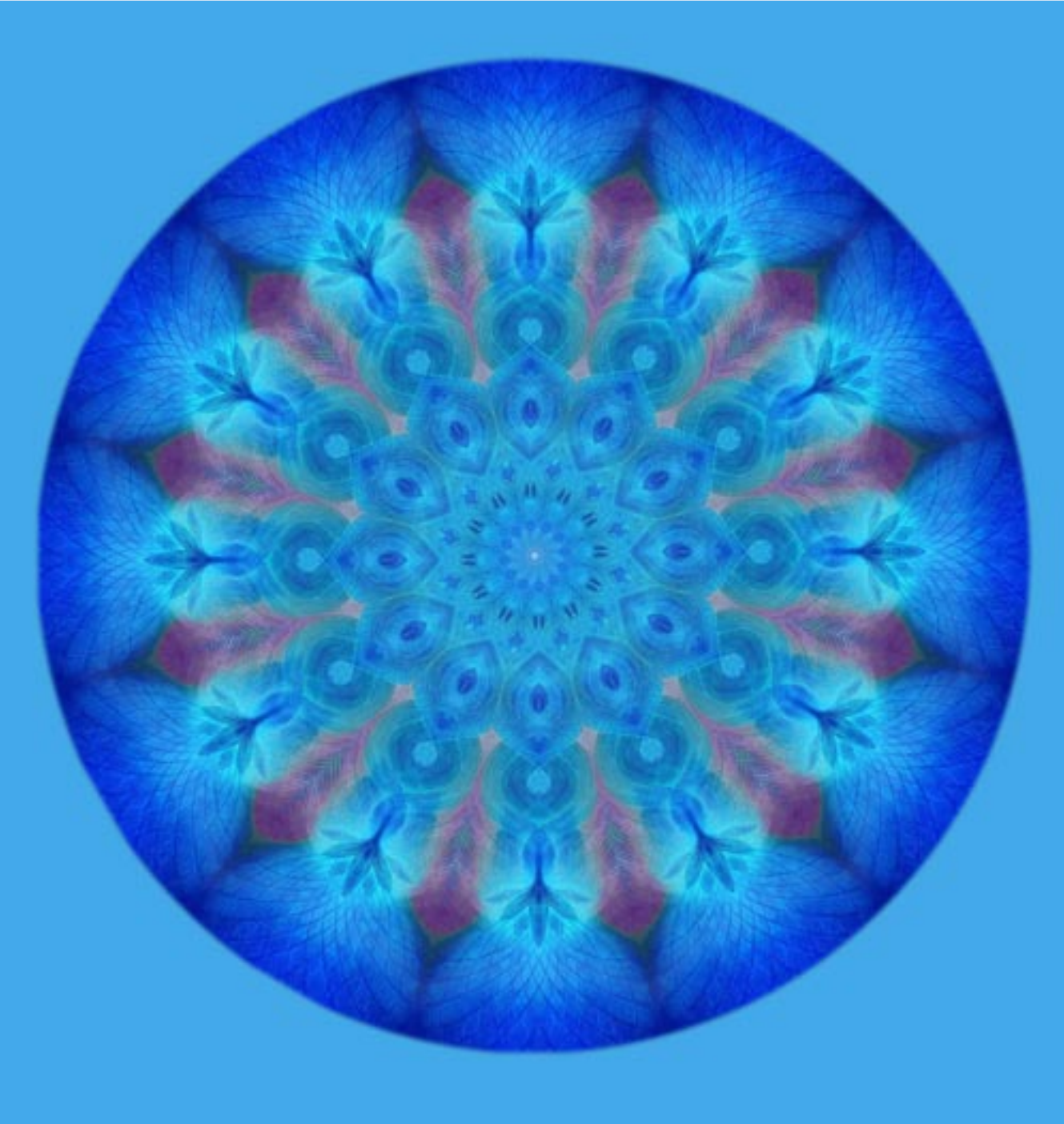


Developing Intuitive Skills in Aquatic Therapy



Sara Firman (Sulis . www.AquaPoetics.com)



Intuitive aquatic bodywork acknowledges subtle healing effects that arise when touch and movement are translated through warm water, a medium of inherent sensitivity.



The intuitive perspective is not so much concerned with whether something is scientifically valid or provable but rather with its therapeutic usefulness.



The skills and techniques that you acquire as you tool up will tend to organize themselves around

the stories you are telling yourself, and what you most deeply believe, about what you are doing.

Your approach will inevitably find its center near what you believe is important.

Jim Gilkeson. (www.jimgilkeson.com)

Possible Application of Alternative Healing Practices:

- 'fix' someone who has problems (more like conventional therapy)
- heal psycho-emotional symptoms of past traumatic events
- facilitate psycho-spiritual healing
- facilitate a meditative experiences
- help someone enter altered states of consciousness

Elements of Alternative Healing Practice:

- intuitive
- non-technical
- experiential
- state of consciousness
- operates on several levels (including 'energetic')

Aspects of Learning Alternative Healing Practices:

- sensing the movement of subtle energy and understand its language
- influencing the subtle energy field in a trustworthy and useful way
- locating subtle energy-active positions on and around the body and learning their particular traits
- subtle energy phenomena, related to healing, release, personal development and non-ordinary states of consciousness
- how and when to use structure and free-form ways of working
- personal development practices

There is more than one relationship going on:



- the relationship between you and your partner
- the relationship both you and your partner have with the wisdom residing deep within each of you
- the relationship between you and yourself in your own personal inner work

When we give a treatment, for example, we are not only treating an individual, but we are touching a part of a far greater body. The person we lay hands on is a cell in the body of their family, their group, society and nation, the human race, the living planet, indeed the person you touch is a cell in the greater body of all sentient beings and all creation. Only the limitation of our hearts and our imaginations prevents us from experiencing this. [A Pilgrim in Your Body: Energy Healing and Spiritual Process](#) by Jim Gilkeson

Learning about the mysteries of water evokes a primal fore-knowing, like a racial memory, perhaps pro-science, something we have known for a very long time. Jeanne Manning

Water may be seen as a bridge between:

- **energy and matter**
- **conscious and unconscious minds**
- **the rational and the emotional**
- **waking state reality and altered states**
- **the subjective and objective realms**

Some Examples of Water Studies



- **Dr. David Schweitzer** (blood studies) - impact of positive or negative thoughts on bodily fluids (<http://www.waternet.co.uk/waternet/morethanh20.htm>)
- **Jacques Benveniste** (immunologist) - memory of water in homeopathy (http://en.wikipedia.org/wiki/Jacques_Benveniste)
- **William Tiller** (professor emeritus) - Psychoenergetic science: replicable measurement of use of consciousness to change water pH (<http://tillerfoundation.com/model.php>)
- **Dr. Glen Rein** - energy-information stored in water can later communicate with living cells (http://www.scientificexploration.org/talks/27th_annual/27th_annual_rein_water_memory_intention.html)

Land practices informative for intuitive aquatic bodywork:

- **Energy healing (e.g. Manuel Schoch's comments on aquatic bodywork)**
- **Shamanic practices (e.g. Arnold Mindell, Sandra Ingerman)**
- **Somatic bodywork and movement practices (e.g. Continuum and Body-Mind-Centering)**
- **Treatment of post-traumatic stress disorder (e.g. Edward Tick, David Berceles)**
- **Care of people facing life transitions that have a non-medical aspect to them (birth, hospice)**