



"If you don't transform your suffering, you will transmit your suffering to your family, your neighbors, your country."

- Richard Rohr

It seems that every month we are confronted with suffering. In fact our national attention seems to always be drawn towards the suffering of others. It is always easier to transmit our suffering to those around us, to make others suffer as we suffer, than to do the work to transform our suffering within ourselves. We often act on the mistaken belief that by pushing our suffering on to others we will suffer less. The truth is that we will suffer more because each person is a reflection of ourselves and the suffering we transmit will return to us over and over again.

A different way to look at this would be to realize that to truly be healthy, to emerge from our symptoms, we have to transform our suffering by using it to create change. When we don't, we develop anxiety, worry, depression even addiction to try and escape it. So how do we transform it? Step by step...

1) Reduce your exposure to the graphic images of suffering. It is one thing to be aware of suffering, it is another to "see" it, to have that image embedded in your mind's eye. That creates an effect on your psyche, your soul and your body. There is a limit to your capacity for experiencing the suffering of others and the more you are exposed to this, the less resistance your body has and the more negative the symptoms that can emerge from your nervous system.

2) If we are experiencing suffering, we need to create space and a peaceful time in which to realize the extent of the suffering we are carrying. By bringing our conscious awareness to it, we can begin to release its power over us. This can be done by the act of stillness through meditation, through mindfulness, through chanting, through prayer. Anything that allows our mind to be still, to empty our thoughts, to create space for that inner conversation to begin.

3) Movement outside of our day to day orbit can give us enough of a shift to allow for us to both experience and release our suffering. Walking in the woods, lying in a rowboat on a lake, watching the clouds from a blanket in the backyard, driving on back roads, walking through a museum gallery, sitting in a sacred space... simply by going to a place that you don't see or experience every day can create that space you need. This is why simply watching television or going to the gym or doing your normal daily run, won't be enough to dislodge the root of your suffering.

4) Movement inside of the body may not make sense at first, but this is a key aspect of transforming suffering. The subconscious aspects of memory are actually stored not just within our brain and nervous system, but are also stored within soft tissue spaces. In this way movement of body fluid, movement of muscles and connective tissue can all loosen the bindings of suffering to our physical being. This loosening will bring it to our consciousness generally through our emotional senses.

Once you have created both space and energy you can allow the Earth energy to ground you and infuse your cells and tissues. This will create a shift that is both notable and memorable. Now you will have a sensory goal, a target to aim for. Each time you can reach this "target", you will be able to face more, give more and create positive change instead of simply shedding negative emotions and thoughts that litter your path and burden the people around you.

Ways to Facilitate the Transformation Process

As you work through your suffering, there are a number of things to consider that can help smooth your way.



Oligo 5 Mineral Spray

helps to hydrate and restore your mineral levels which actually enhance drainage and soothe the nervous system.

Solace Milieu

eases years of unresolved grief and trans-generational suffering.

Cramplex

eases muscle tension throughout the body which allows the physical release of suffering and grief.



Photobiomodulation Therapy

has specific treatment settings that address emotional suffering and unresolved grief.

Decongestive Lymphatic Drainage & Chromalight Therapy

is the most effective and most relaxing way to wash fluid through cells and tissues to dislodge toxins and stored chemicals that drive emotional suffering.

Earth Elemental Products

are the key to uproot suffering and emotional distress allowing it to be transformed and released. These include day and night creams, Yogi gel, bath salts, facial clay and phyt'ether essential oil blend



TERRE · EARTH

INTER-SEASON :

January 18 - February 4 • April 18 to May 5
July 20 to August 6 • October 21 to November 7



Allow Us to Start Your Journey with our Earth Experience

Earth is the element of the change of season which means it occurs four times in each year. In Traditional Chinese Medicine it is the opportunity to utilize food, therapy and remedy to uproot the deepest suffering that has become embedded in your physical body and your emotional soul. Infusing the body with Earth energy loosens the deepest roots that bind us to both our own and others' suffering.

Let us help you or someone you love through this process with our discounted special, The Earth Experience.

The Earth Experience includes:

2 Body Basic Decongestive Lymph sessions with Chromalight Therapy

Take home Earth kit with Phyt'Ether oil, Earth bath/body salts and Earth Clay

Guide to the Seasonal Earth Eating Plan

Complete Experience \$395.00

You must purchase and complete your Earth Experience therapies before the next Earth Season begins on April 18th.

Then follow the Earth Eating Plan and use your Earth Home Kit between April 18th and May 5th.

Contact Cheryl to schedule your Earth Experience.

Time is limited and it is available by appointment only.

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