

## A Flash Of Bliss

### **Geha Gonthier, R.AC; ERY-T; B.A.** **President, CEO, Acupuncturist**



**According to Tibetan Medicine, when a human being is conceived there is a flash of bliss. A flash of bliss that is the foundation for what is to become the heart chakra, the energetic center of our emotional brain, filled with compassion and love.**

When I first learned that I was intrigued, and I fell in love with this theory that to the Western analytical mind seems a bit of a mystical fairytale.

Interestingly enough, in recent years, Western Medicine has discovered that at the moment of conception there is a visible and measurable flash of light in the womb. Could it be that this light is the flash of bliss that the ancient Tibetans talk about in their scriptures? I don't know, but I like to believe it is.

I also like to believe that what in the traditions of Yoga and Oriental Medicine is referred to as our True Nature is the inner thread that connects us all to the Intelligence of the Universe.

What does that have to do with business you say? "Everything" is my response.

Business is the current place of power. Business is what moves the world today—it drives politics, influences religion, and backs science. An economic exchange of goods and services, business steers the belief systems of the majority of the population, and as such, is the social glue at the epicenter of the workings of our modern world.

I am the owner of Wellness on Whyte, a Wellness and Beauty Clinic in Edmonton. By learned trade an Acupuncturist, Shiatsu Practitioner, Yoga Teacher, and Inspirational Speaker, my focus is to create sanctuary that inspires both staff as well as our clients to connect to that 'flash of bliss' that I understand to be the very essence of our being. Because of this commitment, I view everything through the lens of 'sanctuary'—the staff I hire, the practitioners I work with, the colors used in the physical space of the clinic, the essential oils I blend and diffuse, and the treatments I create together with my colleagues. We have set the bar high, and we love it!

Like everyone, I can be rattled by the challenges of life and business. Regardless I cannot help but ponder what were to happen if more of us remembered that we all started out as a flash of bliss. A flash of bliss that to this day and until the day we leave this earth is the passion that burns in our heart, the flame that 'inspires' us.

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Wellness on Whyte, Edmonton  
[www.wellnessonwhyte.com](http://www.wellnessonwhyte.com)  
Facebook: Wellness on Whyte; Twitter:  
Instagram @wellnessonwhyte

