

THE JOY OF EX

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The divorce process...
preserving your family's dignity, privacy and financial resources.



Divorce Choices

Excerpt from
THE JOY OF AN EX

Chaper 3, Section 4: Pages 39 - 42
Understanding your emotional transition through divorce:
Taking Care of Yourself During Divorce

By Jessy Morrison, Reiki Master Teacher, BodyTalk Practitioner

Going through a divorce is difficult, lives are turned upside down and the list of changes the family has to contend with often seems endless. Dreams and hopes are being abandoned, a former life has *died*, self esteem is challenged, and children's emotions are in disarray. There are no funeral ceremonies for closure, and few rituals to help one move forward through grief or feelings of betrayal. There can be a constant sense of being overwhelmed, with too much to do in too little time, often with too few resources, leaving one feeling inadequate or *running on empty*.

Dealing with powerful emotions can be challenging, especially when going through chaotic experiences in one's life. Often, people feel they only have two options when dealing with their feelings: 1) they let them out in an immediate and visceral way, or 2) they bottle them up. Most people make the second choice, repressing their feelings in an attempt to deal with them by denying them. Unfortunately a natural result of this method of coping is depression; and regrettably those suffering are often prescribed anti-depressants when in fact they need to work through these emotions. Burying negative or uncomfortable feelings like anger or sadness can numb the pain, but it inevitably dulls our ability to experience our more positive and pleasurable feelings of happiness or excitement as well, and makes one feel as though there is a lack of choices. Burying feelings robs one of valuable information that could be learned about oneself and ones life. This denies one of the opportunities of growing and recovering naturally from change, stress, and grief.

Experiencing negative feelings doesn't have to be a negative experience. Science is now proving what ancient acupuncture has always proposed: human beings, our world, and the universe are Energy, and most causes of illness are an imbalance of energy caused by negative emotions. Everyone realizes that when energy ceases to run smoothly, the electrical circuits are unable to *fully light the house*. Our bodies are similar - we have meridians of flowing energy, and when this natural flow of energy is interrupted, blockages disrupt our quality of life, causing illness or pain. Many people now practice forms of energy healing, and although alternative therapies are often not covered by insurance, they are worth considering and usually not prohibitively expensive. Looking at these as a complement to (rather than a substitute for) traditional methods is a faster route to self healing.

How can alternative medicine help you deal with divorce?

Three amazingly beneficial forms of energy medicine are Reiki, EFT™ (Emotional Freedom Technique) and BodyTalk™. These practices can be learned (thereby avoiding repeated costs) and they empower one to bring relief to themselves and their loved ones. Uncomplicated yet very powerful, they rid ones body of toxic energies and create balance in the mind, body and spirit. Once learned, *the tools are yours for life*. All three systems offer adults and their children powerful ways to relieve emotional turmoil, experience relaxation, and to gain and maintain a sense of balance and health in ones new life.

What is Reiki?

Reiki is a Japanese name for an ancient form of therapeutic touch or *healing with hands*. *Rei* refers to the universal life force, and *ki* means energy that exists within all things. It gently yet potently rebalances your energy flow as it strengthens the life force and gives the body the energy it needs to heal itself. Rediscovered in Japan in the early 1900s by Dr. Usui it was introduced into mainstream North America in the 1980s. *We are all born with this energy*. What we were not taught, however, is how to keep replenishing our energy on a daily basis. All humans have the ability to awaken their own innate power to heal themselves! **Reiki turns on YOUR healing energy**, and this knowledge lasts a lifetime. Learning Reiki gives one a simple, all-natural health solution that can be applied on oneself and our loved ones.

Reiki affects each person differently; nevertheless there are common effects that everyone experiences. Energy used up in everyday life is replaced, so that when one feels exhausted and drained the resulting imbalance is put right and one feels recharged. Most people report they sleep better and breathe deeper, feel more relaxed and more secure. Reiki is a very valuable and uplifting experience that increases one's ability to calmly walk through life's challenges, feeling more peaceful and less intense. Together with counselling, Reiki can actually help deepen relationships within a family by breaking down barriers and producing greater understanding, often helping resolve conflicts within a family more readily.

What is EFT™?

Emotional Freedom Technique™ (EFT) is a very unique and non-invasive form of energy healing. Also called *psychological acupressure*, it employs the ancient Chinese meridian systems of traditional acupuncture to relieve psychological stress and physiological pain. Originally developed by Roger Callaghan, a psychologist, and Gary Craig, a personal performance coach in California, EFT balances the body's energy system without the invasiveness of acupuncture needles. One simply taps one's fingertips on designated meridian pressure points to stimulate energy flow while concentrating on specific *issues*. This restores the balance in one's energy system and neutralizes emotional conflicts at their source, which then allows the body and mind to resume their natural healing abilities. Tears and laughter show that energy is shifting.

