

February 13, 2014

Re: Healing session with Marcia Lowry

I had a healing session with Marcia Lowry in November of 2008. I had participated in the Level-I Spring Forest Qigong class a few years before, and my regular massage therapist always incorporated a little Reiki into my massage sessions, but other than that, I'd never had a healing session. So, I wasn't sure what to expect.

Marcia had told me about her energy healing work and I was very interested in it. My father had died in 2007 and my husband and I were in the midst of a huge remodel of his house. I was under so much stress and the grief just wouldn't go away. That house could so easily take me down emotionally, so after talking about energy healing with Marcia, I was eager to see what it was like.

When I arrived for the session Marcia was very welcoming and I felt very much at ease. She told me a little about the session and I asked a few questions, which she answered. Then we started. I became very comfortable and sort of "zoned out," but I never went to sleep. I sort of hovered very comfortably in this state of in-between.

Then at one point in the session I felt a burst of what felt like electricity that went right through my mid-section. It didn't hurt, but it jolted me out of my zone and I remember asking her, "Did you feel that?" We talked later and she said it was probably a blockage being removed. I remember, too, that my sense of direction became completely disoriented. I was lying on her table facing one direction, but when I was jolted by that surge of energy I remember thinking that I was facing the other way somehow.

I remember being just blown away by how dramatic it was. I'd never felt anything like that and I think about it from time to time. It's one thing to talk about a blockage being removed, but it's quite another to experience it so vividly. I have to admit to some skepticism at times. I love learning and experiencing new things and while I have a very open mind, a part of me is always assessing. It's also why I have to go out and experience things for myself before giving them any validity.

When I practice Qigong I can feel the energy on my own, so it's not a stretch for me to believe it. It's a tangible thing that I feel. When someone else is doing the energy work so it seems like it's sort of diffused and it's hard to say whether you've gotten any benefit. I've never felt anything during my massages, for instance. Marcia's session was different, though. That was a very vivid experience for me. I think Marcia has a real intuitive gift and I'm happy to hear that she's continuing to pursue her studies and her abilities in energy work. I'd highly recommend her to anyone.

Best regards,


Mary