

Okeko Systemic Energetic Bodywork



for private & professional benefit

No Messages Available

Heal Roots & Shoots

Restore Grounding & Sanity

with Attention & Consciousness



On our website okeko.org you can read about the purpose of Okeko® and the general set up of Learn & Share Gatherings. Read and agree to the [Terms & Conditions](#) to organise an Okeko Gathering yourself. In two hours sessions, we learn & share unique, easy, effortless nevertheless effective healing techniques for private and/or professional use. No holistic healing experience, certificates or membership needed. Participants need to sign the [Okeko Learn & Share Gathering Consent Form](#) and be okay or intend to be okay to heal and facilitate healing, the Okeko artist way.

Okeko Systemic Energetic Bodywork

Bodywork is a general term for a variety of healing techniques that involve touch, movement and various skills derived from the ancient healing arts to process emotions in order to free the body from fear, pain and stress as a way to access higher levels of consciousness.

In Systemic Energetic Bodywork, healing is based upon holistic principles, which means the earth, our body, mind, psyche and spirit are seen as devices, if you will, in an open system (Universe) we call life. Therefore, in a successful bodywork session, the facilitation of healing will enable a 'process of letting go' emotions, fears, pain and stress. We free ourselves to align with Universal flows of life and partake in the rise of consciousness.

Symptoms of fear, pain and stress are perceived as imbalances in the flow of energy that sustains this open system. Systemic Energetic Bodywork sessions rebalance bodily energy systems with the other devices, as mentioned above, to consciously partake in the healing flow of energy in the open system of the universe which results in the letting go of perceptions and expressions that hinder us to be okay.

We heal our 'roots and shoots', if you like. The roots of our problems are to be found in unprocessed emotions resulting in fears and the inhibition to flow in life due to creation of assumptions and limiting beliefs. 'Unhealthy shoots', denote our detrimental patterns in behaviour, lifestyle, relating to others, caring for and expressing ourselves resulting in pain and stress.

Sooner or later our bodies will have to find a way to deal with emotional blockages, pain, fear, stress, problems and trauma. The way we think, feel, reflect, perceive, experience, express, create, act in our reality; process and respond to our impressions; interact with peers, environment, planet and Universe determines whether we are in a continuous process of learning, sharing, unfolding and healing which is beneficial to the maintenance of our sanity or whether we are getting stuck, stiff and static which influences energetic processes in and around the body in less favourable ways.

The 'process of letting go' in Systemic Energetic Bodywork

Although it is possible to use the healing techniques by ourselves or in a group, for now we're describing the 'process of letting go' in an individual Systemic Energetic Bodywork session with two people present; one facilitates healing and the other intends to process emotions and let go of fear, pain and stress to improve sanity, enhance consciousness, heal and be okay which means in a coherent flow with the other devices in our open system.

When allowing healing and alignment of the energetic and open systems in and around our body we see tangible proof of a successful bodywork session in the release of tension, gradual transformation of the bodily structure and improved grounding. This not only teaches us that all devices of our open system are interwoven and work together, the healing responses of the body are in a slower pace compared to the instantaneous changes in the energetic system.

Initially the healing pace of the body accelerates the more we participate in bodywork sessions at a regular sequence. As soon as a base level of healing is reached, the necessity of a regular sequence falls away. The body will recognise Systemic Energetic Bodywork as a good, gradual and safe way to let go of fixation, contraction and stiffness in ever deeper layers. This profound healing process propels us to become aware of the root of our problems and getting clear what it takes to freeing ourselves so that we can process higher frequencies of energy in all bodily tissues.

In the days after a bodywork session, most clients feel that the 'process of letting go' continues and that they enter a phase of adjustment, if you will. This period varies between one and three weeks in order to process the instantaneous energetic changes. These changes are then integrated in and around the body (think for instance of adjustments in the way we relate to other people) by the further gradual letting go of emotions, fear, pain and stress that were locked into our (bodily) system.

The 'process of letting go' continues by becoming aware of detrimental patterns in perceptions, habits, behaviours, lifestyle, caring for ourselves, experiences, expressions and interactions with other people that hinder the flow of life, i.e. the flow of creative love energies in Universal consciousness.

By unlocking, which means processing emotions, overcoming obstacles, letting go of fear, pain and stress and opening up for vibrant energies, we grant the

body the opportunity to let go its 'energetic vaults' if you will, where we store all the undigested bad stuff which is held together by various parts of the bodily system where the contraction in fascia, ligaments and tendons play a major role. More on this will follow in a dedicated section because this is a huge subject ;)

When we're able to process emotions, go through fear and let go of habits, limiting beliefs, assumptions, useless control, contradiction and conflict, the results are profound and highly remarkable through physical, psychological as well as spiritual healing where the alignment of mind and body systems can progress in a conscious healing connection with larger parts of our identity, an alignment with creative love energies-in-formation, i.e. with the intelligence and wisdom of Universal consciousness, preventing the recurrence of getting stuck in emotional blockages, fear, pain and stress.

