything we absorb through our sensory perception is taken as a vibration. Sight is the vibration of light, hearing is the vibration of sound. Taste and smell are also vibrations, different frequencies. Touch, no matter how little pressure, is also transmitted as a space creating, flow generating vibration. So with Energywork there is very little movement from the hands, but there is still a vibration being transmitted through the patient.

The most recognised Healers today have PhDs and backgrounds in Astrophysics, Atmospheric Physics, Neuroscience, or Medicine. So when the cynics or skeptics pooh-poo the effectiveness of Healing I have to smile, remembering that they probably would not grasp the simple basics of Newtonian physics either.

JACKIE TIERNAN has trained in Remedial & Sports Massage, Advanced Remedial Massage and Manipulative Therapy. She also holds certificates in Reflexology, Reiki, Psychic massage, Bio-energetics and Energy Therapy. Coinciding with the end of her training as an SRN in 1983 Jackie incorporated the study of a meditative practise into her daily life. She runs the Natural Remedy Clinic in Thornton, Fife and is also Principal of the Fife School of Massage and Complementary Therapies, which has its first Swedish Massage course commencing in Spring 2003. She is also planning to run a post-graduate course in Energywork beginning on the 10th May 2003, running one weekend a month for eight months.

Jackie is presenting two workshops at the SMTO Conference 2003, both on Sunday 23rd March 2003. The Sunday morning workshop, ENERGYWORKS, covers the Science of Healing, Good Health and Good Therapy, and Energy Exercises with a practical session which promotes natural flows and having a calming effect. The Sunday afternoon workshop, ENERGYMATTERS, discusses Chakras and the Human Energy Field alongside Energy Exercises with a practical session focusing on rebalancing, centering and grounding.