

WAVES OF WELLNESS By Alaya Chikly, LMT

When I first became a massage therapist more than 20 years ago, I focused on releasing muscular tension and bringing peace and relaxation to my clients. It was a great beginning.

Then I was introduced to Lymph Drainage Therapy. Another world opened to me, the world of fluid. Being that we are 65% fluid, we are water beings, existing in intra and extra cellular fluid, lymph, blood and synovial fluid. Our fluid body is a powerful medium of internal communication. Because this fluid is such a huge part of who we are, we can't negate its importance. It carries life, memory and vital information we need to survive and thrive.

I found that in Dr Chikly's work, I opened myself even more as I learned to feel the deep rhythms of fluid that were just under my hand. This was so much more enjoyable than deep tissue work and so much easier on my hands and body. With time, my hands became more and more highly trained, sensitive not only to rhythms and waves, but to the inherent sound and direction of the flow, to the physical and emotional quality of the lymphatic system. Increasing sensitivity allowed me to feel and recognize stagnation, pathology and enhance healthy flow of fluid and stimulate the cleansing process that is so necessary to our health.

With practice, I began to connect even deeper with the fluid. I found myself listening to and engaging with the body in ways that I had never dreamed existed. The dialogue of loving touch heightened my work, and years later I was able to feel the deep interstitial fluid being drawn into small lymphatic capillaries, the rhythm of the lymphangions, then onto connecting to the fluid movement of the viscera, and natural rhythms of our bones, arteries and veins. I feel in love with the rhythms and aliveness of the tissue.

This prepared me to be able to open to Dr. Chikly's advanced work with the Brain. I cannot express the beauty of feeling and connecting to the brain and its nuclei. With an open heart we can respond to a nucleus in distress, torqued or misaligned. Our possibilities stand unlimited.

Through all the stages in heightening my palpation skills through Dr. Chikly's curriculum, everyone was just amazing. Each step embodied deeper listening skills and heightened sensitivity. Each connected me to the inner life of the body, and has brought me into deep reverence and love for this conscious, loving and sentient being we call the body.

I am in gratitude to Dr. Chikly for the opportunity to be on the fluid journey. I hope that if you are inspired, you will join us in the Waves of Wellness (WOW). Yes, it is a big WOW!