



WELCOME TO EMERGE

A Spiritual Resource Guide

www.emergeasheville.com



I am delighted that you have chosen Emerge Asheville as part of your healing journey. It is truly a privilege to work with such heart-centered, brave people as they strive to embrace more spaciousness and joy in their lives.

I know that our work in the office is only one piece of a holistic journey, which is why I wanted to create a small guide to support you on your path. With so many resources for healing available, it can be overwhelming to identify those that will best support us on our path of expansion. This list of some of my favorite podcasts, books, recipes, and other suggestions can serve as a starting point for your own exploration. This selection is in no way comprehensive but rather a compilation of a few resources that have helped me on my own path of openness, self-regulation, and growth.

I hope that some of what I share in this document inspires you to create your own toolkit that supports all that you are and all that you are continually becoming.

In gratitude,
Rachel

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DAILY PRACTICE

I have found that a little intentionality in the morning goes a long way. In fact, when I commit to a daily morning practice, the rest of my day has a beautiful anchor from which to bloom. Over the years,

I have experimented with a variety of ways to start my day, and I know my routine will continue to evolve as new ideas and resources find their way into my life. But as of right now, my routine consists of meditating for twenty minutes, reciting my own personal prayer, reading parts of *Every Day Spirit* by Mary Davis, reading a few poems from inspirational poets, and occasionally pulling a card from an intuitive deck (more on each of these later).

If a daily morning practice resonates with you, I encourage you to experiment with some of the resources in this guide or identify your own to create a ritual that supports you each morning. To provide some inspiration, I want to share a prayer I wrote years ago that I read every morning to remind me of what is important in my life and who I want to be in the world. Consider writing a daily prayer based on your own personal values to support you each morning as you begin your day.



MY DAILY PRAYER

May my heart be filled with gratitude.

May my eyes see the world's beauty.

May I be loving and kind to all.

May I embrace my own exquisiteness.

May I pause and be present with things that arise.

May I speak clearly and from my heart.

May I face fears by surrounding them in love.

May I take time to laugh and play.

May I smile at those I pass.

May I hand out compliments frequently.

May I choose joy and things that serve me.

May I celebrate connections and learning.

May I let in all that I am asking for.

May I follow my heart over my mind.

May I strive to stay in my own alignment.

May I treat my body as a divine vessel.

May I remember everyone has lessons to teach.

May I hear my guidance and follow its lead.



JOURNALING

Another wonderful practice to begin or end your day is writing in a journal. Journaling allows you to reflect on where you have been, learn from what you have experienced, and envision where you want to go. There are many ways you can incorporate journaling into your life. One option is to set aside time to free write a few pages every day and let whatever wants to be expressed emerge. Another is to keep a gratitude journal where you document all the things from your day for which you are thankful. You can also use a book like *The Five Minute Journal* or one of the 365 journals, both available on Amazon, to lend a more formal structure to your journaling. And finally, you can use inspirational prompts to help guide what you write and focus on ways to promote self-growth.



JOURNALING PROMPTS

End-of-Day Questions:*

What have I learned from today?

What did I do well today?

What could I have done differently?

Who did I support today?

Who supported me today?

What did I dream about today?

How did I show up as my best self?

What are my intentions for tomorrow?

*You can easily change these questions for morning journaling: What do I want to learn today? What do I want to do well today? Etc.

Big-Picture Questions:

What do I want to change about my life?

What skills do I bring to self-growth?

What tools would I like to learn to support my growth journey?

What are the things that bring me joy in life?

What might be holding me back from living my best life?

What do I need to let go of to move forward?



PODCASTS

Here is where I need to be honest with you — I am not a podcast person. But even with my aversion to auditory programming, there *is* one podcast that has become invaluable to my life: The Skillful Podcast.



Led by two beautifully warm and sensitive hosts, this podcast explores skills and concepts from Dialectical Behavior Therapy (DBT) to help listeners reduce emotional suffering, improve their relationships, and create the lives they want. The hosts' tangible and easy-to-use skills help with emotional regulation and have become a bedrock of my own emotional well-being. I believe their wisdom and guidance can truly help radically improve the lives of those who listen.

