

Experience report about the workshop „Essencial healing with Gaia“ wrote in September 2008 from Birgit Kratz, www.spirituelles-portal.de

I don't feel myself suitable to work with energy's, to channel, to use tools for healing nor to be able to choose the correct medicine for other people. This is all too complex for me. And life has made me understand, that it shouldn't be my kind of work. On the other hand I could discover, that it helps my body system to be treated by people who offer healing work.

And yet still I went to a healer seminar. What had attracted me, was this idea, to be able to create a frame by a very easy way in which healing could happen.

How is the expression „essencial healing“ to be understood? This was one of the questions which interested me, because the essence itself doesn't need any healing. So we (Thomas and I) drove curiously to the workshop “essencial healing”.

The workshop was in the city centre of Duesseldorf. A huge room invited us to do the practical exercises of the healing: 3 different transportable massage tables (also very good for me to make experiences with the different types of constructions!) were built up and a long row of mattresses were lying ready prepared in the room.

The workshop started off in a different room, also very simple and affectionately prepared. It started with talks (satsang), in which Gaia (german satsang teacher) brought his idea of essencial healing closer to us. Often he illustrated what he had said by telling us his own rich experiences, which had been collected by many years of this healing method. Questions and answers followed and so I became a more precise idea from what essencial healing could be.

After a short break the practising already started. There was no theory. The only thing what was important, was to learn the form of the healing session, the way that Gaia finds it the most effective. On the one hand there was the timing of the session and on the other hand we made our own experiences how the one who is giving the session can hold the client in the most comfortable way. In the role as the client you very quickly recognize what feels nice and what you would like different. This extension after the sessions about these experiences how “the client” felt were personally for me very much of value.

During the sessions I became a clue about how great essencial healing is: There is nothing to do. I am only here and what shall happen, will happen by itself. The personal side of the healer doesn't matter at all and the one who appears in the role of the healer cannot say that he has done anything, nothing except maybe „I am now here“. There is nothing to know, nothing to be able to do, no promise, no expectation. What a relief for me! Yes, this fits to me.

This combination of practising the healing method and satsang talks, was for me also absolutely great: All the important subjects which at the beginning of the workshop were so important to me, it was so surprising how very quickly their meaning and my questions completely went away. My mind settled down in a very short time and in the satsangs I found an unexpected deep silence. Very surprising and remarkable.

On the second day of the workshop I noticed, that my period had started earlier as usual. The beginning of the period is the biggest challenge of the month for my body: Very often it happens that for 2 hours I have to lie down, because then nothing else is possible and then I have to somehow cope with this situation, which mostly is very painful for me. So now this hard time started for me exactly starting with the last practise unit of the workshop. How good, that I could lie down! I just waited that one healer would find me here on the mattress – and she did. I just lied

there, let myself be hold, my husband was playing the sitar (indian musical instrument), my attention softly went to my inner organs, which needed full attention just now. No drama this time – just softness and the easy flow of my breathing. At the end of the session (less than 30 minutes!) I was happy and my healer, too. We smiled at each other. She didn't know in which state my body was – and it wasn't important for her to know. Clearly at this day essential healing had helped me very well, because also being the healer after that I had been healed was very simple for me.

I couldn't find out how the essential healing works. The mind has no entrance to this. For me as the client it became clear, that there is nothing to do, because the healer is also doing nothing. The body sensations are aloud to just be. Nothing has to be changed. There are no expectations and that's why there can be no disappointments. This knowing deepened for me and brought peace to me. It is all so easy. This is why I love this way of healing.

Now – what is essential healing? To me personally this kind of healing is like satsang, only here the body is the „contact person“. Like at satsang our knowing about our inner essence is refreshed. To me healing means, that a connection is made to that what was already here before the body, that which is always here and still will be here when the body is not here anymore, to that what is our true nature and what cannot be explained with words – to our self, to our essence.

This way of healing method in it's essential form is: Only what is needed is done, but not more than that.

Another lady who was also in the workshop wrote to me a moment ago:

This is how I interpret the name: The Essence heals. The healing is being here deeply, without having anything to do with making something whole.

I am very happy that I could go to this workshop and I can really recommend it to others with an honest heart and good conscience!

Birgit Kratz