

HEALING BEYOND THE BOUNDARIES

DAVID FLAKELAR

I wish I could say my New Year started blissfully, but that was far from the truth. After being ambulated to hospital I spent the next few days in a morphine induced haze. MRI's and CAT scans revealed I had bulging discs, severe nerve impingements and a labral tear in my hip joint.

Pain is without a doubt a great motivator! When you are in pain there is nothing you won't try to get rid of it.

Years of working my body too hard in the gym had taken its toll and I was faced with the very real prospect of major surgery.

This realisation led me to David Flakelar a Energy Medicine Practitioner.

With a healthy degree of scepticism my journey into energetic healing began.

David explained that whilst there may be structural issues that need to be dealt with by more traditional methods he would activate my body's energy systems to remove blocks and open my meridians and chakras. David made it clear that energy healing is a complementary modality and he does not advocate the exclusion of western medicines and treatments.

I could feel my body relaxing and a subtle electrical charge passing through me, after my first session I felt more balanced and there was a noticeable lessening of pain.

The excruciating pain that rendered me crippled a few short weeks ago has now gone without drugs, or surgery.

Five treatments later and I am no longer a sceptic, I am a believer! Whilst I don't completely understand how it works, I accept that it does. After all I still don't understand how the mobile phones, the internet and WiFi work but my life is heavily reliant on them.

I would recommend going in with an open mind for maximum benefit.

All you need to begin your energy healing journey is curiosity and a willingness to learn. Who knows? You might just get hooked!

- Kathryn Powell

Like most Australian surfers, I have a love affair with Indonesia. Her beautiful tropical blue waters receive long period glassy swells from Southern Ocean storms that wrap into a myriad of bays and reefs across 2,800 km of coastline creating a Disneyland for surfing tragics like me. I have surfed my way across the archipelago from Sumba in the east up to Sumatra and the Mentawai islands in the north.

I've travelled through some of the poorest parts of Indonesia where villages have limited access to modern medicine. I have been privileged to receive their hospitality, humour and honesty and where possible I was able to help them using energy medicine with the healing modality AcuEnergetics®. I have many stories of healing locals where I was able to bring relief from pain and suffering in all sorts of situations whilst on surfing holidays.

My first story begins in Sumbawa early 2000. A young Australian woman Jenny (a nurse on holiday) approached me with a potentially life-threatening situation. She heard through the grape vine I was a practitioner of something or other, so she reached out to me desperate for help. She had been unable to hold down food or water for 3 days. Anyone who has spent time trekking or surfing in Asia knows after malaria, reef cuts and motorbike accidents, dehydration is the next daily health risk as it can slowly creep up on you and the

next thing you know you're nauseous, dizzy and potentially passing out.

For Jenny, her problem started 3 days earlier in Bali when she awkwardly swallowed chunks of raw garlic. She semi choked at the time and thought nothing of it. Now with no flights leaving Sumbawa for another 3 days she was in trouble. Weak, badly dehydrated and with no medical help available, I was it - no pressure!!! I reasoned the pranic field of sumana had reversed and I needed to balance the navel energy centre to re direct the direction from upwards to downwards otherwise I couldn't help her and this condition would continue.

Pranic fields govern directions of energy effecting organs and various body functions. Sumana governs horizontal and downward energy in the body that supports biological function. In this case, the digestion track uses this field to move food and water down the throat through the stomach and digestive system for normal function. When pranic fields are imbalanced problems occur in various functions of the body.

The navel energy centre was completely imbalanced. Using resonance

Resonance is a healing technique that is unique to AcuEnergetics® It works like a tuning fork creating an opening and balancing effect on energy centres and meridians. This technique also allows the practitioner to feel and access in real time when a system is in balance whilst working off the body without needles or other devices. The modality is complimentary to traditional western medicine by supporting the body's natural healing mechanisms.



off the front and the back of the navel centre for 20 mins I could feel the field change and unify in one beautiful moment. For Jenny she said "something moved and felt like a clunk in her stomach" she was able to drink and eat normally afterwards as the pranic field now allowed her digestive system to function as normal. We both were very relieved.

