





## TREATMENT REVIEW

# Recharge your body

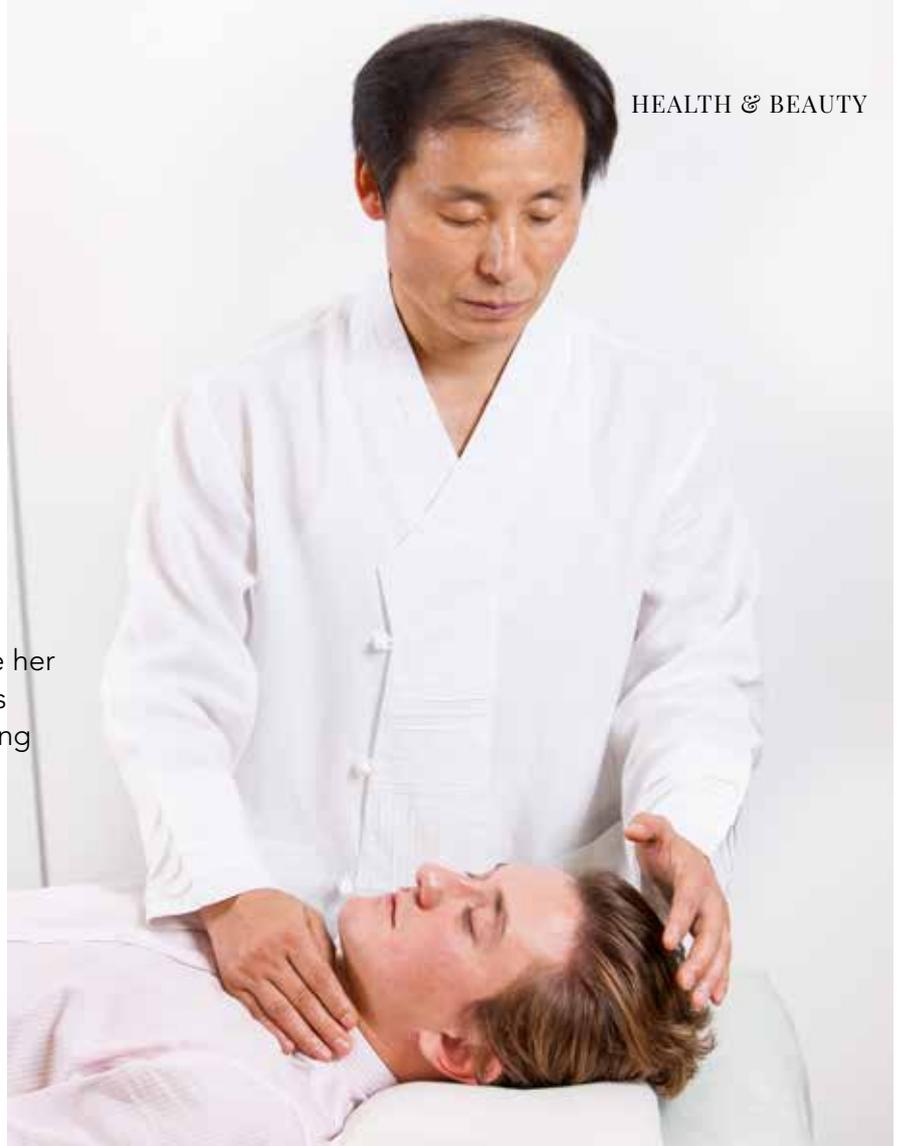
**Hannah Lemon** attempts to leave her cynicism at home when she enters Master Oh's place of energy healing

I am lying on my back while Master Oh, a South Korean energy healer, presses hard and directly into my bladder. Not only is this painful, it's also a bit disconcerting, because while I'm trying not to think about how quickly I could get to the loo, I'm also attempting to pass off Master Oh's loud exhalations as normal.

It's not easy for me – I tend to take a stern approach to health (if you're not dying, you don't need a doctor), and am doubtful about most spiritual therapies. But maybe that's exactly why I need them. My emotions are locked up – in my stomach, according to Master Oh.

His theories focus on 'qi', which translates as 'breath' or 'air'. The main principal is that energy systems flow through our bodies and any blockages in the flow can cause physical and emotional issues. Master Oh's job is to find these black knots and release them.

Testimonials show that he has relieved patients of myriad ailments: from back pain to sleep deprivation, even helping one woman to conceive. Master Oh tells me that the trigger for launching a practice was to help his



friends and family who suffered similar symptoms.

One vital part of the treatment is that you have to be open to receive advice. Which is why, when I enter the room, I attempt to leave my doubts at the door.

I am pleasantly surprised. After I outline my current issues (occasional migraines, lower back aches), Master Oh responds with an acutely accurate description of my personality and how these elements are affecting my energy levels, thus my physical condition.

I have to hand it to him: if nothing else, he can certainly read people.

It's at this point that I lie down on the table while he exhales, chants, blows noise and kneads my stomach (where he finds the blockage), arms, neck and legs, and occasionally pauses to hover his hands over me. At one point I'm sure I hear him burp.

Despite my negativity, I do feel different; a little lighter and the pain I felt as he pummelled the centre of my abdomen has subsided almost entirely.

The average person is advised to sign up for five sessions to ensure the best results. Others make regular appointments once or twice a month. While I may not be a repeat customer, Master Oh offers me future consultations via Skype. Just think – now I can have positive energy on tap. ■

*First treatment and consultation is £180, Jung Shim Wellness Centre, 47-50 Margaret Street, W1W, masteroh.org*