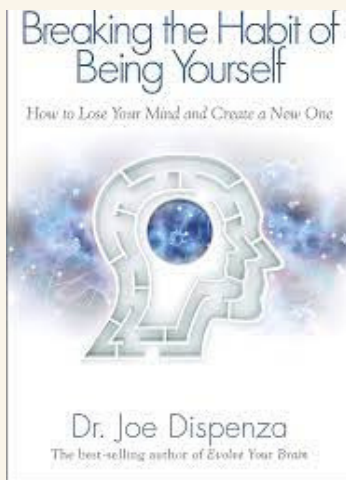
<https://podcasts.apple.com/us/podcast/the-skillful-podcast/id1461774020>



BOOKS

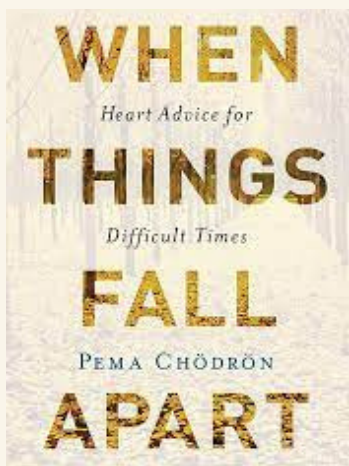
There are so many extraordinary books that can inspire, instruct, and ignite spiritual growth that it is simply impossible to provide a comprehensive list.

What I can do instead is share a few of the books I have read and consider awe-inducing and groundbreaking and to which I return time and time again. I hope these suggestions can be the beginning of your own exploration of the treasure trove of literature available to support you on your journey.



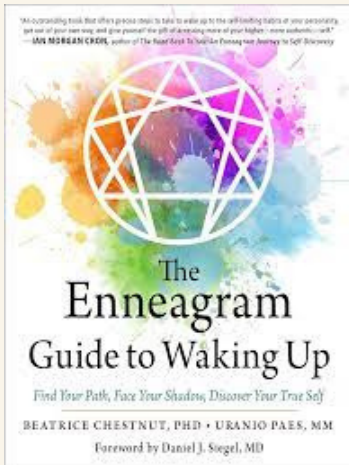
Breaking the Habit of Being Yourself: How to Lose Your Mind and Create a New One by Joe Dispenza.

This insightful book combines the fields of quantum physics, neuroscience, brain chemistry, biology, and genetics to highlight how powerful our thoughts truly are in shaping our realities. The teachings here connect science and spirituality and offer practical steps to make real change in your life.



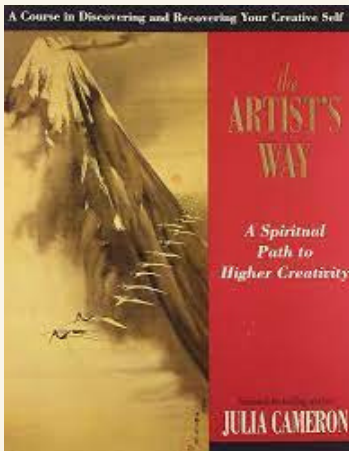
When Things Fall Apart: Heart Advice for Difficult Times by Pema Chödrön

This is a book I return to when things in life get hard. In it, Chödrön helps shift how many of us navigate challenges, showing that moving toward painful situations and becoming intimate with them can open up our hearts in ways we never before imagined. Drawing from traditional Buddhist wisdom, she offers life-changing tools for transforming suffering and negative patterns into habitual ease and boundless joy.



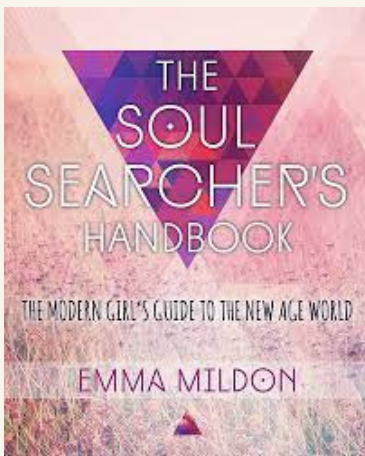
*The Enneagram Guide to Waking Up: Find Your Path, Face Your Shadow,
Discover Your True Self* by Beatrice Chestnut

For those unfamiliar with the Enneagram, it is a system of personality typing that describes patterns of how people interpret the world and manage their emotions. The Enneagram describes nine personality types and maps each on a nine-pointed diagram to illustrate how the types relate to one another. Learning about your own personality type and how to use that wisdom to be your healthiest self is one of the many gifts that the Enneagram provides.



