

Fitness First Comes From Within: **Taking Charge of Your Inner Self**

By Cheyenne Mease, RPP

Healing one's heart, mind, body and soul is a process. It's a journey that starts with a commitment and continues as a way of life. The commitment to one's self often comes as a result of something life changing or traumatic. For me, the journey began when I was fifteen. I was in a motorcycle accident, lost a loved one and had a lot of stress in my life. By my early twenties, I was at the point where the medical community, family and friends - or as I would say, "All the king's horses and all the king's men" - couldn't put me together again.

As a result, I suffered with constant chronic head, neck and facial pain. I sought one medical doctor after another and none were able to help me at a core level. No drug relieved my pain. Medications often times treat the symptoms, not the cause. I was diagnosed, or as I like to say "tagged" with TMJ, fibromyalgia, migraines, depression and stress.

A few years later, I knew at a core level that I was called to help people heal, but I didn't know why or how. At that point, I didn't even know how to heal myself. Many of the difficult roads along my journey presented themselves because I needed to learn methods and modalities that were different from what I and so many other Americans grew up with.

It was during these years that I started experiencing past life recall. I felt and sensed things about other people that I wouldn't have known any other way. This was so different from how I was brought up, it confused me. I tried to run from it. This gift gave me more pain and I've been on an amazing roller-coaster ride ever since.

My Search for Alternative Healing

I began to look for alternatives to traditional medicine throughout my late teens and early twenties. Polarity therapy was the first modality that I pursued that helped me at all levels - mind, body and soul. My therapist then added craniosacral work. Later, I used chiropractic and acupuncture treatments. During these years, I got a second lease on life. I had more joy and learned how to manage and greatly reduce my pain. I harvested happiness and appreciated the abundance in my life which I attribute to a healthy mix of complimentary and traditional medicine.

Since I knew by then that I had a special calling, I began to study with teachers from many different disciplines. I studied polarity, craniosacral and talk therapy. I undertook shamanic and spiritual studies, yoga, qi gong, and meditation. I attended The Upledger Institution, Crown Center for Healing and the Reiki and Foundation for Shamanic Studies and learned about integrating a mix of these modalities into my clients' lives for them to achieve balance, focus, definition and long-term happiness.

I also learned to embrace pain and suffering. I often refer my clients to the book, *The Four Agreements*, by Don Miguel Ruiz. He teaches the Toltec philosophy of embracing life for all that it has to offer - and most importantly - being okay with it. It is so important to accept yourself for who you are today and just be with it.

And so, I help people in transition. I have the tools because I've been there. I have the gift because the universe provided it. You teach what you need. When my life was in disarray, I would go to bed in physical pain and get up in physical pain, and there was nothing medicine could do.

Today, many of my clients are women who need support like I did. They are at a crossroads or in deep physical, spiritual or mental pain. Many have never been taught that their emotional scars manifest in physical pain. So I teach my clients how to accept the scars and heal and learn from much of the physical ailments that torment them. The clients who benefit from the work are those who value holistic medicine and complimentary therapies.

According to one client, Gina Rubel, "As a mother of two young children, a corporate CEO, and active community contributor, I often find myself feeling burned out, stressed and exhausted. Since I started working with Cheyenne, everything seems so much clearer. I'm able to define boundaries and say no to things. The headaches that I suffered come back only when I forget to breath properly or allow stress into my life. There's no more drama, no more anger, no more taking things personally. At the end of the day, what's important is that I see the world more clearly, enjoy life, love what I do, and ultimately enjoy every moment for what it is."

There's no doubt in my mind that the spirit works through me. I use the terms 'Spirit, the Universe and God' interchangeably - they're a higher power that are there for our highest good. Each morning, I get out of bed, meditate, and practice qi gong ("qi:" vital life force and "gong" the practice / use of energy). I do that for my own spiritual, physical and mental wellness, so that my life is at its optimal level, and I can be available to the individuals who come to me for sessions.

Although I work with many women, I also work with men. One client came to me two days after he was diagnosed with pancreatic cancer. It's amazing to see him regain and take control of his power. He's doing chemotherapy, one-on-one sessions with me and sees a specialist in New York City who provides a combination of acupuncture and Western medicine. He's doing amazingly well.

I think of so many women who first came to me because they were in pain - physical, emotional or mentally struggling. A physician or a psychologist refers most of my patients. After we work together, they've embraced themselves - they are belly dancing, walking, or playing tennis -- finding a way to integrate positive change in their lives while still incorporating time with family and friends.

One woman, Dana Eldridge, came to me along with a family physician to experience my work complementarily - as I often demonstrate my practices in order to connect with new clients. Dana said, "We spent about three and a half hours with Cheyenne that day and I was convinced that she had taken energy work to a whole new level. Cheyenne could feel things that were unspoken."

Months later, Dana was thrown from a horse and broke each arm in six places. The emergency room doctor wanted to operate immediately, but Dana decided to go with just casts and came to see me. I worked with Dana after her accident. After six sessions, her x-rays showed healed, healthy bone where there should have been distinct fracture lines. "With Cheyenne, I have experienced both physical and spiritual healing," Dana said. The only visible sign of the trauma was a small calcification line on one ulna. Dana left the specialist's office fifteen days after the accident with no surgery in sight.

Today, as I continue my journey for knowledge and optimal

balance, I help people connect with their authentic selves and get back to (or for some find) what's really important. It is when one is "centered" on the self that he or she has more to give to others.

When you connect with your internal power, you will make choices that support the core level and thus sustain healing. A combination of traditional and complimentary therapies also creates more opportunity for the body's systems to work at their optimal levels. Then individuals get unstuck, boost their immune system, reduce stress, have more joy in their lives, see life more clearly, sleep better at night, have more energy, smile more, enjoy their relationships, listen to their inner voice and let go of and understand their past in order for greater peace today and in the future. It is a journey, a commitment, a lifestyle and, ultimately, love for one's self.



Cheyenne is a Registered Polarity Practitioner and Certified Wellness Educator with American Polarity Therapy Association, which requires a mastery of multiple disciplines. Cheyenne is a popular teacher, speaker and healer. For 20 years, she has been teaching Wellness and Movement classes locally and abroad. She has personally woven together Eastern and Western ways of exercise and stress reduction creating a uniquely eclectic and organic experience for her students. Cheyenne creates a supportive healing environment to individuals seeking renewed physical vitality and greater personal awareness via telephone, one-on-one at her serene studio in Upper Bucks County, Pennsylvania, and when necessary, at the client's location. You can contact her at Cheyenne@phillyfitmagazine.com.