Very effective and gentle, this treatment technique can help a person quickly work through emotional challenges, and reframe difficult belief patterns into positive experiences. It is now being used to successfully bring relief to PTSD (Post Traumatic Stress Disorder) experienced by war veterans.

An excellent example of EFT™ application is when children redress an indefinable insecurity into a *new* physical phobia. Children often deny their fears and insecurities resulting from the changes of divorce. In an effort to make an intangible feeling of discomfort more understandable, they develop a tangible *fear* (e.g., fear of needles, of heights.), or begin an addictive behaviour (e.g., start smoking, withdraw into the internet). EFT™ helps the original repressed feeling surface and be identified then dealt with in a safe environment, thereby diffusing the new *fear* that resulted from the denial of the original feelings.

EFT™ has also been used to help relieve anxiety, panic attacks, anger, depression, grief, guilt, jealousy, eating disorders, weight gain and even shyness. It can help with the trauma resulting from abuse, improve self image and self esteem, and alleviate the sense of being overwhelmed from stress. Literally EFT™ can be tried on any stressor with impressive results!

What is BodyTalk™?

BodyTalk™ is an innovative form of health care developed by Dr. John Veltheim, a chiropractor, traditional acupuncturist, Reiki master and teacher. After becoming severely ill himself in 1998, Dr. Veltheim combined the wisdom of advanced yoga, the insights of modern physics, mathematics, the energy dynamics of acupuncture and the clinical findings of applied kinesiology, with the western scientific/medical model. This resulted in an integrative form of health care or energy medicine known as BodyTalk™.

BodyTalk™ is a significant shortcut on the path to family and community health. It simply and effectively allows the body's energy systems to be re-synchronized and rebalanced. Science now concedes that each system, cell, and atom is in

constant communication with one another; however exposure to the stresses of day-to-day life can compromise these lines of communication, leading to a decline in overall health. Reconnecting these lines of communication enables the body to return to optimal functioning, reducing and eliminating active memories preventing disease and accelerating healing.

Like Reiki and EFT™, BodyTalk's™ assets are its simplicity, safety, and the speed of its results in restoring a sense of calm, mental clarity and optimal health.

One can never go back to the way life was before a setback or tragedy occurred. However, life is a gradual journey of discovery of the inner self toward self-actualization, and the realization of the destiny for which we were created. By taking an active role in ones own healing, and using these empowering alternative methods to relieve stress and pain, one can experience a different wiser, more compassionate sense of ones own power and experience the joy of living once again.

Every event is a gift in our life, even divorce... it is up to us to benefit from these gifts, and with help, grow through them and get *unstuck*. Reiki, EFT™ and BodyTalk™ are but three ways to help you through this transition.

For more information on the above modalities visit www.reiki.ca, www.reiki.org, www.emofree.com, www.bodytalksystem.com, and www.bodytalkcentral.com.

Or contact the author Jessy Morrison at relief@jessymorrison.ca 705-241-8680

To pick up your copy of *The Joy of an Ex* contact Jackie Ramler jackie.ramler@raymondjames.ca Other contributing authors include Shelley Black, Deborah Alton, Sue Cook, Barbarah Olech, Rose Oellar, Julie Lewis, and many more.

About Jessy Morrison

Reiki Master Teacher, Jessy teaches Usui/Tera-Mai Reiki, Levels 1, 2 & Mastery. She is also a certified BodyTalk™ Access Technician, EFT™ coach, BodyTalk™ Practitioner, Master Practitioner of Timeline Therapy, NLP & Hypnosis, Psych-K, as well as a Soul Genesis Profiler. Jessy started studying Reiki in 1996, after she and her children were in a car accident. Wanting to help her children recover from this physical trauma when nothing else seemed to help, she found surprisingly that it helped them heal the emotional issues and challenges caused by a difficult divorce.

Jessy never meant to do more than help family and friends, but as her ability grew so did her practice. In 2006 her daughter's debilitating symptoms from a *sleeping sickness* and subsequent recovery introduced her to the wonders of BodyTalk™. Hundreds of clients have reported complete and total relief from severe pain and illness when doctors have given them no hope for recovery.

Jessy has been a regular guest speaker on the Rogers TV Series *Woman to Woman*, as well as on Rogers *Daytime in Barrie*. She also speaks at Probus & Kiwanis Clubs, Rotary, Women with Vision, Roaring Women, SBC, and eWomen; She is also a contributing author to *Women with Vision Magazine*, *Another View Magazine*, *Healthsphere*, and the *Networking Connection*. She is also an original founding member of the Ontario BodyTalk Association.

Jessy's clients say "Call Jess, to relieve your stress! She'll find what issues are in hidden in your tissues, and add years to your life, and *LIFE to your YEARS*".



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Your Body Talks - answers you're aching to know.