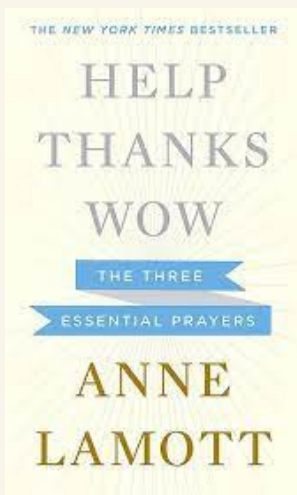
The Artist's Way: A Spiritual Path to Higher Creativity by Julia Cameron

A true classic! This book is fabulous for those in a time of transition or searching for deeper meaning in their lives. Centered around a twelve-week program to help unlock creativity and embrace what is possible, this book inspires readers to identify what truly brings them joy and how to fashion a life around those activities and pursuits.



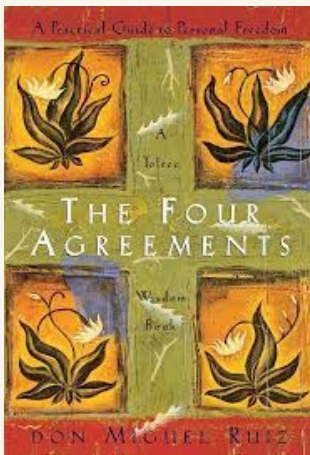
*The Soul Searcher's Handbook: The Modern Girl's Guide to the New Age
World* by Emma Milton

From healing crystals and meditation to aromatherapy and numerology, this fun and fresh beginner's guide to everything body-mind-spirit defines New Age practices for anyone embarking on a spiritual journey.



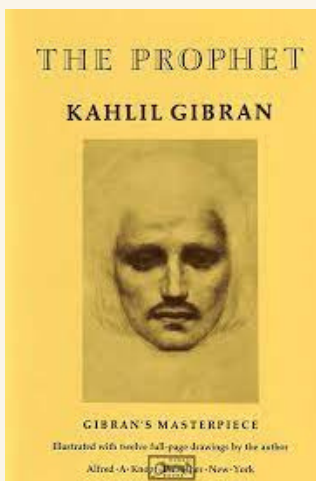
Thanks, Help, Wow: The Three Essential Prayers by Anne Lamott

Though this book is based in the tradition of Christianity, it does a beautiful job of inspiring its readers, regardless of religious affiliation, to create their own prayer practice based on three concepts: asking for assistance from a higher power, appreciating what we have that is good, and feeling awe at the world around us.



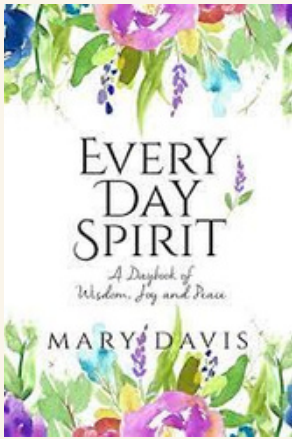
The Four Agreements by Don Miguel Ruiz

This is perhaps my favorite book on the list, and its wisdom and insights truly provide a roadmap for transforming our lives. Within its pages, Don Miguel Ruiz reveals the source of self-limiting beliefs that rob us of joy and create needless suffering and offers a powerful code of conduct that can rapidly transform our lives into a new experience of freedom, true happiness, and love.



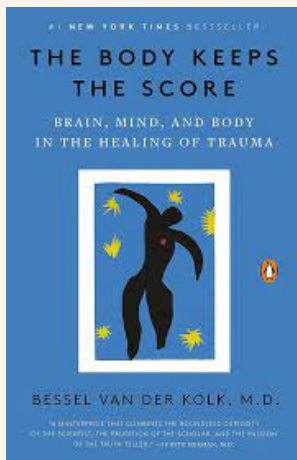
The Prophet by Kahlil Gibran

This book is a stunning masterpiece that uses a philosophical framework to answer some of life's greatest questions. Told through the eyes of a sage, the learnings to be gleaned from this book serve all areas of our lives.



