

ONE TREATMENT!

You'll enjoy this recent testimonial from someone moving from crippling pain to almost normal in a single Ayurveda bodywork treatment of combined Abhyanga and Turiya (Marma) Therapy. Pass it on!

"I would like to write about my experience while getting a treatment with Ayurveda.

On Saturday night I went hiking and jumping and dancing and when I was dancing I am sure I pulled a muscle because after that my back was quite tight and it hurt.

That night when we got home I asked my boyfriend to give me a massage and it actually made things worse and I could barely roll over; he had to help me.

The next morning I was trying to sit in church and it was extremely painful and exhausting. I have a lot of energy and need to move all the time; I just love to do that so I was really disappointed that I could barely do that without pain and thinking that I am somehow making the situation worse. It was with difficulty that I could even put my pants on. I definitely did not have a wide range of movement.

I knew I didn't want to keep living like that since I go to school and work; sit a lot and carry books and food in my backpack.

So I called Jaisri and she was luckily able to take me that evening.

We had a brief consultation session during which she found out a little more about me and I also remembered that I had an injury on my lower back ages ago; about 15 years ago. I slipped off a tree and landed right on the part of my back that hurt and since then I have done a lot of lifting during landscaping, moving, and just carrying heavy things on my back. I realized that I never even knew that I should be taken care of that injury.

Jaisri mentioned that my back and the rest of my body were all wound up and I needed to unwind it because it was getting so many other things out of balance. It may have contributed to my knee injury a few years back which resulted in a major knee reconstructive surgery. I have also developed some habits that keep pushing my spine out of balance. I LOVE to cross my legs when I sit and I put weight on my one side when I stand.

Furthermore we went into the treatment room and it was heavenly! The energy at Jaisri's home is divine, peaceful and so full of light; I felt blessed just to be there and visit. When I lay on the treatment table, Jaisri used really warm oils on my back and started gently feeling the areas that needed her attention. Throughout the treatment it felt like she was able to move the pain from one place to another and release a LOT of pent up feelings and negativity from areas of injury.

Spiritually speaking, we hold a lot of fear and feelings of lack of support, loneliness etc. in our backs and as Jaisri gently asked what were the things that were happening around the time that I hurt my back and I quickly realized that I had just moved to Vancouver from Russia at the age of 13 with my family and was scared of everything and felt extremely unsupported by my parents who were going through their own hell and stressful feeling due to leaving everything they knew prior behind. Nevertheless, I was able to connect with myself at 13 through my mind and walked the streets with her; the hallways of the high school that were the cause of so much torment and just tell her that everything will be okay and that there was nothing to worry about. It was very therapeutic for me. We also did deep breathing during the session and through Jaisri's instruction I imagined a beautiful penetrating, healing light entering the areas of fear and pain and releasing them out of my body. It was amazing.

After the session not only that the pain was minimal, I felt renewed, reflective and in love with myself just the way I am all over again.

Jaisri also showed and wrote out some yoga poses and stretches that will help and was very detailed about where and how I can get herbs and medicines. I know Ayurveda heals and not just puts Band-Aids on things. I know I am not putting chemicals in my body as a treatment and most importantly I know that I am showing myself how much I am worth and loved just by coming in for such an enlightening session.

I used to go to a chiropractor and it was great but the plan was that I needed to come 3 times a week to keep at it and for someone with a full time job and part-time school it is impossible and not even a 10th as rewarding as coming to Jaisri (no matter how cute the chiropractor may be ;)

I recommend Jaisri and Ayurveda to many people in regards to many different things and will keep doing so.

My back felt amazing the next day and no pain; I have been trying really hard most of the time to not cross my legs and to stand with the weight distribute on both feet evenly and I feel a lot more grounded and I walk and stand tall which is contributing to my stand in this world. I love that Ayurveda focuses on the patient doing the work in unwinding what may have been done wrong so that we can be and feel responsible for our health, lives and ultimately our peace and happiness!!!

If you are reading this and you know you can have a better life, go see Jaisri and practice Ayurveda, it will change your life for the better !! (and just for the record, I was not paid to say this !!" 😊

Love,

D.M., Nutrition student

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