

# The healing power of gentle hands

Helping your body find its own path to health.

By **Amanda Hunt**



**Heart of the Tree**  
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**In amongst all the common remedies** for bodily ailments today, there is a growing interest in finding more natural methods of approaching the body's healing process. Two of these lesser-known methods are Reiki and CranioSacral therapies. Susan Hirshberg is the owner of Heart of the Tree Reiki and CranioSacral Therapy in Halifax, and a Reiki Master herself. She believes it is important to let your body find its own path to healing: "When a person is as much themselves as possible, healing just comes."

Hirshberg doesn't diagnose or treat anything, but uses Reiki and CranioSacral therapies together as a way of guiding the body towards its own, natural healing process. This is done through creating a state of deep relaxation, and an atmosphere that allows you to truly be yourself. "I hold the space for the body to find its own path, and the only way to really get there is through a state of deep relaxation," she says.

Reiki and CranioSacral therapies are different from more common practices, like massage therapy and chiro-

practic, in that they use very still hands and are very gentle. "What we're doing is opening up

a kind of conversation with the client's body and my hands," Hirshberg says. "It's really like I'm listening deeply with my hands."

Hirshberg says this kind of therapy is for "people who want to take responsibility for their own healing process," and it can work for anybody going through any kind of difficult situation or struggle in their lives, whether they're an adult or child. It is even helpful for behavioural treatments for animals. It can also work in conjunction with any other kind of treatment a person may be undergoing at the time.

Hirshberg also uses Reiki and CranioSacral therapies for helping those clients who want to live their lives in a very full way to do so. "A lot of people come to me with life goals," she says. "If somebody's internal body wisdom says that they need to go on a diet, that truth can then live in their body. And then the body sort of says 'yeah! That is what I need!' and the motivation shifts."

Hirshberg believes it's all about guiding the body to its own internal truth. "When the body listens to its own deep desires and needs, it can make deep shifts in a way that it can't always do if motivation comes from the outside. Healing comes from being as much yourself in the present moment as possible."

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