

## **Working with the elderly Capacitar sessions with Mum aged 98**

### Session 1

I did the hand massage for approximately five minutes on each hand, with Mum sitting in front of the fire. Playing the first two tracks on the Capacitar CD, using Nivea Soft handcream.

Mum was quite alert as I began by picking up her left hand, rolling back her sleeve, and applying the hand cream to her wrist. I began as gently as possible, massaging all parts of her hands, especially the palms and down each finger and thumb. I asked her if she had any pain and she said 'no'. She slowly closed her eyes and deeply relaxed as the music played softly. I felt very relaxed myself. When the first track was over I changed to her right hand. This was a very similar experience. Mum's breathing deepened and she almost fell asleep. As I massaged, I thought about breathing in love and passing it to Mum through my hands. Her wedding ring came off shortly after I began. At the end, I took both her hands in mine and just held them quietly for about a minute. Then I asked her how she felt, and she replied 'beautiful'.

I did the Crown Hold with Mum, for approximately five minutes, to beautifully meditative music.

Mum was already very relaxed after the hand massage and she didn't move at all as I performed the Crown Hold. I enjoyed doing it very much, standing behind her as she sat in front of the fire. As I held my hands just over her head, I could feel a subtle pulse of energy radiating out from her and into my hands. I silently prayed that she would be feeling energised and relaxed by the experience. I ended with a sort of Halo Hold, just brushing the tips of her hair lightly with my hands. She must have been in a light doze through it, in her own world as she seems to be a lot of the time. She didn't move until I spoke to her a few minutes later.

### Session 2

One of my favourite exercises in the Capacitar manual is the Labyrinth Visualisation on page 203. I wondered how it would be if I shared it with Mum. She was resting comfortably in a big armchair and I began by reading the first paragraph to her slowly.

massage .

When I got to the bit about imagining a beautiful garden with fragrant flowers, a huge smile spread over her face. Mum's favourite activity as far back as I can remember was pottering about in her garden. For me too the memories evoked were lighthearted and joyful. I could almost smell the wonderful odour of ripe tomatoes just picked, that Mum in my imagination held out to me in the sunny greenhouse. I had never before realised what a sacred space a garden actually is.

I wondered if Mum had fallen asleep, she looked so peaceful, but no – as I read out the final sentence, ‘breathe deeply, stretch and move your body, I saw that she was indeed doing this, curling and uncurling her fingers as they lay relaxed on the arm of the chair. A couple of seconds after I stopped speaking she looked at me and said: ‘Is that all? Is it over?’ I assured her that we can take the journey back again to her beautiful garden any time she’d like to.

Sharing the Capacitar experience with my Mum is becoming a regular part of my life. Together we are discovering the beauty of the many physical and mental practices contained in the Capacitar manual.