

# First forays into alternative medicine

"New age kinda guy" is not the way most people, I think, would describe me to their friends, though I pride myself on keeping an open mind about new things until I've tried them.

And so it was with an open mind that I embarked on a series of alternative health experiences. I was invited to try several different therapies. The plan was to hear each explanation, feel the therapy in action and write about it. Because I feel fit as a fiddle and happy as a clam I can't say whether the therapies will work for everyone, so the goal is to just relate over the following weeks how each experience affected me.

First on the list of therapies was Kabbalah mind and body therapy with Jane Moody.

Moody is a calm and reserved baby-boomer who works to clear old, stagnant energy from her clients to restore health and well being. She eliminates pain, helps speed up the healing of injuries and uses phrases like "shifting thoughts, emotions and the body into a more positive relationship with one another." As she explained it, I understood what she was saying, but it didn't make much sense. Talk to me about the aura and energy in all living things and I usually inwardly roll my eyes and think



'here come the crystals, incense and patchouli.'

When she was satisfied that she'd explained everything and I was satisfied that I knew nothing Moody went to work.

Fully clothed I lay on a cot in her office and she asked me to just let my

mind wander, which I did. She began by lightly squeezing my hips and "acted as a conduit for the earth's energy to flow into me." I've had a night to digest the experience and here's how it went:

The entire time I had my eyes closed and she just quietly rubbed, smoothed and stretched. I could hear her breathing deeply. My mind wandered all over the place in a sort of waking dream state. I think I fell asleep several times during the hour-long session, but I can't be sure. All kinds of strange thoughts popped into my mind and some of them were from incidents from which I still carry negative emotions. Perhaps it was me, or maybe it was the therapy, but I was conscious of lying there and thinking 'why am I still thinking negatively about this? I'm just going to stop.' Other thoughts were of people I like and this affection for them seemed amplified. I didn't think of work directly, but thought or dreamt of society pulling me in the direction it wants me to go. This was a relaxing

thought because it suddenly meant that I don't need to push so hard. They were pleasant thoughts and highly unusual for me. Interesting that that's where my mind went when I simply let it wander.

When I got up from the cot an hour later I thought about how relaxed I felt and how tranquil. The rest of these memories and thoughts that I've described came back to me slowly throughout the evening and night. That night I slept incredibly deeply and woke the following morning feeling totally rested and relaxed. I can't imagine how I'd feel had I gone to see her in some physical or emotional pain, because that's actually Moody's specialty. Emotional trauma from a failed relationship, stresses from work or everyday life, low energy and fatigue are typical problems in the clients she sees. But she also helps resolve physical pain and injuries. Backs and knees are Moody's specialties and she explains how she helped her son's serious knee injury heal without surgery.

Moody is a former Nova Scotian who moved to Canmore recently. She practised Kabbalah in the Maritimes and made a name for herself there. Today you can find her calmly practicing at the Canmore Health & Wellness Centre. Interested? Call Jane Moody at (403) 678-7077.

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