

LAUGHTER & Massage

Contributed by Goddess Diana

I am having this OMazing massage with Sister Goddess Galant. She combines modalities of BioOrgonomie, Thai Massage and reflexology in my healing process.

She is working on my belly, helping me release tension in my digestive organs. She probes her fingers in as she manipulates and moves my organs around. She creates space where there was tightness.

She touches a certain point and applies pressure. I feel a great discomfort - not familiar with this new sensation. I am way out of my comfort zone.

I know I have a choice. Only two things I can do. I can complain about it and call it "pain." OR I can breathe deep and surrender to GRACE.

I take a nice deep breath and I focus on how my breath feels as it goes in and goes out. I start to LAUGH. Deep from my belly - like my body is letting it go and letting it out (whatever IT may be, tee hee ~@~).

It feels so good to LAUGH. I completely forget about my discomfort and what is happening. In that moment, I feel the pressure dissipate and the cell memory release. We have created an opening.

Woo hoo ~@~

To get in touch with Sister Goddess Galant for an Energy Consultation, send her an email at galant218@gmail.com