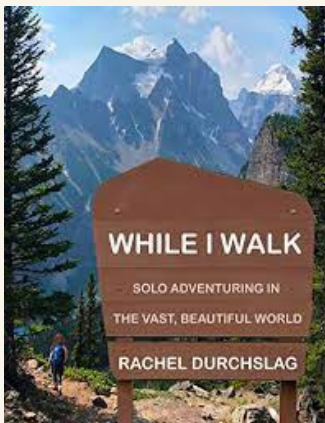
Every Day Spirit: A Day Book of Wisdom, Joy, and Peace by Mary Davis

This book is part of my daily spiritual practice — I love starting off my morning with Davis’s insights and tender words. Throughout this uplifting and transformational book, Davis shares daily reflections and affirmations, inspirational quotes, spiritual practices, prayers, and meditations that fill the heart with encouragement, joy, and inner peace.



The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma by Bessel van der Kolk

This seminal book investigates how the experience of trauma impacts us on all levels — physically, emotionally, and spiritually. Through a mix of anecdotes about patients, stories about his personal life, scholarly citations, and general information, van der Kolk provides an overview of trauma and its source and treatment.



While I Walk: Solo Adventuring in the Vast, Beautiful World by Rachel Durchslag

This is a book that I wrote! Join me as I walk some of the most beautiful hikes in the world in search of adventure, meaning, and an expanded version of myself. In this poignant, honest, and funny memoir-meets-travel guide, I invite you to set foot with me on trails spanning the globe from Chile and Nepal to Jordan, Spain, and beyond. Learn along with me as I discover how solo travel in the great outdoors has the power to take us to our limit, test our resilience, and ultimately show us who we’re capable of being.



MEDITATION

If you have never meditated before, the thought of sitting in silence and trying to quiet your mind can seem downright daunting, if not truly impossible. Many who find meditation intimidating erroneously believe that it means completely transcending thought. But the truth is, even if we can achieve just a second or two of stillness, we are benefiting our minds and our spirits. Just a few minutes of meditation a day can help reduce stress and anxiety, enhance mood, promote healthy sleep patterns, and boost cognitive skills.

It is vital to remember that your mind does not have to be completely still to achieve these outcomes. Especially when you begin, expect your thoughts to be pretty loud. But over time, you will find you are able to sink more into relaxation and the inner quiet waiting within.

One of my favorite simple meditations is from Thich Nhat Hanh.

First, sit in a comfortable position. Next, begin to focus on your breath, noticing how the inhales and exhales feel in your body. Once you feel connected to your breath, begin the following:

Inhale and silently say, Breathing in, I calm my body.

Exhale and silently say, Breathing out, I smile.

Inhale and silently say, Dwelling in the present moment.

Exhale and silently say, I know this is a wonderful moment.

Continue repeating this cycle for as long as you wish to meditate.

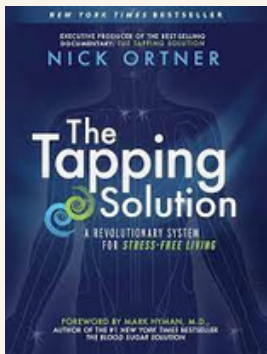
If guided meditations are a better fit for you, there are a plethora of apps for your phone that can help support you with your meditation practice. Two that are highly endorsed are Insight Timer and Calm.



EMOTIONAL FREEDOM TECHNIQUE

Many of my clients choose to work with the modality Emotional Freedom Technique or “tapping.” This method uses practices from acupuncture and talk therapy to help shift behavioral, thought, and emotional patterns. The result allows people to overcome psychological and physical challenges, thus bringing in greater peace and harmony.

What I love about tapping is that once you learn it, it is a tool that is yours forever, and the benefits are substantial. Tapping has an almost magical way of quickly reducing the emotional intensity of any reaction and providing space to regain centeredness and clarity. Though I highly recommend an in-person tapping session to help you gain mastery of this technique, there are many books and online resources to support you in your EFT journey.



*The Tapping Solution: A
Revolutionary
System for Stress-Free Living* by
Nick Ortner

In *The Tapping Solution*, Nick Ortner describes not only the history and science of tapping but also the practical applications. In a friendly voice, he lays out easy-to-use practices, diagrams, and worksheets that teach readers how to tap on a variety of issues. With chapters covering everything from the alleviation of pain to the encouragement of weight loss to fostering better relationships, Ortner opens readers’ eyes to just how powerful this practice can be.

Learn more about tapping on Ortner’s website at www.thetappingsolution.com. Start with the Tapping 101 video, and when you’re ready to take your tapping to the next level, sign up for the Tapping World Summit. This free 10-day virtual event provides two sessions every day and connects you with hundreds of thousands of other individuals throughout the world as you tap together towards higher consciousness.



