

# Energetic Alignment

*Brings Relief To People & Horses* By Lynne West

For individuals who suffer with chronic pain, tendonitis or other conditions that are not responding to Western medicine, a natural healing technique that has proven effective in Europe for more than 20 years is now available on central Vancouver Island.

Known in Germany as the “bedradigung”, this “energetic alignment” technique has proven to aid people with a variety of symptoms and has been documented numerous times on the main European television stations and broadcast media.

Energetic Alignment is a non-invasive, non-manipulation method of moving the spine to straighten the spinal column. It address issues that for many people go back to the day they were born, when the trauma of childbirth set the stage for various conditions. Most common is the undetected difference in the length of both legs which throws the entire body off balance.

This alignment is different from a chiropractic alignment, in that there is no physical manipulation. The good news is most people need only one treatment and do not require ongoing appointments. As you might suspect, the discipline can also be taken to another level. The Energetic Alignment may be combined with acupressure to address constricted muscles and trigger points. In these cases, a few more appointments may be recommended to ensure the muscles “unlearn” their position when pain is present. The main focus is on soft tissue and the body’s ability to heal itself when the meridians (channels of energy) are open and muscles are stimulated with finger pressure to reorient themselves.

Lissy Rauber, a German native and natural health practitioner treats individuals and horses with this healing touch. Yes you heard correctly, horses respond very well to the treatment.

Since this is ‘new’ to most Canadians, people are often “amazed” by the positive changes in their bodies—whether it

is relief from physical or emotional pain or just the sensation of feeling more balanced or energized. Many had actually resolved themselves to living with the aches and pains, especially those with back or neck pain, and they adjusted their lifestyles and jobs to avoid aggravating their symptoms of pain.

Lissy says, “Every body endures physical and mental traumas through life, starting with the birthing process. If there is no intervention to relieve muscles that are strained to accommodate the trauma, pain will often worsen over the years and skeletal degeneration often occurs. By using my healing training to open the channels of energy (meridians), I simply help the body heal itself”.

One problem that exaggerates situations is most people with chronic pain resort to painkillers. To alleviate the agony over many years the prescribed drugs get stronger and it seems to keep on going with little relief in sight. Added to that, the side effects of the drugs are often very destructive. After the Energetic Alignment and acupressure, most people report their pain is relieved. The natural healing ability of the body

kicks in; it seems like a miracle to some people, but it’s not. The body just needs a little help moving in the right direction, some gentle guidance, so to speak. In addition to remaining free from pain, there is often a dramatic improvement in a person’s balance - no doubt because the legs are equal again.

Horse trainers also speak with amazement about the results seen when lame or sick horses are treated. One horse was so lame, the owners and vet saw this treatment as a “last resort” before euthanasia. The results were so significant, the owner is still riding the horse today. The horse no doubt would throw in all his horseshoes and call that a very lucky day!

One of the many blessings in these times, is the world is getting smaller. When people relocate they bring what is ‘common place’ at home to their new country. Helarion Energetic Alignment truly is a wonderful gift from an old county.

*Lissy Rauber sees clients at her Black Creek home office and schedules appointments at Curves in Courtenay as well. She can make house calls for horses, or clients can take their horses to her farm in Black Creek. 250-337-1845*



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