



Brita Ostrom: The Embodied Healer: Trust and the Esalen® Practitioner



Brita Ostrom has led massage and somatic workshops at Esalen® and on the international stage for more than 40 years. She is a founding member of the Esalen® Massage School, practices Gestalt awareness work and participated in Esalen's two-year somatic education program. Discover the supporting neuroscience and experience how working from a centered place allows you to open your senses and truly see, hear and touch your client.

TOP EMBODIMENT TIP: Somewhere deep within us is that ability to reach out to heal ourselves and to heal the planet.

What Is a Healer: Are You a Healer?

- Everyone has the capacity to become a healer.
- Being a healer develops over time.
- Healing is an intimacy with yourself and the other.
- Clear yourself enough to trust your own perceptions.

Being a Healer: Knowing From Within and Showing Up Authentically in Real Time

- Everything you do shows up - be clear and present.
- Utilize your knowing from within.
- Healers must bond with their client.
- Experience the client by not judging them and having an emphasis on reflection.

Developing Your Inner Healer: Brita's 3-Pronged Approach

- A daily Practice of becoming centered with yourself and nature.
- Self development (including soul searching) through taking in information and sitting with it.
- Relationship development by reaching out and taking; and accepting what is.

Resources

- ❖ **Courses:** [The Body Remembers](#)
- ❖ **Email:** brita.ostrom@esalen.org
- ❖ **References:** [Esalen® Institute](#)



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Rafe's work has been featured in TEDx, the Journal of Ancestral Health, Paleo Fx, the Ancestral Health Symposium, The Embodiment Conference, multiple health and well-being podcasts, and he even organized the first international parkour events in the United States.



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