

# A Healing Embrace

by Geha Gonthier

"I rarely let the word 'no' escape from my mouth ~ because it is so clear to see that God has shouted 'yes yes yes' to every luminous movement in existence!"

Hafiz

This poem captivates the essence of my life, my work, my passion.

I was not quite 3 years old when I first left home. It was drizzling rain, and the plastic bags I had tied around my feet didn't really protect them from the puddles. But it mattered not, as I determinedly made my way to church, all by myself.

I had decided it was time to live with God. Apparently he was the one that could answer all the questions I had, or so I was told by my parents, who seemed exasperated with my endless inquiries about life and the world.

This early incident is characteristic of how I continued to explore my passion. Fiercely independent and unafraid to veer off the beaten track, I carved a path that many people would call unusual.

Healing was the common thread through it all. The physical challenges I was confronted with in my own childhood instilled a deep thirst for real answers. It became clear that healing was not a straight path of predetermined prescriptions, but a dynamic, individual journey involving body, mind, and spirit.

This understanding is the foundation for my business. My own windy road of healing taught me the importance of addressing every aspect in the complexity of the human being.



Tracy Grabowski Photography

I feel privileged to have gathered a highly professional team of therapists around me. Our wellness centre offers an eclectic mix of modalities. From Ayurveda, to Thai and Traditional Chinese Medicine, massage, reflexology, organic beauty treatments and more, we provide a safe space for profound healing.

When I opened Wellness on Whyte a little more than two years ago without any previous business experience, I often reflected on that toddler stomping through the rain. Then, just as now, my naïveté was only paralleled by my determination.

Today we have reached a level of success that allows us to open our wings wider into the community. We are collaborating with iHuman, an organization whose work with neglected and street involved youth touches me deeply. Our team would love to be a contributor helping them move beyond the destructive message of their abuse and support their inherent potential. Young people are so amazing. Their vision is what carries the future of the world, of our planet. I will do whatever I can to ensure it is whole and beautiful.



Geha Gonthier, B.A., R.Ac., ERY-T  
Owner, Director, Acupuncturist  
Wellness on Whyte  
8135-102 Street, Suite 303  
Edmonton, AB T6E 4A4

780.437.9355  
geha@wellnessonwhyte.com  
www.wellnessonwhyte.com  
Facebook.Twitter.Instagram