

## Geraldine Bouchet

Geraldine Bouchet was born, raised, and educated in France, coming to the United States in 1997. It was so that her daughter could have a relationship with her American father. "We crossed the Atlantic, crossed the United States and started in Seattle." She moved here in 1994.

While in France she had received craniosacral treatments, and later she trained to become a practitioner. "Craniosacral work – it's called cranial osteopathy or energetic osteopathy in Europe – is a very powerful and gentle modality to alleviate discomforts in a person's tissues." It's relatively new health practice involving a hands-on reducing of pain due to blockages or misalignments of the membranes in the skull and spine. Unlike chiropractics, there is no adjustment of the bones. It's less invasive, and takes a whole-body approach.

There is an important spiritual component to her work. "It starts when there is somebody on my table. There is just a presence. There is an exchange of energy. This is where spirituality happen. Spirituality happens when we are here present and now paying attention being in a cool mind. Our love is here, our presence is here. This for me is the base of any spirituality."



Geraldine's patients are those suffering from injuries, and those dealing with chronic pain issues. Plus there are quite a few people who are mostly feeling fine but enjoy a "maintenance" schedule of, say, monthly visits for a tune-up. It can be to deal with discomfort from both physical and emotional sources. To restore the flow of energy creates a sense of holism which brings peace to both the body and the mind. "It helps people get back in touch with themselves again. When they are on the table, they are more together." Both Geraldine and her patients can feel a shift in their physical and emotion feelings.

Using both her hands and her intuition, Geraldine can feel where the patient's energy flow is interrupted, and carefully open up congested areas. Again, this can be in the body and the mind. With her fingers touching key points, she can draw attention – and concomitantly healing energy – to the point of obstruction, and reduce or eliminate the problem.

"The developer of Rolfing, which is another modality of body work, Ida Rolf, would say that the issues are in the tissues because our life is in our body. Yes, those blockages that we experience, you can perceive them; I think, maybe from my heart. Then it's really a combination of what is physically under your fingers and there is a sense that something is happening for that person right at that moment."

Geraldine loves her work. She enjoys the relief she is able to provide for her patients, and the energy that runs through her in the process. "When I feel it, when I'm a witness

to the change, this is for me what is the most humbling.”

It’s demanding work, and Geraldine needs to “clear” herself of the energies. “I practice yoga regularly and as well meditation. I’m a lot in contact with nature. Nature and yoga are, for me, a source of healing, a source of getting back more within myself to be able to be more present. So I am more fully present when I come to work than in my own life.”

She has worked hard to learn how to rebalance herself when she gets thrown off. She describes it as finding a place of knowing inside of herself, to pull herself out of a funk. Importantly, she has also discovered that instead of confronting darkness with fear, she says, “Okay, this is it. It’s in front of me. I’m in it. By accepting the fact of the darkness – just by doing that – it’s already changing.”

Geraldine was raised in the Catholic faith, but she found God too restrictive. “If you want to say that God is basically a representation of God, well, maybe I can agree. But I do believe in love, and I do believe with the power of love – any time, every time, beyond God – and if God is love, fine.”

She spends a lot of time in her garden, and generally as much time as she can outside. “When I leave or when I come back to my house, everyday, I will look, touch, and probably even say something to some plants around me. I really cultivate the garden. I spend a lot of hours doing it.” And she goes to the beach. “I’m lucky because for whatever reason to see dolphins or whales almost every time I go out.” Nature, she says is a very big component of who she is and what keeps her grounded. She considers herself very grateful to live the life she does.

Geraldine loves living on the Monterey Peninsula, in Seaside, and while she tries to get back to France every year to see her family and friends, especially her mom, it’s been several years now. She plans to make the trip again in 2014, but she will always return here.