

# Remembering how good it can be

by MIKELLE SASAKAMOOSE  
*Staff reporter*

Michele Gieselman is a conductor.

No, the intuitive healer and body-work practitioner doesn't drive trains or direct symphony orchestras.

She does, however, guide people to recharge and reconnect with themselves.

"What happens is, we reach outside of ourselves all the time," Gieselman said.

"So instead of reaching out all the time and asking questions outside of yourself, I help people get back inside themselves — because we have the answers."

With more than 20 years' experience in the field of health and wellness, Gieselman is very passionate about what she does and has accumulated quite the box full of tools to help her clients.

She has worked as a fitness instructor, personal trainer, professional belly dancer, Middle Eastern dance instructor — and she

is a full Mesa carrier within the Inca tradition.

A Mesa, or medicine bag, includes stones Gieselman has collected, that have meaning to her.

"It looks like a bag of rocks, but every stone represents a part of me and the actual energy from the Mother Earth is in my Mesa."

Together with her technical training, Gieselman said she offers healing for the mind, body and spirit.

"When I'm working with my clients, I try to bring in those elements that make me fulfilled as a human being," Gieselman said.

"The biggest thing for us as human beings is to remember that element of joy from activities you love."

Her most recent education has been at the mastery level of Inca medicine traditions with Peruvian teacher Jose Luis Herrera.

"For me, it's just been a whole reconnect with the

Mother Earth and with myself," Gieselman said.

"And I work with that."

At her Victoria Street studio, Gieselman offers a number of choices for healing, including massage, cranio-sacral therapy, hot stone massage and shamanic healing.

In addition, she facilitates regular workshops to allow clients to cost-effectively experience multiple methods.

"My workshops are about making contact with our intuition . . . they get you connected," Gieselman said.

"Basically, it's getting people to remember what magnificent and what powerful beings we are — because we are."

Gieselman's next workshop, A Day of Sacred Play, is on Saturday.

To get a feeling for what she has to offer, call 851-0966 or e-mail intuitive-healing@telus.net for more information or to register.



Intuitive healer and body-work practitioner Michele Gieselman is hosting A Day of Sacred Play, a workshop for anybody looking to recharge.

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