Many of our problems originate in conflicting relationships that we manifest by the lack of awareness about our core lessons to learn in life. A reality wherein we often struggle with emotions and fear. We might hide our feelings of isolation and long to deeply bond with others. Whatever we discover on our higher level of consciousness, we want to practise with our newfound insights and test our truths first in a welcoming environment where people have the courage to tune into metaphysical realms and relate to us in a subtle and sensitive listening way.

The Systemic Energetic Bodywork facilitator provides for a clean, welcoming place and creates an atmosphere of sacredness where we can build the trust that we need when we are in a transition from being stuck to being free. The good facilitator also bonds with undivided attention in healing, not in hurt. Every Systemic Energetic Bodywork session is an opportunity to shift our attention and learn about finding ways to unstuck our emotions, fear, pain and stress in order to be truly in the flow of Universal consciousness.

Every client brings a unique story of life to play with and facilitators aim to walk up the ladder of consciousness together with a client so that both benefit. The facilitator is prepared to refine the quality of sessions as an ever evolving project in life to relate to others in a sane and loving way which means the facilitator sees the 'Self'* not only reflected in interactions with clients, but also in the dynamics of transformation in the world at large.

*More info about the 'Self' in the booklet '[Holistic Healing](#)'

The tangible proof of this learning progression is recognised in every bodywork session and the level of consciousness is marked in the dynamics of relating to other people and in the manifestation of lovely, good-hearted and creative projects for the benefit of all.

Fear, fixation, contraction and too much tension in the body results in pain and stress by the lack of awareness of who we are, where we are and what our core lesson and purpose in life is. With the rise of consciousness we will be able to artfully respond to our quests in life. Ultimately we find out what it takes to feel okay and what it means to be okay.

Who are we?

Many identify totally with playing a role in society, the place and culture of birth or residence or a pattern of instant reactions to circumstances, and so on. All too quickly we say for instance 'I am a nurse, lawyer, lorry driver' or 'British, Dutch, Spanish.' or 'I am happy, angry, sad', etc.. This quick label fixes the 'Self' in a too small container of perception, if you will, and worse, it happens without realising it, which induces us to repeat detrimental patterns in the way we interact and react to other people, whereby we often express ourselves in violent and contradicting ways. Basically we go around in circles because we are so blinded that it's hard to find our healing spiral, so to speak, that allows conscious Cosmic flow.

Again, in *Systemic Energetic Bodywork*, the facilitation of healing is based upon holistic principles, which means the earth, our body, mind, psyche and spirit are seen as devices in an open system (Universe) we call life. When tuning at an energetic level, we'll find that these devices are connected in flows of consciousness that transcend boundaries and obstacles we perceive in the so called physical realm and therefore discover that we are part of ongoing healing processes.

If we are unable to tune energetically, we miss this metaphysical awareness, thus cannot totally identify with the flow of consciousness, so we are only conscious to a certain extent. The less conscious we are, the more fixed our perception will become. It is as if we've placed our-selves in a box and therefore miss many dynamics in life, all of which creates blind spots and 'energetic vaults' in our bodily system. We are unable to be in the flow of life because we're stuck and subsequently program ourselves to become more stiff and static.

Others can see clearly and often in a blink of an eye on what level of consciousness we operate because we are far better at seeing the blind spots and 'energetic vaults' of others than the ones in our own lives. The good facilitator plays for mirror, shares what's remarkable when appropriate, tunes to the energy behind a client's story, quest, problem, fear, dis-ease, pain or stress and has the courage to playfully challenge the blind spots and 'energetic vaults' of fixation, contraction and stiffness.

This feedback makes blind spots visible and opens the vaults in our bodily system which enables us to unstuck emotions in order to be in the flow of Universal consciousness. If we become more conscious of these dynamics in life we can turn them into opportunities for growth. Working together with others leads to becoming even more conscious. If we lack consciousness, we miss much of life's dynamics which often results in getting stuck in grief,

resentment and frustration or inertia by the repetition of detrimental patterns which eventually leads to dis-ease, pain and stress.

Where are we?

It really helps to orient. Not only getting informed about our location and what's happening there, but also our engagement with the rest of the world, planet and Universe. We want to find a satisfied answer to the question 'where are we and what are we doing here?'

Many people mistakenly assume that they 'do' a lot in life. Think of all our behaviours that we consider 'normal'. Many of us start to realise that when looking from a higher perspective, we are for the most part caught up in our patterns, an ongoing repetition of actions and reactions to other people. Our patterns will stay in place because of our convincing thoughts of obligation to perform them. Out of fear for critique or rejection from other people we do what we always did (and get what we always got).

More and more, we get stuck in the rut, so to speak, caught up in certain patterns of behaviour and locked up in repeating (re)actions which will be accompanied by a gradual declining level of consciousness and the lack of vibrant relationships with peers. On top of it, if we fail to acknowledge that we're not living our authentic Self because we're stuck in a compromising pattern, we will start to feel very isolated. Without awareness about the whole dynamic of the above described 'going around in circles' we will become even more static, stiff and stuck.

