

## Heal Yourself Before You Can Heal Others

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“Get in Touch with your Health - Heal thyself first in order to care for others” was the theme for the September 24 WFWP DC Chapter’s afternoon health seminar held in the Washington Times building.

As attendees took their refreshments and mingled, soothing songs played in the background. To begin the program, the emcee, Ms. Elizabeth Aihe, WFWP DC chairwoman, asked everyone to introduce themselves to break the ice. Mrs. Mary Holden from the Maryland Chapter gave the invocation, followed by a video presentation to introduce WFWP’s mission and work around the world.

It was a small intimate gathering of about twenty people. This allowed Mr. Viktor Bocharnikov, the presenter, to be close to the attendees during the first part of the seminar which was an interactive session on general health.

Mr. Bocharnikov, a Certified Massage Therapist with vast knowledge and experience related to health, explained how important it is to control our emotions, to exercise, to relax and eat well in order to be healthier and live longer. He mentioned different techniques of relaxation and how our digestive system reacts based on how we are thinking before we even eat the food. What we are thinking about when we are buying the food, cooking the food, and when it is time to eat the food can have a big impact on our internal systems. He gave so many health nuggets.

The second session was a demonstration of how we can use massage therapy to help ourselves and others when we are in pain or just need to relax. Mr. Bocharnikov worked on 5 people who were experiencing pain. It was such a joy to see people who came in with pain, leave feeling better after five or ten minutes of therapy.

Here is what some of the attendees said:



Mrs. Mary Holden: “I am very grateful that I attended the WFWP Health Seminar with Viktor Bocharnikov. I learned a lot about his healing massage modality. I wanted to have a healing session but I thought there may be others that have worse health issues so I just watched his work...I learned that it is important to control our emotions so we don't cause disease. When I arrived there I had some shoulder and back pain but when I left it was all gone, and I didn't even get treated by Mr. Bocharnikov. The room was filled with healing energy! I look forward to the next Health Seminar. Thank you very much.”

Mrs. Caroline Sonna: “Two days before the seminar I was in so much pain that I almost went to the hospital. When I got the reminder about the health seminar I decided to come and attend. Mr. Viktor Bocharnikov worked on me for a few minutes and the pain disappeared; since then I have NO back pain. After such an experience, I want my husband to go and see Bocharnikov too.”

About the Presenter: Mr. Viktor Bocharnikov is a Certified Massage Therapist with a vast knowledge and experience on health. He has a Landmark center for Therapeutic Bodywork where he provides Massage, Myofascial Therapy, Muscle Energy, Craniosacral Visceral Manipulations, Reiki Self Instruction and is a Continuing Education Provider.