

Working with mothers of young children

In May 2007 I ran a six-week workshop for a group of mothers who had young children attending pre-school. There were between eight and ten present each week.

We used the self-help skills learnt in the Capacitar Wellness training programme including Tai Chi, meditation, acupuncture points, and finger holds.

The group gave very positive feedback on completion. They had learnt ways of becoming more in touch with energy levels, and were able to release stress and tension held in their body. They all expressed the desire to finding a healthier balance between work and 'obligations' and also to take care of their deeper needs.

They liked the mixture of exercises, visualisation, and breath work. It gave them a chance to take a step back from the business of life, reassess different priorities and gain new insights, which in turn brought a healthy balance to life. As a result of them telling other people about Capacitar, a Taster Day was offered to the wider public in Tralee. Thirty people attended and the day was a great success.

What Capacitar has meant to me

Capacitar has given me many more channels through which I can access information about myself and so relate in a more authentic way both to myself and to others. I have noticed how movements like Tai Chi can shift pressures and resistances and balance and harmonise the body in a very kind and gentle way.

By coming home to a quiet way of being through Capacitar techniques, I feel I am able to receive communication through an embodied listening, that draws on all aspects of my being, body, spirit and mind, and allows me to open deeper channels of hearing within myself. I love when doing the practices I am reminded about being part of the whole universe. I can often get caught up in being 'busy' and as a result I need the discipline of Capacitar to keep me reminded of this gift of life that I have been given. I am filled with a sense of gratitude after I have done the practices. It has helped me to be more discerning in knowing what provides me with real contentment.

I am in the process at the moment of working with another group of women in the Rape Crisis Centre who, having attended the Taster Day, wanted some continuation of instruction in order to become familiar with the practices.

In my work as a counsellor I have been able to pass on very simple practices like breathing exercises, and finger holds. Using the acupuncture points, clients can be helped in grounding themselves, thus reducing anxiety and tension that may be held in the body.