SPIRITUAL DECKS

I have a small room in my house dedicated to meditation and spiritual practices, and on the desk in this room I have about twelve different card decks to aid me in my expansion journey. These decks provide me with guidance each morning as I tune in to any messages or wisdom waiting for me that day.

Buying a deck is an incredibly personal experience, and I find that if I go into a store that sells different decks, often one stands out as being meant for me. Just as finding the right deck is incredibly personal, so is how you use it. Often decks come with books that give different spreads you can pull and different ways to use the cards. I often just put my energy into the deck, set an intention for guidance, and pull a card that seems to be the one asking to be read. However you work with your deck(s), I hope it elevates your spiritual practice and provides guidance for walking through the world. Here are a few of my favorites.



The Wild Unknown Animal Spirit Deck and Guidebook by Kim Krans

This is, hands down, my favorite deck of all time. Hand drawn in Krans's detailed and emotionally evocative style, *The Wild Unknown Animal Spirit Deck and Guidebook* is a work of art that explores the mysteries of the natural world and animal kingdom and offers insight into relationships, personalities, behaviors, and tendencies.



The Moon Deck

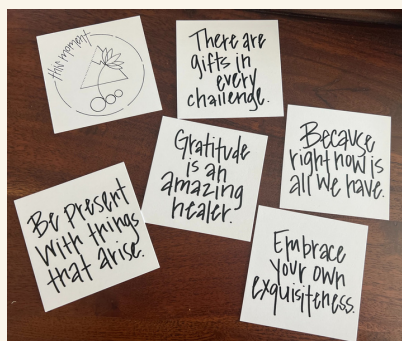
This beautiful, feminine-centered deck featuring stunning art and affirmations inspires self-reflection, meditation, and growth.



The Cosmic Creatures Deck: A Deck and Guidebook to Connect to the Wilderness Within by Grace Duong

Connect to the powerful, ancient magic of animal spirits through this deck! With 66 cards featuring creatures from the land, sea, and sky, this beautiful oracle deck will help you gain divine guidance and insight.

This Moment Deck by Rachel Durchslag



This deck is particularly important to me because I made it! Composed of 108 truths I have discovered throughout my life, this deck is perfect to use when you need some bite-sized guidance or inspiration.

Available at: www.whileiwalk.com



CRYSTALS AND GEMSTONES

Our well-being is deeply connected to earth energy, and using the magnified energy available through certain crystals and gemstones can elevate our healing journeys. Crystals and gemstones can draw in energies and protections that serve us, remove energies that are not for our highest good, and illuminate our thoughts, wishes, emotions, and dreams.

There are so many ways to learn about the different properties of crystals and gemstones, from websites to books to — my favorite — going into your local gem store and talking to the knowledgeable staff who work there. Below are some stones I return to for ongoing support and their primary properties.

Amethyst: emotional healing, overcoming addictions, and enhancing dreams

Black obsidian: combatting and cleansing dark energy

Citrine: enhancing self-confidence and self-esteem

Clear quartz: clearing and cleansing energy

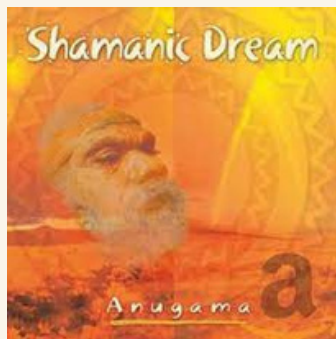
Labradorite: enhancing intuition and fortifying spiritual insights

Rose quartz: heart healing, romance, and self-love

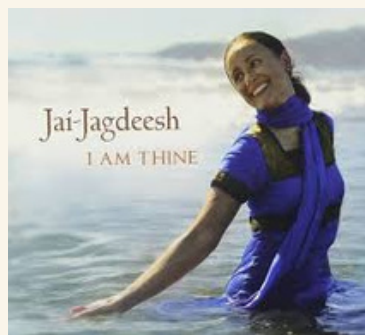


MUSIC

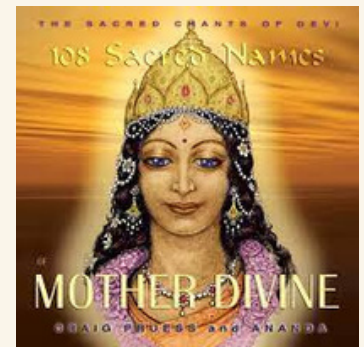
Spiritual music can be incredibly healing, and the music that I use during our in-person sessions has been carefully chosen to enhance the work we do together. Here are a few of my favorite spiritual “go-to” songs and albums, which you can easily enjoy on YouTube.



