



Tapping into connection, self-care rituals and wellbeing

Gabriela Zoltakova Hjorter

The Wellness Tribe, Switzerland

Abstract

Sacred rituals and ceremonies have been part of the most ancient tribes. Using all six sensory experiences of our being we form connection to intricate fabric of authentic expression of ourselves. And it is that connection to ourselves that acts as a bridge to forming connection to others and the world around us.

In today's fast paced world we recognize this connection to be somehow missing. We no longer gather with the sheer purpose of connection to one another.

Deprived of a genuine presence, sensory experiences, freedom to feel and express emotions, we often fall into self-destructive modus operandi that leave us running on empty affecting many areas of our lives.

As a medical care providers and caretakers, we take on the role of a healer. According to Wikipedia – a healer is “someone who purports to aid recovery from ill health”. It is that sacred ability to hold healing space for one another that creates an ultimate connection as a collective.

“Science Confirms that the Vagus Nerve is the Key to Wellbeing “last year’s article from Markham Reid showcasing various examples of vagal stimulation and its profound effects on optimal health.

Consistent practice of self-care ritual developed by The Wellness Tribe, focusing on vagal stimulation incorporating human touch, breathwork, mindfulness meditation and vagus nerve aromatherapy massage is one of the most effective methods to boost overall health and wellbeing in our personal and professional lives.

Biography

Gabriela Zoltakova Hjorter is a formal nurse turned Energy Medicine Practitioner, (RMT) Reiki Master Teacher and Founder of The Wellness Tribe. With over 20 years’ experience in the world of wellness, spirituality and wellbeing in USA, Asia, Africa and Europe she brings an innovative approach applying ancient healing modalities to boosting overall health and wellbeing in personal and professional life. She is very active in her local community in Switzerland and globally, facilitating wellbeing workshops, gatherings, courses and retreats for women with the focus on self-care, ancient wisdom of energy medicine, nature, seasons and cycles. In her private healing practice in Zug, Switzerland she facilitates bespoke, full sensory, intuitive healing experiences for women. Her book “Inner Compass “due to launch by the end of this year, is celebrating women’s intuition and the power of Divine feminine principles..



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