

My experience at body/mind therapy combined with acupuncture

You walk into the room and Miriam is waiting for you with a big smile and a nice cup of jasmine tea. From the moment you enter, the space becomes the ground for your guided exploration of your body and your mind. You chose where and how you want to sit -or stand, or walk around...-; get conscious of the room, objects, atmosphere: the here and now. She asks you a few questions from time to time intended to help you listen to whatever your body has to say and develop a discourse from there. Images are magically created, detailed descriptions put into words. Emotions arise -not always pleasant-, lights and shadows, demons hiding in your subconscious, epiphanies, sometimes, that explain a lot (rather than rationally, at an almost magical level, which allows you to relax and let your mind take a break from constant analysis). Perceptions, sensory and mental, behavioural patterns, affects, ideas... It all bursts out and it does not make apparent sense or it suddenly does. Facing a mirror, your life untangles right in front of your eyes. Senses very open, ready to observe and let things be the way they are instead of trying to understand them or change them from a sheer logical point of view. It's a process, and it works. In each session limits are gradually broken, doors to a different perception of reality open. Then, near the end, she poses her hands on different parts of your body and it all quiets down, the waters get still and you can finally rest from yourself and from all your efforts.

After all your intense and active work in body/mind therapy, an acupuncture session seems the perfect follow-up: Ton will take care of your energy meridians and will try to balance you as much as possible while you lie down, close your eyes and breathe. Here, nothing is expected of you consciously, since it is Ton who reads your state through your pulse and the reactions of the different points to his treatment. Whether it is burning moxa or using needles, the treatment is subtle and you can hardly notice what is going on. You put yourself in his hands, stop thinking, let things develop in their own way through his expert touch. It is a perfect combination really, and in this order, for acupuncture settles you after the adventures and insights you went through with Miriam. Your mind can finally rest while your body talks honestly to Ton without any interferences or distortions. When his treatment ends for the day, you have a feeling of completion that any other approach could hardly give you. It is, indeed, a powerful combination, the more so because, in between sessions, they exchange their ideas about what is going on with you, share their experiences, learn much more from each other than they would with only their own therapy. What a great idea this joint venture is, what a wonderful way to reach the deepest layers of your body, mind, and, perhaps, soul.