

**Alternative Girl: Integrated Kabbalistic Healing**  
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**Alternative Girl gets deep with healing for body, mind and soul...**

My experience with Integrated Kabbalistic Healing started simply enough; I found it on the internet, got curious, and made the call for an appointment. I didn't know anything about it except that it seemed to be some kind of holistic mind/body treatment connected to Kabbalah (you know, the faith touted by red-ribbon wearing celebs like Madonna and Demi Moore.) I was *not* prepared for what was to come.

It all starts in the office of Jane Moody. Since 2001, Moody has been a certified Integrated Kabbalistic Healer, after three years of study with a group called A Society of Souls. This New Jersey-based organization is the heart of Kabbalistic Healing. It was started by modern Kabbalist Jinen Jason Shulman, a man who believes that healing only truly begins by repairing "splits" in our body, mind and spirit.

Those "splits" are what he believes is at the root of all human suffering. It's an integration of thirteenth-century Kabbalistic wisdom, current theories in quantum physics, and modern psychotherapy. And if it sounds deep, you're right... it is.

"Kabbalistic healing is based on the Jewish tree of life," Moody explains. "There are pairs of qualities of God which have gotten out of sync, and they apply not only to the human being, but also human situations and creation in general. For instance, the first pair in the psychological realm is "gevurah", which means boundary and containment, and "hesed", which consists of loving, kindness and flow; they are believed to be two qualities you need for life itself. When these get out of whack, gevurah gets harsh and extreme, and hesed gets too chaotic."

It's a lot of information to take in, so Moody describes for me what happens during a typical session.

"[On] The first appointment... I take a lot of their personal history. I find out exactly what's going on in their life currently, because this work really operates in the moment, and that's our starting point.

"We talk for about half an hour and sometimes I do some psychotherapeutic type work. It's geared towards getting a person in touch with their deepest body language, the language of the illness, the language of the health of the body, the language of the immune system, so sometimes I get them to talk to their bodies or I get them to talk to their inner child, because both of those are the deepest, most effective self-healing mechanisms that I know

of."

This is where the whole mind-body-spirit philosophy comes in. In Integrated Kabbalistic Healing, these three elements influence one another. For example, Moody says sometimes migraines can be traced to how much anger a person is holding on to, and how they're holding on to it. It's all - you guessed it - integrated.

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Once Moody helps the client get in touch with both their physical and psychological concerns, it's time for the actual therapy to begin. "Depending on what they've gotten in touch with in the chair, I'll get them on the table and I'll start with energy work, which means that I work on the body. I'll move around the body, I'll cleanse out all the stagnant energy first, and then I'll rebuild all the portions that are weak or wounded or distorted, always with the end bringing balance and self-love and self-appreciation.

"Kabbalistic healing looks a little bit different. I sit beside the person and I'm very still, placing my hands on two places on the body which are neutral. Then basically I do the healing that I've diagnosed during the healing process."

Well, now it's my turn to try it out. We start with the talking. I begin by telling Moody about my biweekly migraine headaches and my chronically sore neck, back, and shoulders. She asks me if I'm stressed out. I say, "Who isn't? But then, something strange happens. By gently digging a little deeper with her queries, I soon find myself virtually spilling my guts to this woman. She has such a friendly way about her that I start talking about failure... my inability to do the things I want to do... then we're going back in time to my awkward high school years... and it all comes pouring out of me. I mean, we all have issues, but I think she found ones I never realized I had! And it doesn't stop there...

Moody then tells me to close my eyes, take five deep breaths, and imagine myself back during a difficult time in my childhood. Before I know it, I've got tears streaming down my face and I feel like a little geeky, insecure kid again. Moody hands me a tissue, I get a hold of myself, and we decide it's time for me to get on the table. I'm a little relieved, because all the emotion has been very intense.

I lay on the table face-up and Moody covers me with a soft white blanket. I close my eyes and feel her gently placing her hands on me. She starts at my legs, softly pressing down on specific areas. When she moves to my arms, I open my eyes a tiny bit to see her running her fingers down my arms, through my fingers, and then outwards as if she's drawing bad energy away

from me. It lasts at least half an hour, with Moody drawing the energy away from my legs, my arms, and my head in a sweeping motion with her hands. It is very soothing as I try to imagine all those bad, dredged up feelings being pulled away.

Next, Moody tells me it's time for the Kabbalistic Healing to begin. She sits beside me and lays a hand on each of my hips and holds them there. I'm pretty relaxed by this time, so I close my eyes once again and concentrate on the sound of her breathing. After a time, she moves her hands a little more towards the centre of my stomach... and then a little more... and a little more... until her hands meet. And then it's over.

I take my time coming off the table, since I'm quite frankly completely wiped of all energy. I ask Moody which Kabbalistic "pairs" she worked on for me. She explains that my "netsach" (the area relating to life success) and my "hod" (my sense of self-esteem or my sense of splendor) were out of balance and needed to be realigned. I'm not surprised to hear that, since I am a little low in the self-love department.

I leave feeling more than a little drained and embarrassed that I bared a bit of my soul to a woman I barely know. But that is apparently what Kabbalistic Healing is all about. And Moody says it doesn't have to be an intense emotional experience for everyone - it just depends on what their body and spirit needs. Moody says she's successfully worked on people with all kinds of concerns - from arthritis sufferers to abuse victims.

A session with Moody costs \$85 (CDN) for one-and-a-half hours, and take note: it's not a quick fix to an everyday headache or a backache. What it is, is a very deep, holistic healing experience for people who are willing to open up to a continuing method of treatment designed to heal them from the inside out.

*For more information on Jane Moody, go to [www.janemoody.ca](http://www.janemoody.ca) To find an Integrated Kabbalistic Healer in your area (there are healers in the U.S., Canada, and the U.K.) go to [www.kabbalah.org](http://www.kabbalah.org)*