

## Just how *deep* do colonics get?

Our experience is that it does get deeper... and we don't mean just with the physical aspect of food intake, assimilation and elimination. Colonics can definitely reach an even deeper layer of body mind connections, emotional/mental baggage and energetic re patterning... I have seen it happen with *our clients* at *West London Colonics*, I have seen it in my *own* experiences.

How can this play out?

Here's a simple, not particularly unusual, example. Colonics involves *hold and release* phases, i.e. times when water is being held in the bowel, and times when it is allowed to flow out. This is the basic procedure to purge and purify the intestinal tract. Sometimes the intestines hold onto the water even during the release phase. They don't completely release.

What then?

Here's where the healing hands and *knowhow* of the colon hydro therapist comes in. Here are some of the things I might do, or embody.

Some judicious abdominal massage to loosen the energetic contraction, and coax a *letting go* of the holding pattern.

An empathetic connection with the clients' experience.

A few well chosen words.

An understanding that there is more to the person on the table than a bunch of tubing and receptacles enclosed in skin.

Sure, there is a technical aspect to colon hydrotherapy, but there's an art to it as well. An art that recognises the energetic elements involved.

There *is* an energetic system at work. Meaning, there's a body mind pattern that can "*seize and hold*" as opposed to "*let go and release*," and vice versa. Body Mind, meaning that whatever the body is doing, the mind mirrors, a two- way process.

Is this a conscious process?

Typically, no.

Does the body react to unconscious patterns? Yes.

My point of view is that *sometimes*, with colonics, a deep energetic frequency in the body gets the opportunity to rewire and recalibrate, *embracing* a fresh new understanding of *today*, rather than *wallowing* in the stale, outworn history of yesterday.