

Moving beyond my edges

by **Connie Brisson**

I've been on many edges in my life.

I was trying to remember my first edge; the first time I can remember being in so much fear and wondering if I could do this all alone.

I was really young. I think I was three. I can remember walking into the kitchen and my Mom was cooking something but she was not really there; she was often emotionally absent, even vacant. I was trying to tell her something really scary that was happening to me, inside, and I don't even think she turned around to acknowledge me. I can remember being glued to that spot on that kitchen floor like I was on the edge of a cliff.

And when I realized she wasn't going to turn around or help me, I think I froze myself inside to that place so that I couldn't fall over the edge. It became my internal cliff.

I've been there many times since... to that spot where I didn't know how to get past a stifling fear and, maybe because of that experience, I didn't know that anyone else was capable of helping me past it. My fears became my prison, my edges.

For many years, certainly to my late 30's, life's experiences and my fears continued to layer up on me. And when I accidentally was triggered into one of those 'edge' moments (because God knows I did everything I could consciously do to avoid them), I'd become desperate. How did the edge find me? How could I hide better from it? How could I be smarter?

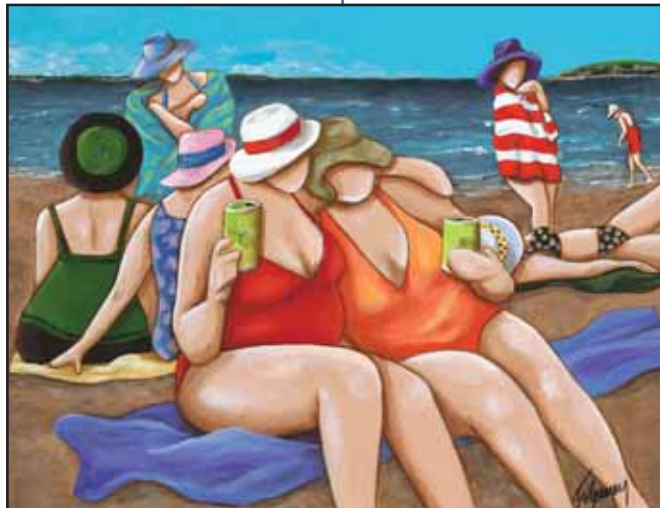
Then something miraculous happened in 2000. I attended a workshop where there was a demonstration about CranioSacral Therapy. When Lynn worked on two different people in her demonstration, both had obvious physical and emotional releases and I just knew that this type of energetic healing work was an offering from the gods - a way to move past my edges.

Looking back, I don't know if my Mom could have saved me from my fears that day in the kitchen when I was three (and I'll never know). But to think, that almost 40 years later, I could address that through energetic bodywork so my body (and then my psyche) could let go

of what it had experienced so many years earlier, is nothing short of a miracle.

With energy work, when I'm at the edge, when I experience those moments where I think I could go mad and feel so desperate and alone, I am instead set free. Ironically, the edge has become a place to appreciate and get help through. I now know that if I can stay with that edge and get help, then a deep healing can occur that will transform me in some way.

Yes, it's still scary and I have to be courageous. But I don't need to do it alone. And over the last 10 years I've found many different therapies and healing methods that have helped me do this.



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I've been at the edge often enough that it really should get easier each time, but it doesn't.

It just happened again last week. There I was, going along my life when bam! Something I thought was going to be a normal little routine thing took me on a journey back in time where I experienced so much doubt and despair. And I panicked. I was standing at the edge again, alone.

But this time, I quickly remembered that I'm not alone. Just hours after I had a Heilkunst appointment with Tammie Quick, I could feel the difference deep inside of myself. Energy medicine, energy bodywork and many other things have helped me so much on my journey - to move beyond my edge, into a bliss of possibilities and into the wholeness of who I am, which I would have not known otherwise.

When I think about how much I've benefited from all the different mind/body/spirit healing experiences I've had, I can't help but want others to know that there is another choice when they get to their edges. One choice is to stop, to see the edge like an electrical fence that keeps us in prison and the other is to know that you can move past this emotional/physical boundary into true freedom, if you can be courageous enough to just do it, with the right help.

We aren't different - any of us. If you can be courageous and move beyond your edges, then we can all benefit from the bright light that is inside of you. Be brave... We're all on the edge with you.