

Highlights of Tea with Susi Discussions

Tuesday April 14, 2024

The participants in the conversation discuss various topics related to craniosacral therapy and energy work including:

- Distance session and its impact on the recipient and sharing personal experiences.
- The concept of the field and its connection to everyone on a deeper level.
- The importance of creating a nurturing and safe environment for clients is emphasized, along with the power of intention.
- Letting go of ego.
- The role of plasma in the field is mentioned, as well as the transformative effect of collective energy.
- The relationship between chakras and meridians, as well as the importance of trust in the therapeutic relationship.
- The role of the divine and the field in building trust and facilitating healing.
- The collaborative nature of therapy and the integration of art and science in their practice.
- Gratitude for being part of the therapy community

Thursday April 16, 2024

The participants in the conversation discuss various topics related to craniosacral therapy and energy work including:

- The value of harmonizing together, with breathing exercises that help balance the nervous system and open our hearts centers individually as well as in the community.
- Distance session and its impact on the recipient and sharing personal experiences.
- Many ways of trusting and the many levels of trust.
- The concept of time and space.
- The concept of a safe "we space"
- Different energetic dimensions and the torus field and effects with intentions and healing.
- Techniques for addressing vertigo, to include thoracic spine, ribs, cervical spine, and TMJ.

- Techniques for addressing tinnitus, including issues with temporal bone, cervical spine, stress, inflammation, and clenching.
- The connection between dementia and gut health and how the gut microbiome can play a role in cognitive function.
- The calls in May will include a video by Dr Lisa Upledger on energy cysts.
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