



**The Rubenfeld
Synergy Method®**

International
Association of
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FOR IMMEDIATE RELEASE

RUBENFELD SYNERGY METHOD®
It's Hip To Be True
Tapping into the Wisdom of Your Body

Summit, NJ, — From chronic sinus conditions, to migraines, to tendonitis...sometimes the most common aches and pains are the body's way of saying that there's more going on inside than meets the eye. The Rubenfeld Synergy Method® is a powerful, effective bodymind therapy that addresses a multitude of issues with a unique approach that can uncover the source of the client's discomfort. The combined use of gentle touch and talk is the hallmark of the Rubenfeld Synergy Method® and can access hidden "blocks" of emotional stress, trauma, anxiety, tension and uneasiness in the body. Using light touch and expertly directed dialogue, a Rubenfeld Synergist can assist clients in getting to the core of their discomfort. The results can be empowering experiences of release, relaxation and restoration of emotional and physical harmony and wellbeing.

Karla*, a 40-something single, professional happened upon Rubenfeld Synergy after trying various self-help methods to manage an unexpected onset of lower body aches, moodiness and lethargy. As a believer in holistic health, she was uninterested in pharmaceutical pain relief options; but knew that she needed more than a simple massage, a vacation or a day off from work. So at a friend's urging, she decided to try the Rubenfeld Synergy Method®. Immediately, Karla felt at ease with the Synergist's gentle manner, cozy office and comfortable treatment table. But little did she know that she was in for a far greater experience than simply an hour of R&R.

"After I was comfortable", recalls Karla, "the Synergist gently placed her hand under my right hip, which made it feel higher than my left. Then she asked me what I felt." Much to Karla's own surprise, she simply let out a little laugh. Then, when asked about her laughter, Karla replied, "This may sound crazy, but with my hips in this position, it feels like the right side of my body has a real attitude." The Synergist encouraged Karla to keep sharing honestly about her observations. So Karla went on to describe another unexpected sensation. She explained that the Synergist's hand near her left knee made her think of the Virgin Mary kneeling to pray. "I don't know why", shared Karla, "but it feels very serious and religious on the left side of my body. But my right side feels sassy, like it just wants to shimmy and sway like a dancer." As the Synergist encouraged these two sides of her body to continue "speaking the truth", Karla was pleasantly surprised by her own discovery. By the end of the session, Karla exclaimed, "Wow! I think I get it! One part of me wants to be sexy and free-spirited and another side of me feels concerned about my religious beliefs and responsibilities! It's like the two sides of me are at odds with each other."

Karla had recently begun a new spiritual course of study; and it occurred to her that she was worried about how her new path would impact her ability to have a good time. When these thoughts arose, Karla usually chose not to acknowledge them, fearing that they might be signs of weakness in her faith. But the Rubenfeld Synergy Method® helped her realize that, not only was it OK to be honest with herself, it was necessary for her health. She felt relieved to discover what was actually at the "heart" of her aches. Over time, Karla was able to relax and experience a stronger sense of "knowing herself". With subsequent sessions, she gained more ease with being truthful about her desires. Discovering her truth allowed Karla to have better balance in her life without feeling guilty!

While all results are unique to the individual's experience, the Rubenfeld Synergy Method® explores each client's internal wisdom and unites the natural connection between their body and mind. The result is gently guided awareness that leads to an active and empowered role in their healing. Without drugs or invasive procedures, the Rubenfeld Synergy Method® offers a safe, holistic complementary approach to physical and emotional health and wellbeing.

**Client's name was changed to protect confidentiality*

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