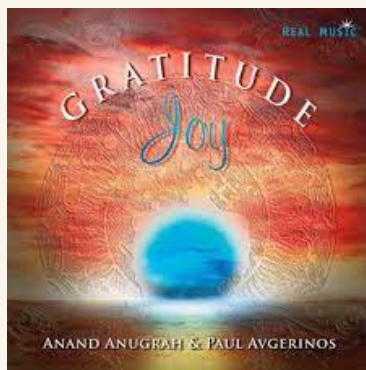
Shamanic Dreams by Anugama



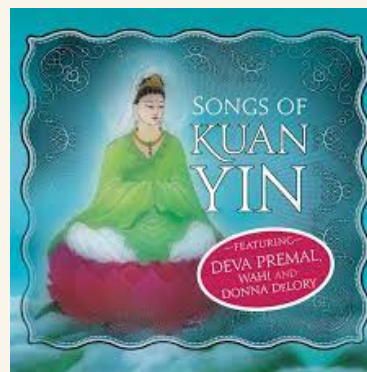
I Am Thine by Jai-Jagdeesh



Devi Prayer by Craig Pruess and Ananda



Gratitude Joy 1 by Anand Anugrah and Paul Avgerinos



Songs of Kuan Yin by Deva Premal and Donna De Lory



Unity by Sean Johnson and the Wild Lotus Band



RECIPES

The food we put in our bodies has a significant impact on our emotional well-being. The better the food we consume, the happier we tend to be. In fact, research has clearly linked what we eat with how we feel. We now know that a healthy diet promotes a healthy gut, which communicates with the brain through what is known as the gut-brain axis. Microbes in the gut produce neurotransmitters like serotonin and dopamine, which regulate our mood and emotions.

We all have to find the eating lifestyle that works best for us, but it is universally accepted that consuming a large amount of fruits and vegetables is always a good choice for our well-being. Here are a few of my favorite seasonal vegetable-forward recipes to provide some inspiration in the kitchen.



FOR SPRING

Green Lentil Salad

Ingredients

$\frac{3}{4}$ cup uncooked green lentils, rinsed
2 cups water
1 red bell pepper, chopped
2 Persian (mini) cucumbers, sliced
Large handful cherry tomatoes, halved
1 tablespoon capers
2 tablespoons red onion, chopped
1 tablespoon fresh mint, chopped
Juice of $\frac{1}{2}$ lemon or to taste
1 tablespoon olive oil or to taste
Salt and pepper to taste

Instructions

Rinse lentils and add to a medium pot with 2 cups of water over medium-high heat. Bring to a rapid simmer, then reduce heat to a gentle simmer for 30-40 minutes or until the lentils are cooked (they shouldn't be too mushy or too firm).

Meanwhile, prep remaining ingredients and add to a medium salad bowl.

Drain lentils, rinse with cool water, drain again, and add to salad bowl.

Add lemon juice, olive oil, salt, and pepper to taste and toss. Salad will keep for a few days in the fridge.



FOR SUMMER

Watermelon Gazpacho Soup

Soup ingredients

- 1 pound watermelon, roughly cut into chunks
- 1 pound plum tomatoes, roughly cut into chunks
- ½ English cucumber, roughly cut into chunks
- 1 garlic clove, roughly chopped
- 1 red bell pepper, cored, seeded, and roughly cut into chunks
- ½ green bell pepper, cored, seeded, and roughly cut into chunks
- 3 tablespoons sherry vinegar
- ¼ cup extra-virgin olive oil
- ¾ teaspoon fine sea salt
- ¼ teaspoon smoked paprika
- ⅛ teaspoon freshly ground black pepper

Garnish ingredients

- ½ cup watermelon, diced
- ¼ English cucumber, diced
- ½ green pepper, cored, seeded, and diced
- ½ small red onion, diced
- 1 tablespoon mint or basil leaves, minced
- 1 tablespoon extra-virgin olive oil
- Freshly ground black pepper to taste

Instructions

Add chopped watermelon, tomatoes, cucumber, garlic, red pepper, green pepper, vinegar, olive oil, salt, paprika, and black pepper to a blender. Puree on high until very smooth, about 2 minutes. Depending on your blender's capacity, you may need to work in batches.