Same island, next day, I was asked if I could help the old lady down the beach who owned and ran the beach shop which comprised of a simple door resting on two trestles. She sold fruit, biscuits and cigarettes under a palm tree next to the walking track that meandered along the beach in front down to the surf at Lakey Peak. I agreed, as you can't surf all day. So in the cool of the afternoon I walked down the beach and in my broken Indonesian asked "halo apa kabar ibu" meaning how are you mother (for respect of senior women younger people use mother or ibu when addressing them). After back and forth conversations I understood she suffered long term headaches, neck and shoulder pain and sore hips. The location of the pain and her descriptions matched a wood imbalance (liver and gallbladder) and the area on her body matched perfectly with gallbladder meridians that flowed through the hips, neck and shoulders wrapping her head.

I see these symptoms daily in Australia with patients usually caused by swallowing or controlling some aspect of yourself through words and emotions (usually frustration). Normally, the emotional congestion would be processed and balanced from the energy throat centre first, then the associated meridians in this case gallbladder and liver meridians would be opened and balanced. Energy governs strength,

flexibility and function in the body, it has the potential to cause numerous symptoms and conditions if imbalanced.

Here I was in remote Indonesia with an elderly Muslim woman, barefoot only wearing a sarong and 20 locals gathered around watching intently so my treatment approach had to be modified accordingly as she sat on a chair in front of me. I balanced the throat centre of her body to the gallbladder organ to release the pressure of her pain. This improved her headache by her emerging smile saying "halo apa kabar ibu" meaning "no pain" so I knew I was on the right track.

Thirty minutes later the gallbladder meridian at GB1's (next to the eyes) felt much better and the headache was completely gone. (Sometimes this will work other times it won't depending on the cause especially if its emotional stress - I got lucky with her) The pain through her hips and shoulders also released by balancing other points along the gallbladder meridian at GB21's and GB44's until she was pain free. She was overcome with joy and with tears in her eyes gave me her last bunch of bananas as a thank you - absolute priceless moment for me I'll never forget it.

Over the rest of my 2 week holiday I agreed (with an interpreter to help me) to treat 2 locals per day from 4pm to 6 pm under the palm tree next to the "shop". Ibu and many others got relief, and in most situations stayed pain free in the 2 weeks I was there. Obviously, some conditions need western medicine or surgery to resolve pain and discomfort, however in these situations I was able to heal many people from young girls with urinary tract infections, older fishermen with shoulder pain from lifting boats, to the a local Shaman from a foot injury caused by excess dancing and being old - all were incredible experiences.

I returned to Hu Hu Sumbawa the following years for surf holidays and continued to treat and help locals under the same palm tree next to the "shop" sharing my knowledge and receiving so much more than I gave from the love and appreciation from people who really needed help. I hope to return one day and see Ibu and many locals that became good friends. The surfing experience was vastly enriched by these experiences with locals that moved me in so many ways.

The realisation of the gift of giving was now a treasured lesson for me and I look forward to helping people in third world countries again in future surf adventures.



DAVID FLAKELAR

David is known for being a dynamic, inspiring and caring health and personal development professional with over 16 years experience in Australia, Canada and America.

David's career in personal development started with his own personal journey and transformation, seeking out how to reach his own potential. He soon realised how much he loved helping people reach their potential and embarked on extensive training programs to qualify as a health professional in energy medicine, life coaching and meditation.

David has developed his own style, approach and philosophy based on proven science and years of successful treatments in private practice, sporting teams, schools and businesses.

David cares about people and believes that we have lost the art of "self care" and "personal transformation". As a result, he feels most people live lives well below their true potential personally and professionally.

Passionate about personal transformation, he has helped many people transform their health, improve their personal relationships and reach a higher level of professional performance to achieve success in all aspects of their life.

David combines a range of treatment disciplines with mindfulness meditation, stress management training and coaching to deliver powerful transformations enabling individuals and companies to reach their ultimate potential.

Qualifications

- Bachelor Applied Science Curtin University
- Qualified Energy Medicine Practitioner AcuEnergetics®
- Certified Holistic Coach Metavision Institute



David is available for individual treatments, business and sports performance training on the Gold Coast, Lennox Head and Sydney.
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