

Lorraine Lewis of Peaceful Connection to be Featured on Close-Up Talk Radio

CARRBORO, NORTH CAROLINA, USA, November 11, 2014 /EINPresswire.com/ -- Dr. Milton [Trager](#) once said, "There is a way of being which is lighter, which is freer. A way in which work as well as play becomes a dance and living a song. We can learn this way."

Lorraine Lewis is a [healing facilitation](#) practitioner and the founder of Peaceful Connection, where she supports individuals in reconnecting and aligning with their divine nature to create a more fulfilling, joyful life.

"My passion in life is creating greater ease and flow in my own life and supporting others in that as well," says Lorraine. "The sessions I facilitate are about accessing one's essence, feeling peaceful in the present moment, and having an easier, more graceful, flowing feeling state with which to dance through life. I simply share tools that have worked well for me."

One such tool is the Trager® Approach, an innovative form of body work and movement reeducation. In his teens, Dr. Trager and his brother would go to the beach where they would compete to see who could jump the highest or the furthest. One day, Dr. Trager said, "Let's see who can land the softest." He would later develop these movements to create the Trager® Approach to relax the body's tension.

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Lorraine Lewis

"I would describe a Trager® session as feeling like you've been on vacation for a week," explains Lorraine. "The nature of the work itself is a joint mobilization technique, a gentle rocking. You're feeling the tissue and inviting it to have a different quality and texture: softer, more fluid."

Dr. Trager believed our worries and anxieties and stress obstruct us from the source energy. If we can connect to this life force, we reach a state of peaceful connectedness. During a Trager® session, your practitioner enters a relaxed meditative state, a state of oneness. Once in that space, the practitioner initiates gentle rhythmic movements, inviting a feeling of ease. Lorraine describes the "physical sensations" of a Trager® session as eliciting a sense of spaciousness, ease, wholeness, well-being and lightness of being.



“We’re helping the body to remember its natural state of fluidity, elasticity and ease, which is why it’s often called movement reeducation,” says Lorraine. “When we restore our fluidity, we feel more like ourselves. It’s profoundly relaxing.”

There are two components to the Trager® Approach: the work on the massage table and self-care movements. These self-care movements offer another road to the benefits of meditation.

“Connecting to our essence, our true nature is what most people are looking for,” says Lorraine. “We’re spiritual beings having a human experience. If we can connect with our true nature and see life from a broader perspective, we can navigate our way through life with less stress and more ease.”

Close-Up Talk Radio will feature Lorraine Lewis in an interview with Jim Masters on November 13th at 4pm EST.

Listen to the show

<http://www.blogtalkradio.com/closeuptalkradio>. If you have a question for our guest, call (347) 996-3389.

For more information on Peaceful Connection, visit <http://www.yourpeacefulconnection.org/>

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