

Vortrag Astrid



After the earthquake in nepal i flew there with 6 other ergosoma practioners on behalf of ergosom international. We were at the very place, were the people needed help after the eathquake.



During two weeks we treated twenty people with the ergosom method. In this two weeks everybody got six treatments.



It was surprising how quick this people could open up for the treatment and relax. Often i got a grateful hug afterwords. This happend to others als well, as i could see.



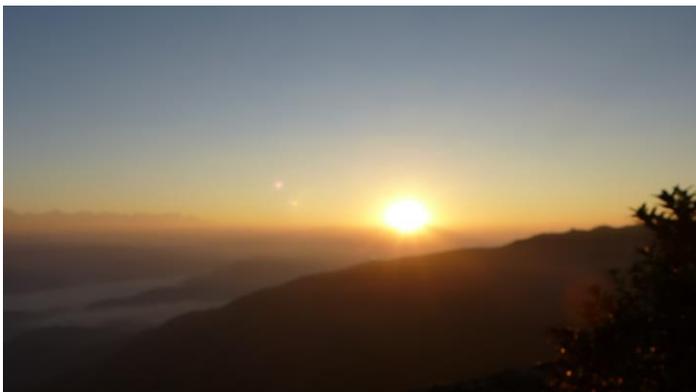
Many said their feeling was like being in paradise and that they felt happy. Often tears of relief were flowing and they felt satisfied.

Some oft them wanted to learn how to do this treatment and asks us to come back soon.

Even now i communicate with some of them on facebook and i am even invited to come back to nepal.



I always like to do ergosoma and in nepal i could see the himalaya while working.



It was very surprising to me how the people in nepal accept the eathquake as god given.



One woman, fiftytwo years old, Awas very reserved and we never saw her smile. At the first treatment ist was very difficult for her to relax. But during the second treatment she started to sleep. Emmediatedly after the forth treatment she set up und smiled. That was so unusual that every practioner noticed was pleased. At the last Treatment she started to sleep even at the preparation of it and had a soft facial expression afterwards.



Another woman of the same age, complained about strong pain in the upper back. First she could not relax well. But it improved with every treatment. At the end her feedback was „I feel better, I sleep better“. She mentioned she felt very relieved and her back pain was better.

Thank you for listening.

And now my colleque Anke has he floor.

