

Stress, Massage, Healing Cusco and Animal Totems

Posted At : May 14, 2011 3:31 PM | Posted By : Michael Smith

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When I work long hours at a computer I used to get headaches, neck pain and shoulder pain. Sometimes I used to get migraines from it. No fun at all! I started getting massages about ten years ago and took up yoga to help stretch and relax. With all the stresses at work and in the news these days seems like a good time to learn how to give a [head, neck and shoulder massage](#) from an expert (and receive one too!). What a great skill to be able to share with loved ones... or future lovers...

Here in Cusco I have been giving and receiving healings with other healers I have met here. There seem to be a large number of people doing healing, Reiki and other spiritually related work here. I find even being at this location in the "world's navel" is healing - more so when I take a hike into the hills around Cusco to meditate in the Inca ruins that dot the area. I have found a nice intentional healing community here called Healing House and have taught a Kundalini yoga class there and last night I lead a Trance Dance. I enjoyed helping some somewhat stiff and shy Gringos and Gringas plus a few local Peruvians get into their bodies, out of their minds and feel their souls moving to the music. During the Chaos part of the music (there are five rhythms in this dance) I had the whole room dancing wildly, screaming and making animal noises. (Similar to the dances that Jim G of Sandbox coordinates in Bethesda area every Friday evening) It is good to let out that crazy part of us that we push down. I think that movement, singing, expression are keys parts of being joyful everyday!

One of the healings I received I noticed pain in my liver area and saw a vision of an angry snake in a infinite sign position. and the clouds looked like a jaguar (the healing was outside at an Inca ruin). I took it to mean that I need to not push down any anger in me, because it too is part of me and is divine. The jaguar symbolizes living with integrity - and that means being honest in expressing any emotions that come up including anger. And I see once anger is expressed that energy can transform into passion for action to change my reality. (If you are interested in animal symbolism and power animals check out the Animal Speaks book or get a deck of Animal oracle cards