



# energy

The Newsletter of the  
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## Healing From The Inside Out

Lisa Nemzo 2004

I guess I could thank Ronald Reagan for how I ended up in the Healing Arts.

As a recording artist during the 1980's, I made a living performing on California State University's campuses. After the music and art budgets were drastically cut, I was forced to look for another vocation to supplement my income.

In 1984, a vision came to me. The message was to use the gift I had of alleviating pain and enroll in massage school so I could learn proper techniques. At the age of ten, I used to give my mother shoulder and neck rubs, which took away her pain. In college I was known for my ability to take away stress headaches.

During my massage classes, the most exciting part was brushing my hand over the client's aura (now redefined as the electromagnetic field) to finish the session. For the teacher, this waving of the hand simply acknowledged the end of a session. But for me, each time I did this 'brushing,' I felt the circuit breakers within my own being switch on. I was able to palpate the edge of the client's electromagnetic field—a sort of landscape, as unique to each person as their fingerprint. The sensation in my hands varied from buzzing to heat, from cold to prickly. I had no idea what it meant, and it wasn't until after years of experimenting that I could detect "holes" in the electromagnetic field where the client had weakness that correlated to the issues they were dealing with.

From 1984 –1987 I developed a successful massage practice. Every week I would hear the same complaints: "My shoulder is killing me," "My neck is stiff," and after each session the client's pain would be gone. But by the next week, the pain would return, leaving me to work on the same condition for months, sometimes years at a time.

I began to ask myself why the results didn't last. I questioned where the sore shoulder and stiff neck pain came from. No one had an answer.

I had the similar chronic symptoms going on in my own body. Since the age of six, I suffered from night terrors and chronic back pain due to a childhood accident. I had seen eighty medical doctors by the time I was thirty years old, ranging from chiropractors to orthopedic surgeons and podiatrists. I had paid for countless sessions with Reichian, Bioenergetic, and Gestalt practitioners, as well as psychotherapists.

Dr. Thomas Schertz, a pioneer in the chiropractic field, was successful in stopping the fast moving curvature of my spine so I could continue to stand upright. But none of these sessions actually helped heal my old physical injuries or my emotional trauma. I continued being rushed to the emergency room, unable to breathe from muscle spasms. I had ongoing night terrors, chronic sciatica and neck pain. I had resigned myself to living with these symptoms before I received my first Reiki session in 1986.

During my session, I began to feel weightlessness in my limbs, almost like suspension of gravity, a floating feeling. I realized I was beginning to levitate – legs first, then my arms, and then my body came totally off the floor. The practitioner's hands were completely off my body. I felt like I was in a witnessing state, alert yet expanded in my awareness, between dimensions of present and past. When I felt a sudden thud (my body hitting the floor with a great velocity), I experienced the auditory, kinesthetic, and visual memory of the impact of being hit by a truck when I was five years old. I remember crying and releasing a flood of fear.

The night terrors stopped. The sudden rush of anger and fear, usually triggered by any unexpected touch on my back, also diminished after that session.

I decided I wanted to learn Reiki. Healing myself became a priority.

In 1987, Gary Strauss gave an intro on Polarity in Santa Monica, California. The origin of pain was discussed and a new idea was introduced: that we have three other bodies that interact and profoundly affect our physical symptoms. By addressing the origin, those symptoms may, in many cases, virtually disappear. Over the next eight years, I studied with Master Teachers: Gary Strauss and Dr. John Beaulieu: leading experts in the field of mind/body and Polarity.\*

I briefly worked as a massage therapist for Dr. Thomas Schertz, who shared the belief that there were deeper origins to each physical issue. He had me treat his patients for whiplash and sciatica and mentored me as I integrated Polarity and other modalities into new forms of treatment.

In the following case history, safety and the willingness to go to that edge was the only reason success and transformation became possible.

**Case history#1:** JR, 37 years old, male, physically in good shape, works out every day, great job, has no complaints about his marriage. His words: “leads a ‘charmed life’”. Symptoms: numbness in hands, intense traveling nerve pain along both of his triceps, concentrated on right side. “Cannot get comfortable. Can’t sleep.” What do I notice? Eyes are fixed (shock), teeth capped (bad genes or accident), right arm noticeably larger than left. Feels like trauma when I scan his electromagnetic field. Ask about any injury at work or home, but nothing has happened, according to client.

