

body & mind **body therapy**

# MIND OVER MATTER

*Each month, Psychologies recruits a human guinea pig to try a new or unconventional treatment and tell us if it works for them. This month, intuitive healing* BY KIM WILLIS

I was just giving someone a piggyback, but I ended up with two slipped discs – the surgeon said it was the worst he'd ever seen. In the months after the operation I learned to walk with the help of physiotherapy, could drive and get a proper job. But then it got worse, and I found out all my discs had slipped. I was told surgery a second time around wasn't an option. Having a bad back became part of my life.

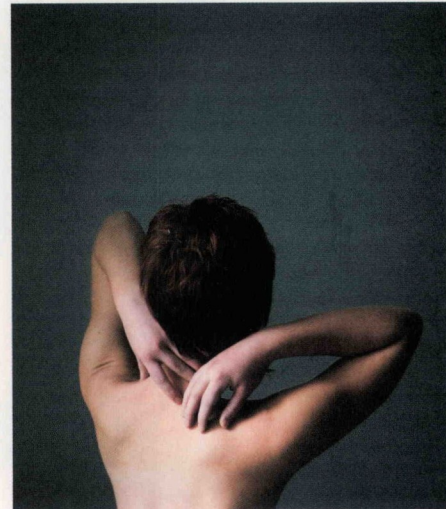
It meant there were so many things I couldn't, or was afraid to, do: sport, gardening, picking up children. And when I got a job, I had to sneak to the toilet periodically, to lie down and roll my legs around to ease the pain. I spent a huge amount on osteopaths, craniosacral therapy, chiropractors, the Alexander Technique. Only Pilates – which I practised religiously – really helped. But once I'd strengthened the core muscles, the effect wore off. So even though I thought what she did sounded a bit silly, I went to see intuitive healer Kristin Taylor with an open mind.

We talked for most of the session, with her occasionally touching parts of my body – my knee, for instance – and sometimes telling me to close my eyes. Not once did she touch my back.

We delved into the psychological aspect of my bad back, which was fascinating. My dad suffered the same thing, and I'd noticed my own back felt worse around him. Taylor said this could be my way of securing attention from him, and from others. After my operation, friends and family showed me more interest, and she suggested I thrived on that. She also asked if I felt my bad back had become part of who I was – and I realised yes, it had. 'You are now the girl who used to have a bad back,' she said, and with complete faith that I'd never feel pain again. I felt so good that I floated home.

*Kristin Taylor runs sessions from the Beyond MediSpa at [Harvey Nichols](http://HarveyNichols.com), London ([harveynichols.com](http://harveynichols.com))*

PHOTOGRAPH: FLAIN PICTURE



## FOUR MONTHS ON

■ *There is still some pain, so I'm not completely healed. But I've seen dramatic changes. I no longer roll around on the floor to ease the pain. I can sit at my desk for hours. When I go to the gym, I really go for it. I tell myself all the time, 'I am the girl who used to have back pain.' I've removed the condition from my identity, so it's not so all-consuming. And I fear less. I'm learning that as long as I listen to my body, I can do more physical things.*

■ *Everyone else who has treated my back tried to tackle the physical problem. But Taylor tackled the psychological issue, and it has had lasting consequences. I hadn't realised how strong the link is between mind and body.*

## LEARN MORE

*Kristin Taylor drew on the following techniques in the session...*

**Reiki:** where healing and energy are transferred through the healer's palms  
**Theta healing:** using natural intuition to remove negative emotions  
**Channelling:** downloading inspiration from a source outside yourself