Transfer gazpacho to a large bowl or pitcher. Cover and refrigerate until chilled, at least 1 hour, preferably overnight. With a longer rest, the flavors intensify.

Make garnish just before serving. In a small bowl, toss together diced watermelon, cucumber, green pepper, red onion, and herbs.

Divide soup among 4 bowls. Top with a small handful of garnish. Drizzle with some extra-virgin olive oil and sprinkle with a grind of black pepper.



FOR FALL

Maple Butternut Squash and Apple Casserole

Ingredients

- 1.5 pounds butternut squash, washed, peeled, chopped into 1-inch cubes
- 3 tablespoons Earth_Balance
- 1 teaspoon curry powder 1 teaspoon cinnamon
- ¼ teaspoon nutmeg
- ¾ teaspoon sea salt
- 3 small apples, cored and chopped into cubes
- 4 tablespoons pure maple syrup
- 1 tablespoon apple cider vinegar
- 1 cup uncooked brown basmati rice (for approximately 3 cups cooked)
- 3-4 tablespoons pumpkin seeds
- 1 tablespoon Sucanat or brown sugar, optional

Instructions

Preheat oven to 375 degrees. Wash squash and soften in a steamer basket over boiling water for 10 minutes (or steam in a microwave for 3 minutes). In a medium-sized pot, cook brown rice according to package instructions. While rice is cooking, put steamed squash in a large bowl, add in pumpkin seeds, and stir.

In a small bowl, mix melted Earth Balance, curry powder, cinnamon, nutmeg, sea salt, and 1 tablespoon of pure maple syrup. Add to butternut squash mixture and stir well. Pour into a large casserole dish and cover with tin foil.

Bake for 20 minutes. While baking, core and chop apples. In a small bowl, mix 2 tablespoons of maple syrup and 1 tablespoon of apple cider vinegar. Add chopped apples and mix well. After 20 minutes, remove squash from oven and add apple mixture. Stir in the cooked brown rice. Cover with tin foil and bake another 10 minutes.

Uncover and stir the mixture and sprinkle with Sucanat or brown sugar. Place into oven for another 30 minutes uncovered, stirring every 10 minutes until squash is fully cooked. Just before serving, drizzle with another tablespoon of maple syrup and sprinkle of cinnamon. Adjust seasonings if necessary and enjoy!



FOR WINTER

Warm Quinoa and Kale Salad

Salad ingredients

- 1 bunch kale, ribs removed, chopped
- Pinch of coarse kosher salt
- 1 teaspoon olive oil
- 2 cups cooked quinoa
- 3 carrots, julienned
- 1 red bell pepper, julienned
- ¼ cup sunflower seeds
- ¼ cup raw pumpkin seeds
- 4 radishes, julienned
- ½ cup fresh cilantro, chopped
- 1 avocado, sliced (optional)

Dressing ingredients

- ⅓ cup olive oil
- ⅓ cup lemon juice
- 2 tablespoons tahini
- 2 teaspoons maple syrup
- 1 clove garlic, pressed
- ½ teaspoon ground cumin
- ¼ teaspoon coarse kosher salt
- ¼ teaspoon freshly ground black pepper
- ¼ teaspoon crushed red pepper flakes

Instructions

To make dressing, whisk together dressing ingredients in a small bowl or jar until smooth. Taste and adjust seasonings.

To make salad, sprinkle kale with salt and drizzle with 1 teaspoon olive oil. Using your hands, massage until kale is dark.

Heat 1 teaspoon olive oil in a large skillet over medium heat. Add kale, quinoa, carrot, red bell pepper, and sunflower seeds. Cook, stirring frequently, for 5 minutes until kale is slightly wilted. Remove from heat and add raw pumpkin seeds, radishes, and cilantro. Stir to combine.

Toss salad with half the dressing and serve drizzled with additional dressing, sliced avocado, sprinkling of freshly cracked black pepper, and crushed red pepper flakes if desired.



