

Feel energised with psychodynamic body alignment

South African-born Natascha Van Zyl, is a qualified naturopath, reflexologist, psychologist, and also worked for the NHS up until a few years ago. She co-hosts a show on radiowey.co.uk alongside an orthodox doctor, each Monday evening. “We have to treat the body holistically, including the spiritual dimension,” says Natascha. Registered with the Complementary Medical Association, Independent Professional Therapists International and the Institute for Learning, she believes a lot of diseases stem from our disconnection from Source. She stresses the importance of breathing, and going into the slower, alpha brainwave state. One aid to meditation, she says, is to use everyday things such as rivers or a garden to induce a more relaxed state. Tasch also dips into some law of attraction principles during her tailor-made sessions, and although she doesn’t describe herself as a tarot reader, she does use zen cards and angel cards at the start of a session, “for illumination”, to tell her where the patient is at.

Tester’s verdict:

“Tasch is so friendly and enthusiastic! We start with a card reading and my first is Source, which is apparently to remind me of my connection to God and all things. She says I have too much energy in my head and need to ground that into my body (which is so true). Secondly, I get the Success card, which highlights lots of exciting things going on in

my life (again, true); then it’s the Morality card, which Tasch says urges me to ask what I really want, and to stop saying ‘coulda woulda shoulda’ as these are negatives. Fourth is the Laziness card, perhaps nudging me to take action in a particular area of my life (more meditation would be good, I think to myself). Next is The Dream, which shows lovers entwined; Tasch interprets this as an unrealistic expectation of a relationship. Seventh is the Burden card, which perhaps means my ‘dream of perfection’ is becoming a burden to me now. The final cards are Awareness, Mind, Projections, and Tuning In, the latter of which represents seeking solace, becoming still and listening to messages. After a talk about my diet and exercise regime, Tasch suggests some supplements that may help, including chlorella – a potent, chlorophyll-rich algae – said to boost energy. But the best part of the session is the massage. Although very firm and fast, I still feel blissfully relaxed afterwards. To finish, Tasch holds my head in her hands for around five minutes, while she talks me through a guided visualisation using my breath as an anchor. Afterwards, the knots in my shoulders have melted away and I feel ten times lighter. This really is an holistic therapy in that it addresses your mental state as well as the physical. Very enjoyable.”

■ Book a session of Psychodynamic Body Alignment at the Hale Clinic, on 020 7631 0156.

Soothe your soul with reiki and sacred sound

Jaime Tanna’s unique healing technique is to combine reiki with sound: “I believe we can heal body and mind through addressing imbalances in our energy field,” he says. And according to Jaime, sound is a potent ingredient for this healing: “Sound and music are used to enhance learning, treat stress and pain. Ultra-sonics are used in hospitals to destroy kidney stones, for example, and this works with the principle of resonance, which is the basis of sound healing,” says Jaime. He makes me feel totally at ease during our consultation and I feel like I can really talk through my issues with him – which is a healing process all of its own. I lie down on the treatment bed, and Jaime begins the reiki. He lays his hands, gently and barely touching me, on my head and moves around my body. I feel a warm sensation where his hands are and it is very relaxing. While he is performing the reiki, he emits a low, loud noise that sounds more like an instrument than his voice. Embarrassingly, I can’t seem to stop twitching; first my arm jumps, then my leg and then my foot! But in between twitches, I do feel a deep sense of relaxation and calm.

Try it

Initial consultations and treatments last 90 minutes and cost £75. Subsequent treatments are £50. Book online at energytherapy.biz or phone 020 8693 8514

Tester’s verdict: I like the way Jaime describes reiki – as upgrading your operating system. I do feel revitalised for a couple of days after my treatment, with improved sleep. He says I released lots of negativity and that manifested physically as twitching. In particular, there was an imbalance around my heart area and he says my hip area is not balanced, which makes sense as I had an injury there. I was initially worried I might giggle during the treatment but the sound just seems a natural addition, and I could feel it seeming to resonate through my body, calming and soothing me.



Unlock fears with emotional freedom technique

This tapping therapy, billed as a ‘needle-free version of acupuncture’ is said to release phobias, stress and all manner of physical and emotional conditions. Once you have learned how to tap and where, you can also do it yourself whenever you feel stress or fear arising. Kimberley Trevett has been practising EFT since 2004, is qualified to advanced level and is also a member of the Association for the Advancement of Meridian Energy Therapies. She says: “I have worked with many clients with issues ranging from acute physical conditions to addictions, traumas, depression, fears and phobias. In my experience, all of these conditions have something in common: underlying emotional blocks. I have always believed all the answers to your life questions reside inside of you. EFT allowed me to dissolve my own long-standing unconscious beliefs and release all of the negative patterns that were holding me back.”

EFT is also said to speed up any recovery process; for example, if you have been having conventional talking therapy, EFT could give you the same end results but in just a few sessions, instead of months or years.

Tester’s verdict

“After a short discussion about my life, we got straight to it, and as Kimberly tapped on me, she got me to repeat statements after her. The tapping points she used were the top of my head, between my eyebrows, the outer corner of my right eye, the top of my right cheek, just above my top lip, just below my right collar bone, and then round on my right shoulder blade, before repeating the process over and over, all while getting me to repeat after her such things as, ‘Even though I can’t make decisions about what to do, and I am terrible and my life is a mess, I accept myself and love myself’ – or words to that effect. It was bizarre, almost comical at times, that she was putting everything in the most negative way possible but apparently this is how the technique works. In the second session I had a bit of a breakthrough in terms of seeing my life from a whole new perspective, realising that perhaps I had not been the victim, as I’d always perceived it, but that I had an underlying belief that caused me to set myself up for rejection so many times, even though I was actually the one doing the rejecting, albeit subconsciously! I found EFT to be very effective, as even though it involves talking, it is so different to other talking therapies I’ve tried, as it’s like you are literally tapping the problem out of you! It quickly gets to the core of your issues and for me, the emotions came up from my stomach and before I knew it I was crying and releasing sadness. I would definitely recommend it.”

■ Try EFT at the Hale Clinic; sessions cost £85 per hour (this month, book three sessions for £230). To book, call 020 76310156. For more information, visit taptofreedom.co.uk.