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Finding Authenticity: A Story of Sensitivity and Innate Wisdom

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Growing up I was constantly told, “You are being too sensitive!” and at an early age I assumed that this quality was a hindrance rather than a gift. Like most intuitive people who are taught that their sensitivity is a negative trait, I began molding myself to fit into my environment like a chameleon changes color. Drudg-ingly I learned to toughen up, stow away my feelings and hide who I really was from the world, believing that something was wrong with me. This limiting belief system set in motion an energetic pattern that took over 30 years to change.

In 2009 my healing journey took a significant leap when I decided to take some classes to fulfill the Continuing Education Units (CEU’s) needed to maintain my license as a massage therapist. One day I was thumbing through a bodywork magazine and an advertisement for the John F. Barnes Myofascial Release caught my eye. It met my continuing education requirements, so I decided to take a chance and sign up. It had been two years since I graduated college and I was eager to learn something new. What I did not know was how this one class was going to change my perception of the entire world.

My boyfriend at the time agreed to meet me in Philadelphia on the second day of the seminar. When he arrived and asked me how class was, I froze,

not knowing how to answer. It certainly was not a straightforward explanation of Myofascial Release (MFR) and not something one would expect from a continuing education class. All day I witnessed strong emotional releases from my classmates who volunteered to be the demonstration models for John Barnes. I had no words to explain this phenomenon along with the awakening happening deep within my core as I witnessed it. I knew in my heart that my boyfriend would not understand, so I just looked him in the eye and said, “It was lovely. Thank you.” Since he thoroughly enjoyed talking about himself, that was the last discussion about MFR for the evening. We went to dinner that night and as I held his hand I knew it would not be long before I would have to tell him goodbye. My journey was going to go deeper on an emotional level and I desired a partner who would be able to connect with me on that level. He was emotionally shallow, which was a good fit for me when we first met. But now I could feel in every cell of my being that I needed to change; my authentic self was screaming to be heard.

After a lifetime of packing away heartache, disappointment and trauma it was normal for me to be in a constant state of disconnection from my feelings and my body. “Soldier on” had become my motto in life and at 30 years old I just accepted this was the way life was. Never once did I believe that my



heart could be opened again or that I would feel safe enough to receive love. There was a moment when I was around 25 that I realized something inside me had changed or shut off and it was not for the better. I was standing in line at a store and smiled at the child standing in front of me. The child looked frightened and hid behind his mother. I started to notice more and more that when I tried to connect with children, they innately disliked my energy.

When I was an adolescent it was easy for me to connect with children. They would always look back at me with a smile filled with love. Plus, I was always so

gullible, you will believe anything.” This was my moment to do some research and see for myself.

I walked up on stage in fear, with my heart beating faster and faster by the moment. I decided not to look at the audience but to get on the table and close my eyes. I was nervous about experiencing this in front of 120 people since I am sensitive to energy and this work was clearly a form of Energy Medicine.

John was demonstrating the temporomandibular joint technique. Once he put his hands on my jaw it only took about 30 seconds before my torso was

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passionate about showing children love because of my own experience of not feeling accepted as a child. Now I was getting older and children wanted nothing to do with me. When did I become so disconnected or lost? What changed about me? The only thing I was sure of was the pain and loneliness I felt in my heart. I would tell myself, “You will be happy when. . .” but every time “when” came with either reaching a goal or changing something superficial, I would still feel miserable heartache and loneliness daily. Hiding my depression was easy. I had lived on my own since I was 18, was not very close with my family and kept friends at a distance. I was subconsciously guarding anyone from getting into my world, because that would put me at risk for being hurt again. Consciously, I told myself that I was broken inside and nothing could fix my heart.

On the last day of the seminar I decided to volunteer for a demo on stage with John Barnes. Not because I wanted to, but because I had to see if all this emotional release, which is called “unwinding” in MFR, was real. When I watched the flow of unwinding happening with others, my energy resonated with it strongly and it felt like a natural state of being. Still, my brain was interfering and telling me “You are so

uncontrollably shaking and my head whipping from side-to-side. How was this happening? It did not make any logical sense! I curled into the fetal position and began weeping tears — the real kind that are filled with gut-turning emotions. My first reaction was embarrassment; I only showed my feelings at that time to a few very close friends, so being this vulnerable in front of strangers was not something I was used to. John leaned in and gave me a hug, which made me cry even harder. It had been so long since someone really saw me and witnessed the pain I worked so hard to hide. My next thought was “All of this is real. That really just happened and I did not consciously make it happen.”

When I went back to my seat, my body kept trembling with surges of energy flowing and jolting through it. The shaking, which I now know is another way the subconscious releases trauma, continued throughout the day and night. The next day my body felt like it had been beaten up and I felt very emotional. My boyfriend did not know what to do with me and while I was crying on the car ride home he began to fight with me over it. This was a familiar pattern in my life — being told to stop crying, to stop being so emotional. How did I end up with someone



who treated me the same way my family did? Two months later we broke up and I had a major sense of relief. I now had the opportunity to live authentically, understand my worth, surround myself with people who valued and loved me and more importantly — learn how to love myself.

I decided to find an MFR therapist near my home with whom I could get treatment from on a regular basis. This would be my first time privately experiencing a modality that integrates structural bodywork with subtle energy healing. The therapist I chose felt safe to me; I could sense that she held no judgment and provided a loving and kind space. Her practice was a 45-minute drive from my house, but I felt comfortable with her and that was all that mattered. The first few sessions I showed up in my natural guarded state, pushing down the feelings that were coming up during treatment. She patiently continued gently nudging me, assuring me that it was safe to let these feelings flow. There was no talking during our bodywork sessions. I did not have to tell my story and in fact, the story did not matter. All I had to do was feel the feelings that were naturally coming up — the ones that had been haunting me for years.

My therapist ultimately provided me with a safe space to feel. I was allowed to be angry, I was allowed to hit the table and I was allowed to scream as loud as I needed to! I did not have to hold back anymore! It was now safe to let out these uncomfortable feelings that were consuming my life and paralyzing me. I had no clue how enraged I really felt until I found myself letting out gut-wrenching screams during two years of sessions. Those sessions helped me release many limiting beliefs I was still holding on to and also opened my heart to receiving love like it never had before. As time passed the anger was gone, my unwinding started to change and I began to go deeper, releasing what was beneath all that anger — the sadness of feeling disconnected from the world.

In the last nine years miraculous changes have occurred in my life that would not have been possible without MFR. The fact that I can have real connec-

tions with others and myself without being paralyzed by fear is by far the greatest blessing in my life. Before 2009 I had years of talk therapy along with self-help books and programs, which were helpful, but I was still unable to go within and let innate wisdom lead the way. Finally, after fully relinquishing what no longer served me, there was enough space for life-changing growth and love. When I was younger I had always searched for an endpoint to healing, because reaching it would mean I was fixed. My experience taught me that there is never an end; there are only opportunities to go deeper and connect with our spirit on a more profound level.

As for my professional life, which now includes practicing MFR, I am filled with immeasurable amounts of gratitude for the amazing shifts this work has made in my practice. What a wonderful gift it is to not only support others through their healing process, but to also love what I do for a living. The connection I have with my clients gets deeper and more meaningful every year that goes by. As my own healing process goes deeper, I can facilitate on a deeper level. It is amazing to watch this beautiful cascade of healing shifts. The experiences I have had with MFR helping me reconnect with my authentic self has ignited my passion for helping others connect with their true essence. Holding a loving and compassionate space for others has added great meaning to my career while fulfilling my soul's devotion to helping others. For me, Myofascial Release combines my love for science and spirituality — the mind, body and spirit. €



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