Second session, JR's traveling pain is somewhat lessened. Now the neck and jaw are tighter, and his rhomboids are in spasm. Working with the unconscious mind, using body trance counseling, modeling a time when the client felt no pain, felt high energy effortlessly, I ask a different question: whether there was anything that might have caused a shock to his system because I still feel the electromagnetic field is heavily charged. Client says nothing, but his neck/head arches backwards; a sign of charged disconnection.

Third session- JR begins session recalling an accident four years prior. He was water skiing, hot-dogging, when he lost control of his leash and fell off his groove in the water at a very high speed. His knee jerked upwards, knocking out all of his front teeth, shattering his nose and jaw. He mentions, as an aside, that his buddies had come by his room that morning, and woken him up. He, not really wanting to join them, had felt conflicted, but didn't want to deal with the guys saying, “Don't be a wuss.” He went anyway. He also shares, his embarrassment at his young nephews having to see him being rescued bleeding and crying in pain. I get him to demonstrate the motion of his body during the accident and the stretch of his arm at the point of losing control of the leash. It shows me the exact point of trauma.

I ask JR to tell me, in the first person, as though it is happening in present time (“I hear a knock on the door, it's 7:00”etc), every step of that day, before the accident, the accident and afterwards at the hospital. I watch his body language and the emotional nonverbal reactions in his eyes, his jaw, his hands, and his breathing to moni-

tor where he is still in shock, locating the trapped trauma.

As he recalls the incident the first time through, it's very emotional for him. We go very slowly and he sets the pace. I hold the points of trauma in his solar plexus and his throat. Why his throat? I am called to his throat repeatedly—could be core issues, life lessons, history, but certainly something that has to do with his voice, his truth. I ask him if he would like to share anything about the idea of speaking up in his life? Does that have any resonance for him? His eyes fill with tears, no words come, but I know we are into a deeper layer now.

Ultimately, after going through this process many times, reframing one piece at a time, it comes down to JR not feeling comfortable saying “No, thanks,” to his buddies. He was hung over, he felt like he would let them down, or that they'd give him a hard time, like his father always did when he didn't feel up to doing something. During subsequent sessions, JR looked deeper into the issues of his relationship with his father, his father's inability to come to terms with the fact he had a sensitive son. JR's epiphany: every accident he'd ever had contained two consistent components: alcohol hangover and his inability to say no and listen to his body.

Throughout our work together, JR changed his diet, cut out carbohydrates, added more vegetables, and quit drinking alcohol. He began to talk to his wife about areas in their relationship that were difficult for him and he found she was very willing to meet him half way.

JR's jaw and neck pain receded. His traveling nerve pain disappeared and the inflammation was gone. His neurologist was dumbfounded and wanted to know what he had done.

I see JR from time to time now, for maintenance mostly, and the origin of his work will always be about speaking his truth, slowing down enough to listen to and follow his inner voice.

### **What is required of the client and practitioner?**

Both need to be willing to go to the edge of the unknown to make transformation possible. Both must leave behind preconceived distinctions between physical and energetic realms. This approach requires the practitioner's willingness to let go of any idea of the need to 'fix' the symptoms, ie., disconnection, pain, fear; and to be with the client wherever they are when they arrive in your office. The client must not expect to be “fixed” but must participate in his/her own healing.

I will be teaching a series of workshops designed to present the methods of practice described in the case history and seven other subsequent workshops\*. We will learn to work with the relationship between the physical and emotional components as well as the mental and spiritual belief systems that prevent the release of trauma and hold unhealthy patterns in place.

These techniques accelerate healing and unlock emotional blocks. Along with expanding your tools, refining a new skill set, and having more to offer your clients, you will also have the opportunity to process your own issues in a safe professionally facilitated environment.

The practitioner must be committed to healing the issues in his/her own life. We can only take our clients and patients where we've gone ourselves.

Come and join me on the edge.

Workshops begin in January 2005 through Polarity Healing Arts of California curriculum. All professional healing arts practitioners, RN, Massage Therapists, Polarity RPP or APP graduates are welcome.