Systemic Energetic Bodyworkers reach out to people in such a situation to reenergise and realign the devices and systems in and around the body in order to process and release emotions, fears, pain and stress; to learn to play with Universal healing forces; to be in the flow of life again i.e. in the flow of powerful Universal consciousness, creative and love energies-in-formation; we

learn to take care of ourselves properly, freely connect with peers, express our feelings/thoughts and share our impressions, insights and experiences with one-another in a coherent and artful way; to enjoy the pleasure of learning together; to initiate, facilitate and participate in the rise of consciousness; to learn, refine and share the changing, transforming and healing qualities of artful live-on in awareness of the metaphysical realm and so on.

Advanced Systemic Energetic Bodyworkers are eager to share their stories about the progress of their 'work' (they rather call it play). How they accelerated and evolved from the moment of discovering that doing less brings faster and deeper healing results for both players. Every Systemic Energetic Bodywork session is a healing, learning and sharing opportunity for both client and facilitator because the good-hearted intentions to meet up in a session can be made very clear (crystal clear).

Many bodyworkers speak of a peaceful, sacred, but also magical atmosphere in the session room with its resulting healing phenomena and tangible proof of shifting old energies. They are eager to express what a fantastic feeling it is to partake in these healing processes. There's also an unspeakable gratitude and joyfulness which often peaks at the end of a session to be able to interact with one-another in such a sane, soothing and loving way. In fact, there are so many reasons why people want to learn & share Holistic Bodywork Healing.

Systemic Energetic Bodywork is an opportunity to learn, share and facilitate the letting go of emotions, fears, pain and stress in order to heal and raise consciousness. In Bodywork sessions we realise that energy flows where our attention goes, so we learn to intentionally play with the fruits of truth, consciousness, intuition, intelligence and wisdom in order to let our creative love energies flow and thereby refine our healing abilities so that we are able to connect with others in a subtle, sensitive listening way and share our insights about our healing dynamic far and wide.

We are able to continually feel the joy of being alive and celebrate the fact that we are part of a greater whole. It's inspiring to feel connected, aware of our bond in consciousness, wisdom, creativity and love flow in order to realise that's who we are. We are protected and supported by benevolent, sharing, teaching and healing forces in our Universe if we truly realise that we are a unique and powerful expression of these conscious forces.

When we learn to play with these forces in Systemic Energetic Bodywork, the qualities of love, wisdom, creativity, gratitude and sacredness easily flow in life and thus in all our interactions with others. We can learn to play even further with the intelligent light, sound and breath of spirit that heals us all in an infinite flow, wherever we go, to transform our perception of the so called physical reality artfully and transcend it by truly uniting with Universal consciousness so that the earth, our body, mind, psyche and spirit are graciously aligned in this open system we call life.

Besides ten years of teaching children and adults from many walks of life in various public and private courses, Okeko's founder had a private bodywork practice for seventeen years in the Netherlands and Spain. She shares her unique healing experience with delight. With undivided attention tuning to the questions, comments and feedback of participants, her entertaining style of response offers a fresh, creative and enlightening view on healing, which is playfully mingled with insights out of her former teaching experience and bodywork practice.

She can be invited via the [contact page](#) on Okeko's website for a dedicated Gathering to Learn & Share Systemic Energetic Bodywork to heal, facilitate healing and raise consciousness. You can also organise an Okeko Gathering in your own area of Scotland, preferably in a clean and welcoming place with people who are okay or intend to be okay with as much variety as possible in terms of age, walks of life, interests, healing experience, needs, offerings and so on in order to learn & share in a playful and rewarding way.

Okeko Facilitators

Aspiring Okeko Facilitators don't need certificates. They grow organically into the facilitation of healing and the rise of consciousness. We are fully capable to assess our-selves because we know when we are ready to share and will continually feel the need to learn more when facilitating healing because we are aware of our infinite rise of consciousness. Okeko Facilitators learn & share innovative ways of healing together. Bodywork is merely an opportunity to learn & share freely to explore the healing forces in and around us. Not surprisingly, this means without following a fixed curriculum with the purpose of building the next fantastic method in a rigid hierarchic power structure ;)

To be in healing flow is easy, effortless, nevertheless powerful and very effective in terms of beneficial transformation and transcendence of conditions and fixed identities that no longer serve us on our healing journey. As soon as people gather, healing is taking place, whether we are aware of it or not. It is crucial to become aware of it if we want to facilitate healing. Once again, energy flows where attention goes and combined with a healing intention the flow automatically becomes stronger, more vibrant and effective to mark and be part of the rise in consciousness.

Many times the example of one candle that lights up a big dark room is used to signify how little is needed to enlighten. We need to become deeply aware of this to realise our healing powers.

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in Okeko Learn & Share Gatherings

more info on our websites okeko.co.uk & okeko.org

Organisers of Okeko Bodywork Gatherings can [contact](#) us on okeko.org

Read Also Our Informative Free Booklet: [Holistic Healing](#)

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Okeko Learn & Share Gatherings to Heal and Raise Consciousness