



WHAT IS SHALUHA KA?

All healing therapies are a partnership between the client and the practitioner. In order to receive any healing benefits from therapy, the client needs to allow the practitioner to support them in their “self-healing process”. The different techniques involved remind the client s/he already has the tools and abilities to help the self.

Shaluha Ka originated in Guatemala, and is a therapy practiced by the monks who live there. It was created to help people connect with the Kabala Tree of Life. The Kabala is an ancient wisdom explaining the creation of the world and the ten centres related to it. These centres relate to different parts of the body and the ten major energies located within us. When these energies are out of balance, it upsets the natural equilibrium and creates a lack of stability in our lives, Shaluha Ka stabilizes us.

Shaluha Ka means “Messages from the Spirit”. By calling upon the client’s spirit, the practitioner and client work together to help the client experience a deeper level of awareness and understanding of themselves and the universe. As well as supporting the healing process, Shaluha Ka will help relax, restore, balance and energize the body, mind and soul.

By using a variety of therapies (massage, reflexology, crystals, aura cleansing and energy channelling), relaxing the body and mind and creating a deeper sense of consciousness, the practitioner is able to help the client achieve the desired effect.

Shaluha Ka has been very helpful for a variety of conditions such as: migraines, chronic pain associated with back injuries, stiff shoulders, etc., for emotional issues; such as dealing with the loss of a loved one, better clarity of one’s life and of where they need to be. **All it takes is an open mind and the willingness to let the energy** take you to where it needs to go for that particular day.

This treatment is a very unique one, in that it can open the pathway to greater expansion of mind and spirituality. Thus it assists in creating a better sense of well-being, enlightenment, clarity and focus for your life path.

Kathy Seymour specializes in Shaluha Ka as well as Reiki and Quantum Touch. To book an appointment or obtain further information, call (250) 897-0309. see ad pg 24

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