FAVORITE LOCAL HEALERS

One of the many advantages of living in Asheville is that our city is filled with extraordinary healers. Below are some of the local people and places that help me stay my healthiest and most spiritually centered.

Acupuncture

Acupuncture is the insertion of thin needles into strategic points on your body to balance the flow of energy or life force. It is used mainly to relieve discomfort associated with various diseases and conditions and is highly relaxing and restorative.

Medicine of the Heart (Cythera Wilkerson)

<https://www.cytherawilkerson.com/>

The Alternative Clinic (amazing for addressing physical injuries)

<https://www.alternativeclinic.org/>

Chiropractic Care

Chiropractors are licensed healthcare professionals who focuses on your body's capability to heal itself. They use spinal adjustments to realign the joints and improve the function of muscles, nerves, and bones.

Align Asheville (Kirstin Peterson)

www.alignasheville.com

Asheville Chiropractic and Wellness Center (Brian Gualano)

<https://ashevillechiro.com>

Salt Therapy

A salt cave has walls composed of sea-salt bricks, while the ground is made up of a looser salt. A salt cave's drying effects and the minerals it contains can help with colds and respiratory conditions, clear toxins and pollutants from the body, and reduce inflammation. Spending time in a salt cave is a deeply healing and restorative experience.

Asheville Salt Cave

<https://ashevillesaltcave.com/>

Scalar Energy Therapy

The Energy Enhancement System with scalar technology produces zero-point energy that is clinically proven to boost cell regeneration, immune function, and neurotransmitter function, among other benefits. It also greatly decreases inflammation in the body and increases overall well-being.

Scalar Wave Wellness

<https://www.scalarwavewellnessnc.com/>

Sound meditation

Sound healing is an ancient wellness practice for healing, relaxation, and self-care. A sound healing session involves lying down in a cozy and comfortable setting, closing our eyes, and focusing on sounds made by musical instruments, such as chimes, gongs, and singing bowls. Sound vibrations have a powerful effect on our minds and bodies. Research shows that sound healing can slow down our brain waves and put our bodies in a relaxed, dreamlike state. It may also be able to help with certain physical and mental-health conditions and reduce tension, anger, fatigue, anxiety, and depression while increasing a sense of spiritual well-being.

Skinny Beats Sound

<https://skinnybeatsdrums.com/>

Sensory-Deprivation Therapy

A sensory-deprivation tank is a dark, soundproof tank full of salt water in which you lie down and “float.” Sensory-deprivation therapy offers many health benefits, such as inducing deep relaxation, managing anxiety and pain, improving sleep, and boosting heart health.

Still Point Wellness

<https://www.stillpointwell.com/salt-water-floatation>

Infrared Sauna

An infrared sauna is a type of sauna that uses light to make heat. It helps with inflammation and can benefit a variety of conditions, including high blood pressure, heart failure, dementia, Alzheimer's disease, headache, type 2 diabetes, and arthritis.

Wild Rose Healing House
<http://massageasheville.com>

Massage

Massage is a general term for pressing, rubbing, and manipulating your skin, muscles, tendons, and ligaments. Massage can help with anxiety, depression, digestive disorders, headaches, insomnia, nerve pain, and soft-tissue strains and injuries.

Revive Bodywork
<https://www.revivebodyworkz.com>

Meditation Spaces

Meditation is a mind-body practice in which your attention is focused on being mindful of the present, your breath, and your mind to promote awareness, cultivate well-being, and reduce stress and anxiety.

Asheville Insight Meditation
<https://www.ashevillemeditation.com/>

Urban Dharma
<https://udharmanc.com/>

The Light Center
<https://urlight.org/>

Southern Dharma Retreat Center
<https://southerndharma.org/>

Physical Therapy

Physical therapy is a type of rehabilitative care that focuses on diagnosing and treating injuries, chronic and acute conditions, and movement dysfunction. In many cases, it is considered a conservative approach to dealing with various musculoskeletal problems. Physical therapists use targeted techniques and treatments to restore mobility, improve range of motion, decrease pain, and improve physical function.

Anti-Fragile Physical Therapy
<https://www.antifragilept.com/>



CONCLUSION

Our healing journeys are ever evolving and expanding, and the more resources we have to support our growth, the more joy and spaciousness we are able to experience in our lives.

I hope this guide can provide a starting-off place to help support you as you explore all that is possible. May there be many blessings on your path!

In gratitude,

Rachel Durchslag