

Group Room

Why are there 3 tables in this room?

Research in the development of Network Care continues to support that being adjusted in a group atmosphere enhances ones' ability to create changes in his/her nervous system and spine.

Just as striking a tuning fork can "entrain" another to its vibration, as those around you are more able to experience their natural vibrations and rhythms, it encourages your body to seek its own inner communication. This enhances change in your nervous system and spine.

As one person's spine can more effectively rock gently through its motion's, it becomes easier for others to do the same. You may hear or see people breathe deeply, sigh, cry, laugh, or stretch. Whether subtle or obvious, for many people this is a natural occurrence.

Each person has his or her perspective regarding healing. Please, don't compare yourself to others. Let your feelings, thoughts and sensations arise. Let go of control, and trust your inner cues.

Connect... Release... Integration... Growth

Your body cannot remedy something it is not aware of. You cannot begin to do things differently until you are aware of what it is that you are actually doing.

During care you will be learning to pay attention to yourself in a way that may exceed anything you ever experienced. You will be asked to place your focused attention on your spine, its movements, your breath and your sensations.

By placing your attention on yourself as you participate in self-healing, you allow yourself to help those parts that have become separate - to come together, again. In this process, the body will most often disburse the energy once confined to a specific area, as it reintegrates this separated part of you back into the whole.

Through our own healing we become more compassionate towards ourselves. Through our compassion for ourselves we can be more available to others.

Through our heightened participation with ourselves, we more fully participate with others in the shared experience of healing. This accelerates the healing process for **all**.