

# Integral Healing

Center of Unified Healing founder, Eilyen Feirbairn gives Mary Sands an integral healing session, in which some uncomfortable home truths emerge

I arrive at Eilyen's Harley Street treatment rooms in a bit of a fluster. The trains have been appalling, as usual, and I was quite stressed thinking that I might be late. She immediately calms me down by taking me into her fragrant treatment room and sitting me down with a glass of water. She has a very soothing manner.

I am soon feeling in a much better frame of mind and the session begins. Eilyen asks me to write down a number of statements that I believe to be true about myself. I am not to think about it too deeply but to write whatever comes up for me. I find this quite

difficult but also rather fun, like doing those personality quizzes you did as a teenager. After this, it gets a bit more complicated – at least in my eyes.

I am asked to pair up those beliefs that seem to go naturally together. I manage to put loads together which is a bit unusual as ordinarily people will have one or two. These are your core beliefs that can then be worked on, if they are unhelpful.

I have a problem with feeling myself unloved and I have a core belief around this that I would very much like to change. I ask if we can work on that one in this session and Eilyen obliges.


I then get onto her treatment table and

Eilyen begins the bodywork part of the treatment. She guides me into what feels like a light trance and I am surprised at how quickly I come to a memory from my childhood. My cousins are all being molly-coddled by their mothers and taken for an outing and I feel like I'm left on the sidelines as my mother is not making a fuss of me.

Intellectually I know that my mother is very loving but in my heart I feel abandoned by her and have for most of my life – despite our current relationship being a great one. I don't really want to voice this but I do and Eilyen compassionately guides me through the process, touching certain parts of my body to release the pain and trauma I hold there. She gives me affirmations to say and as I say them, I try to believe them but I am finding it quite difficult. I feel teary-eyed.

After the session, Eilyen gives me some things to try at home and reminds me of the importance of actually voicing our fears and problems before releasing them. I have to admit that I did think it too terrible (or Freudian!) a thing to blame my mother for my own feelings of being unloved. However, this session is not about blame, it is about forgiving myself and my mother – in order to build a stronger, healthier relationship.

Eilyen tells me to expect a phone call from my mother. I smile as it is somewhat unlikely; she is abroad on holiday at that time and won't be home for about a week. As I leave the treatment rooms, my mobile buzzes and shows that I have a text. My mother, who does not know how to text, has managed to get a concierge to show her how to do it, in order to tell me she loves me and misses me. It is uncanny and I am in tears again!

I have seen some change in the way that I approach romantic relationships – the area that seems to get most affected by my problems with feeling unloved. I am no longer clingy and unhappy with the men that I date and my relationship with my mother is profoundly happier. According to Eilyen though the real fun will be when we come to issues with my dad! 

## Center of Unified Healing

The Center of Unified Healing offers a number of other treatments for holistic health and beauty.

### CLEOPATRA 24 CARAT GOLD

**FACIAL** – The rejuvenating properties of 24 carat gold date back to the time of Cleopatra's reign. The treatment includes facial analysis and recommendations may be made. Pressure points are applied to the skin and are followed by a geo thermal treatment with hot and cold stones, followed by sheets of 24 carat gold being massaged into the skin. £260 for 90 mins

### AROMA CLAY FACIAL

– Several types of clay can be used to detoxify the skin, clear blemishes, tighten pores and nourish the skin with its minerals. The treatment starts with a cleanse, tone and facial massage with an individually blended mix of essential oils followed by a deep cleansing clay mask. £120 for 75 mins

### INTEGRATED AROMATHERAPY

– A consultation is taken to blend a delicious mixture of individually-prescribed essential and organic oils. This is followed with integrated massage techniques using pressure points all over the body and some reflex points on the feet. £110 for 90 mins



You begin the session by writing down some of your beliefs about yourself.

## More information

A 90 mins Integral Healing treatment costs £150. Call 07956 553924 or visit [www.centerofunifiedhealing.net](http://www.centerofunifiedhealing.net) to book. At least three sessions are recommended.