

Wise Heart

My mother used to tell the following story about my grandma, Lucille.

For some reason, my mother was one of those women to whom everyone would come for advice. People used to stop her on the street and say "Oh Lucille, Thank you so much, I did exactly as you suggested and it really helped." So one day, I asked her, "Mom, what do you tell all these people that they think is so wise?" "Oh that's easy", she said, "I just tell them what they want to hear.

My grandma really was wise, but hearing what you really want to hear goes deeper than it may seem at first. There is a moment when self speaks its own truth to self that brings the most peculiar sensation: of rightness, of freedom, of the space to heal, of the gathering of inner resources, of the awareness of external support, of determination and of peace. When you are in that space, all things can shift. The self can heal itself whether the problem is physical, emotional, behavioral or situational, or, as is usually the case, a combination of all of the above. Perhaps not everything is curable, but everything is heal-able. When the body listens to itself, gets what it truly needs, and desires, situations can be made better.

One of the most important ways that the body speaks its truth through the fascia. The fascia is a web of interconnected tissue, which surrounds and interpenetrates everything from the smallest blood vessel to the largest organs including the brain itself. Body truth also express itself in linguistic metaphor so when we speak of the "fiber of our being", this is, quite simply, the fascia. If you seek the body's truth, it is the fascia that you need to consult because in the most literal of ways, it is recorded there. Much as tree rings record the life of a tree, every time you fall, injure something, experience chronic illness or even feel stressed out, the fascia reacts and changes. The effect of these changes persists as long as they are physically present in the fascia. Similarly, if they are released, the body can heal all kinds of old insults and reposition itself to heal. Of course, all other parts of the self come into play too, but if you are not hearing the truth of the fascia, it will be difficult to hear the truth of your own self, that truth that you really want to hear.

Susan Hirshberg is a Reiki Master and CranioSacral Therapy practitioner who also holds a Master's degree in Animal Behavior. She has developed WiseHeart to help people get in touch with their body's inner truth.

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