

Gloria

► By Donna Coban

days

Gloria Seaman combines kinesiology, Bach flower remedies, hypnotherapy and therapeutic massage to restore imbalances in the human body – and prevent people from falling back into bad habits. Donna Coban experiences a treatment first hand

{ Life brings with it many unacknowledged stresses. These might include the demands of a new job, organising the kids before and after school and a myriad of other unexpected challenges. I am certainly experiencing a little of all of this and can feel the masked stress sitting below my shoulder blades as I drive across Auckland to meet Gloria Seaman, owner of Balance For Life.

High up on the hills of Kohimarama, overlooking the beach below, I am warmly welcomed into her home-based holistic therapy rooms. Late-morning sun light floods in as I slip off my shoes in preparation for a much needed holistic massage, a signature treatment at Balance For Life that brings together the many forms of healing therapies Gloria has studied over the years.

For the next 90 minutes I am to be transported to a place of deep relaxation, and so I lean back into a welcoming armchair and listen. Gloria proposes using a mixture of kinesiology, Bach flower remedies, massage and a guided meditation – all forming a part of her holistic approach to healing.

She starts with kinesiology, the scientific study of human movement, which uses muscle testing to identify imbalances in the body's structural, chemical and emotional energy in order to establish a person's healing needs. Muscle testing involves using a light pressure on my outstretched arms which enables Gloria to gauge my muscular response – she describes it as a tool designed to tap into the body's wisdom.

Gloria likes to use kinesiology in conjunction with Bach flower remedies, which were devised in the 1930s by an English doctor, Dr Bach. These remedies are made up of 38 plant- and flower-based tinctures that are designed to help you manage the emotional demands of everyday life (think job stress or perhaps a phobia, such as the fear of flying for which the popular Bach flower tincture Rescue Remedy is often used). The flower essences are made from fresh petals and with the help of the sun, a dilution is derived capturing the unique properties of the flower. Bach believed that the healing properties lay in the vibration of the flower.

By using kinesiology alongside Bach flowers, Gloria ascertains that the chicory flower pertains to my current emotional state. Dr Bach believed that our fears, our cares and our anxieties open the path to illness and so it is important to address these. The chicory plant

indicates that I am currently engaged in a manner of loving which is stifling to others! With the application of the chicory flower during my massage, it helps the positive side to emerge – this being a state of unconditional love and freedom.

For the next hour I experience a glorious restorative massage, with Gloria using her voice and gentle accompanying music, to help me relax and become transported from



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the realms of reality and my daily stresses. Gloria starts with a gentle back massage while encouraging me to become aware of my breathing. She then moves on to work on my head, arms and legs, and our session culminates in some much needed footwork – I love reflexology and Gloria’s healing hands have just the right pressure to wash away any tension.

While working with clients during her kinesiology studies, Gloria began to notice that most people return to their old habits sooner or later. For this reason she felt her healing needed to incorporate another tool to prevent this from happening. That’s when she discovered hypnotherapy, which works changing negative behavioural patterns into positive ones by reprogramming the brain through the likes of Neuro-linguistic programming and self-hypnosis.

Hypnotherapy works with our subconscious mind, which Gloria says is far more powerful than our





conscious. She likens it all to a colossal iceberg, 95 percent of which sits beneath the water and represents our subconscious. The conscious mind sticks up out of the water and thinks it is in charge of things, but the opposite is true.

Gloria points out that you might be watching your child playing soccer but get side-tracked by the cars passing by or thinking about money and what you would do with some extra cash. This, she explains, is the conscious mind wandering. "We enter a trance like state, one that we can snap out of easily enough should our child score the winning goal. It is this state of mind that is sought after in a hypnotherapy session – here, the focus remains on one thing and the mind does not ponder shopping lists and holidays, instead your subconscious can freely absorb what is suggested. In hypnotherapy we use this state to bring about desired and empowering changes." Having said that, Gloria also points out that hypnotherapy will only work if the person involved is a truly willing participant and is prepared to put the necessary steps in place to support the change (these steps may include daily breathing and meditation exercises to do at home).

Hypnotherapy, Gloria explains, is renowned for helping smokers quit, for one, and is highly effective in treating anxiety – an all too common sign of our times. It is also highly effective for managing stress, sleep disorders, fears and phobias, weight loss, building confidence, pain control, health issues, pregnancy and fertility.

For those wanting to quit smoking, the treatment with Gloria generally consists of an initial one and a half hour session, followed by a second hour-long follow-up. The first session involves an in-depth questionnaire which helps Gloria establish the environmental and emotional triggers that spark a person's yearning to smoke.

Each client has their first session recorded and Gloria encourages them to take some time every day to listen to it. "Just as bad habits take a while to develop and set in, so too do good habits," says Gloria. "It's an age-old adage that we so conveniently forget in this day of instant gratification." If in doubt, Gloria likes to ask her smoking clients to recall their first cigarette – a truly hideous experience for most and one that they usually had to work at to develop.

Gloria was born and raised in Germany, where she chose to pursue a career in dancing when she was still quite young. Dancing was something she was naturally good at – from a very young age, being at one with the music allowed her to express herself in a way that she never could with words. "Dancing is a way of moving energy through my body and it helps to clear my mind... much like meditation or yoga, where being in your body and feeling present in the moment means that nothing else matters in that moment."

Today Gloria keeps fit, healthy and happy by continuing to dance for fun, along with a daily Bikram hot yoga practice. She makes sure she eats a balanced diet, seeking to sustain her body through careful

choice of whole foods rather than taking supplements.

She includes a variety of wholegrains such as quinoa, couscous and Amaranth in her diet and prefers organic meat and free-range eggs. For Gloria, balance is not only key to her own nutrition, but also the world around her. To this end she no longer buys canned tuna or fish that's been depleted or caught using large-scale trawling methods.

Life in Gloria's kitchen around meal times sounds perfectly balanced to me: "I drink a glass of wine while preparing the evening meal, which might consist of a spinach salad with roasted seeds and feta, tomatoes and different kind of veggies, alongside a light protein meal. Mediterranean style dishes are a favourite, with Indian, Thai and German recipes getting a regular look in too."

To further ensure a healthy and happy mind and body, Gloria practices what she preaches by employing techniques such as meditation and self-hypnosis. Her empathy and concern for the wellbeing of others is keenly felt and when I ask her for some insight into her serenity, she says: "Be your own best friend, be in the moment and learn to relax at will. Your health does not only depend on how fit you are, but also on how healthy your mind is and how much you love and care for yourself. As you learn to love yourself, you will make the world around you a better place. If you change, the world around you will change as well." ◀

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For more information or to contact Gloria, go to www.gloriacompletehealth.com