

Heart to Heart centrum

ABC - AWAKENING BODILY CONSCIOUSNESS

(PLEASE READ CAREFULLY, IF YOU FEEL SATISFIED – SIGN AND PRINT NAME, SO WE CAN BEGIN...)

ABC is a deep, all-over-at-once massage method/technique.

ABC was created out of twenty–five years of development.

ABC opens your body via the lymphatic system and major areas of toxic and energetic blockages: in the neck, armpits, belly and groin.

ABC therapists use their hands, feet, elbows, knees, chin and forehead, to massage your body; using three or four points of contact with your body, which allows your brain and mind to relax its two-sided, dualistic perceptions – and let go!

ABC (for most women) works deeply and emotionally through the hip, belly and groin area, so women are required to wear a minimum of a G-string, knickers or underwear (a disposable G-string is available in the massage-room). For men, it is a more therapeutic session, but no boxer shorts please! If you are nervous to start with, you can wear loose fitting clothes – as a preparation to receiving **ABC** on a future occasion.

ABC requests that you feel safe – which is after all the main, important rule.

ABC needs you to express any concerns you may have during a massage session.

ABC can be very emotionally revealing; allowing you to feel any pain, pleasure, anger, joy, or sadness. Breathe into each moment and treat all the feelings the same: better out than in.

ABC method will need your consent for the therapist to possibly need to apply pressure with their hands, feet, knees or forehead onto your chest/breast, genital or perineum areas, as this is necessary in conjunction with hold other areas of the body at the same time. Sometimes gentle shamanic biting or chanting into parts of the body can happen too, as well as connecting your jaw to your groin.

ABC allows you to be still or move and/or make sounds as suits your body's desire to express the stress and release held-back tensions. You don't have to be nice!

ABC therapists can also make sounds in order to express out whatever they are feeling.

ABC has one 'safe-phrase' – for you to say – whenever you need the massage to slow down or stop, because it is feeling too intense or you are too vulnerable. It is, "TOO MUCH." Then, you can exclaim and swear as much as you must! N.B. Feel free to bring along a partner or witness if that helps to allow safety for you...

ABC aims for you to feel safe at all times, and thus allow the un-safety to emerge and clear out of the body, via the massage and your breathing and expressiveness.

ABC - therapists helps you to ground, hold, guide and heal emotions and life-force energy. **ABC** is not about tantric sexual awakening although your own experience might find it sensual at times. Know that the process is owned by yourself, and is not to be projected on the therapist, nor for the therapist to stimulate you specifically in this area.

(PLEASE ASK NOW IF ANY OF THE ABOVE **ABC** ASPECTS NEED FURTHER CLARIFICATION)

I have read the above, understand I am responsible for my own experience and I feel safe to proceed with full adult consent to the ABC sessions.

SIGN: (name, date, signature)