

Jamie Kessloff

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When we visit the Mckinleyville waterfall, or look up at the full rising moon, what happens for you?

Do you feel mind stopping awe, perfect harmony with everything, more acceptance and peace, gratitude, appreciation of nature's art, connection with divine holiness (or whatever phrase you may use: Chi, Great Spirit, God, etc) or feel it's a confirmation or a message being delivered to you? This is the field I intend for you to tap into and experience with yourself while in a session with me. A field that reminds us "all is well". The more we tap into this peaceful reminder, the more we develop the pathways in our body, that "all is well", similiar pathways a regular meditation practice forms.

When we see Earth's beauty it may be so beautiful to remind us of our internal landscape. It is this kind of reverence and appreciation I acknowledge in you as I work with you. From your soul's essence here on Earth, to your body's brilliance, I have great respect for your past, present, and future self. It is an honor to work with the hearts 4 chambers of great wisdom, your pineal and pituitary glands sparkly crystalline matter that shimmers its intuitive knowing like water glimmers with sunlight, your amazing opal colored fascia and fluids interconnecting all parts of our anatomy and energetic being, and earthen bones of water, stabilizing and in the flow. I feel the brilliance that the therapist sees in us is a kind of attuning and important for deep lasting results.

I am interested in us all being comfortable in our bodies. Sometimes uncomfortableness in our body is obvious when we feel strong pains or aches. Being comfortable and happy in life goes to the micro of being comfortable and loving with our inners and outers. If we're comfortable in your chair right now with relaxed hips and a soft jaw line, our energy centers, organs, (including powerful hormonal centers) muscles, nerves and tissues, are then open to proper amounts of circulation which are needed for balance of our minds, bodies and emotions. When we start becoming more aware throughout the day with where we are holding in our bodies, the curiosity may arise of why are we holding in these areas? It can be very helpful to have another tree of the forest help us with why, such as a Wholistic Health Consultation with me. Sometimes we can develop this ease in our tight areas through Massage, Meditation, Yoga, CranioSacral Therapy, AND everyday reminders of body awareness in order to let go physically without the psychological work but most often those areas of holding have some emotions and stories held in the joints and crevices that want to be acknowledged, and embraced with compassion, in order to move on to not holding there anymore.

More often than not, if we don't explore why we are holding in these areas, spiritually/emotionally (that Wholistic Health Consultation can assist), we may keep repeating the holding pattern. When we live a life connected to our bodies comfort, it requires keeping ourselves expanding with breath, not constricting oxygen flow that can cause anger, impatience, depression, anxiety, negative self talk, etc., all contributing to dis-ease and not living our soul's essence. An essence that societal structure and family demands can easily overhaul if we don't stay in touch to the currents of creativity nourished by breath, relaxed and exercised body, and times for your spirit to talk to you. If having big feelings while unwinding these areas, or just simply having big feelings in life at times, one technique I want to share is the exercise to sit for 5 minutes and let them be felt. Someone could be holding a sacred space for you with their silent presence, or you can hold it for yourself. It is amazing how much it can shift us into a healthier perspective, clarity, and more ease in our heart, mind, and body.

Massage Therapy, Yoga, Reiki and/or CranioSacral Therapy can help us realize how those areas feel when let go, how our whole being feels more awakened and calm, and more energy reserves that were locked up in holding patterns are now available to us. We can now utilize that excess, stored up energy in holding areas for living what creatively and joyously lights us up and/or adding to our vitality and resiliency to face what needs looking at in order to live more in sync with one's creative truth. If we are living with chronic sickness, these modalities are wonderful soothers for bringing in more ease and grace, strength and courage. My biggest passion is we get the time to experience our spirit and let it sing more in our everyday life, and I am in love with how these modalities give that open door to our spirit's messages.

Wholistic Healing Sessions I offer are:

- Certified Wholistic Health Consultations
- One-on-one and Group Yoga Classes
- CranioSacral Therapy with Tuning Forks (trained in Acutonics)
- Integrative Massage Therapy 60, 75, or 90 minute sessions
- Essential Oils, healing blends, sage/palos santos and/or hydrosols
- Master of Usui Japanese Tibetan Reiki-included in each session unless otherwise specified
- Essential Oil Detox (also known as the Rain Drop Therapy) -see nourishedcenter.org

For more on my background feel free to see my bio on nourishedcenter.org or call/text to ask. Sacred journey my friends!

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