

# Geothermal Therapy

Geothermal therapy is a new work technique, the aim of which is to achieve a balance between the energy of the organism and the energies provided by nature. The human being is just a minuscule part of the Universe and in order to fully appreciate this balance, it is important that we maintain a state of harmony with our surrounding environment.

**G**eothermal therapy bases its success on a combination of various natural techniques.

The techniques of which GT is comprised are:

**MASSAGES** performed with heated and chilled stones capable of harmonising the nervous system and the sense of touch, applying the pressure and thermal stimuli required for each case.

**AROMATHERAPY** uses the sense of smell to stimulate and balance the cortical and cerebral areas related with this sense. Benefits are also obtained from the essential oils' transcutaneous penetration capacity.

**CHROMATHERAPY** employs energetic colour oils, the vibratory frequency of which harmonises the energy field.

**MUSIC THERAPY** achieves harmonised relaxation by acting on all those cerebral areas influenced by auditory stimuli. It is undeniable that music can provide both a mental and physical state of balance and therefore affords positive effects when treating certain disorders. Of course, everything depends on the problem treated as each aspect of the music affects a certain area of the organism. In particular, melody has a direct impact on feelings, harmony on the intellect and rhythm on movement and, as such, on the physiological aspect.

Based on the philosophy that the senses are directly responsible for the relationship maintained by human beings with their fellow men and with the environment, Geothermal Therapy acts naturally on each, hence contributing towards their perfect balance and, as a consequence, our personal wellbeing and acceptance of ourselves and of everything that surrounds us.

The fundamental element of GT is the application of cold and hot stones that act at two levels:

- statically, by exercising therapeutic pressure at specific points
- dynamically, by performing well defined massage techniques.

In this manner, important emotional and psychological benefits are obtained, not to

mention the following physiological effects:

- The hot stones increase the blood flow and cell metabolism in the treated areas, whilst exercising a relaxing effect on the muscles, calming pain and chronic inflammatory processes.
- The cold stones induce vasoconstriction, liberating histamines and other substances to combat pain and acute inflammatory processes.

The combination of cold and heat on different body areas, using the different application techniques, allows the same person to simultaneously obtain the benefits from both techniques in different areas of the body.

An innovating massage concept by SORISA, that provides a harmonic balance between the energy of our organism and the energy nature offers us.

The stones, originating in millenary mountain sediments and polished by the effects of water and ice through the passing of time, are the main element of this massage.

By using cold and hot stones to apply thermal pressure and stimuli we act upon the chakras: energy perception, assimilation and transmission centres of the body.

First of all, the GEOTER equipment and its accessories are prepared.

## Treatment Preparation

- The stones are placed in the tray, following the diagram included in the technical information of the equipment.
- Some stones are placed in the hot water tray, and others in the cold water tray, to which we have added a few ice cubes.



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process of changing the mind for the better.

Increasingly clients come to interactive hypnotherapy who are already actively participating in other therapeutic paths. They may be attending psychotherapy or counselling sessions. They may be involved in Cognitive Behavioural Therapy. Interactive hypnotherapy can help fast-track the process, and therefore clients choose to participate in a series of sessions of interactive hypnotherapy, alongside their regular weekly or fortnightly sessions.

A session of interactive hypnotherapy can help a client to go directly to the 'track on their inner CD player' and so gain more immediate access to the event, the situation, the circumstance, when a feeling, a pattern of behaviour, or a thought form, first took up residence within that person's inner mind.

Such clarity and understanding can bring immediate feelings of 'lightening', 'enlightenment', and 'freedom'. Most certainly, such illumination can bring a clearing, and a clarity that can be 'discussed'

in the context of a psychotherapy session at a later date. This is not essential, but such material offers a springboard from which to move forward, and to move on.

Interactive hypnotherapy is a complementary player in the psychotherapeutic arena and one that can effectively illumine, empower, and liberate in a relatively short period of time. Come and join the dance!

### About the author.

Deborah Marshall-Warren is a hypnotherapist, and trainer, who has run her own private practice, Whole-Being Interactive Hypnotherapy, for nine years.

She holds a Post Graduate Certificate in Education, a Diploma in Hypnotherapy and is a Emeritus Fellow of The Hypnotherapy Society (FHS Emeritus), and a Fellow of The Royal Society for the Promotion of Health. Deborah is a long-standing advisor to the editorial staff and features department at Here's Health, magazine, a leading complementary health magazine. **TT**

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Deborah is the author of *I'm Afraid of Hypnosis, but I Don't Know Why.*

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