

I was referred to Theresa by an integrative medicine doctor, one of a series of health professionals I was consulting on issues of stress, heavy metal toxicity and severe allergies. Nothing seemed to be working, and I was at my ropes end – fatigued, depressed and desperate. I had never heard of Rosen Method Bodywork before and went into it without much expectation.

It is difficult to describe the healing modality – physical therapy cum psycho-therapy? It can be neither, as the bodily manipulation is so gentle it's barely perceptible. Minimal words were exchanged during the sessions. There is really nothing in the English language to adequately describe the healing that took place. It was all experiential, felt through the body.

During my first session with Theresa, while I was lying with my eyes closed and Theresa was gently holding and moving various parts of my body, I felt this strange lightness, as if my body was lifted off the table. It felt so ethereal and joyful, I had related the experience to my friends as a "levitation".

In one of our earlier sessions, Theresa's hands were cradling and supporting my neck on the table. Suddenly I was overcome by a gush of emotion. I sputtered, choked and gasped, tears flowing. I had a vision of myself as a newborn infant, breathless and unconscious, held in the hands of the doctor who had just delivered me after some severe complications. In no time did I feel panic or distress, just a sense of safety and love. To this day, I still do not have conscious memory of my birth trauma, but I have made peace with it and left it safely behind.

Long-buried issues with my mother and twin sister surfaced in subsequent sessions. I was able to process the painful conflicts in an atmosphere of unconditional love. No more bitterness and distress, just clarity and forgiveness. Theresa has explained that in the Rosen Method Bodywork, the client does all the work himself/herself, and the practitioner merely facilitates it. I find that hard to believe. Why then has the tension release happened so spontaneously, so effortlessly? To me it was more a miracle, mysterious and loving.

Now and then when I am consciously aware of my wellness and joy, I close my eyes and silently thank Theresa and Marion Rosen for the healing. Thank you! Thank you! Thank you!

- May Chen

