

An alternative way of living out her calling

By Clara Lai

At 21 years old, she was taking a secretarial course after her GCE A Level examinations when she felt the call to join the Religious life.

Jane Chong went to speak to Canossian Sr Marilyn Lim, and also attended retreats by the Canossian Sisters as the "call was very strong" and she "wanted to find out more about what it is".

She eventually joined the Canossian Sisters at that tender age.

Sr Jane, now 53, shared that in 2004, she learnt about alternative therapy through a naturopath, and that it attracted her as she was "very interested in anything natural".

"A lot of people come to me sharing their pain," Sr Jane commented, and added that the cause of the pain is that the "psychic spirit is not in harmony with the body".

"The only solution is God," Sr Jane said confidently.

She started to introduce counselling sessions to "help people get in touch with their pain and unblock whatever is in their system", because in her study of natural therapy, the "body can heal itself".

"If they're in touch with God, it's easier to heal [them] also. It's connected," she added.

Eventually, the Catholic Wellness Centre, which currently stands at 4 Lorong Low Koon, was set up in March 2012.

But Sr Jane also shared about the initial obstacles that she faced, from self-doubts - to skepticism from her fellow Sisters.

"It takes time for the Sisters to believe in what I was doing, because it's so new," Sr Jane said.

"Only in recent years, there has been a newer understanding

of things. Now they bring in more people and recommend the centre to others, because when they're more convinced, they will then introduce more people," she added.

According to Sr Jane, over 1,300 people of all ages have come to the centre since it started. 80 percent of whom are Catholics. On average, each individual undergoes six sessions.

Her staff consists of 12 assistant therapists, and there are also three external chiropractors who voluntarily help out at the centre once a month.

Apart from physical therapy like acupuncture, the Catholic Wellness Centre also has various machines that can "help different kinds of ailments in the body".

Firstly, there are bio-feedback machines that can "find out the body's problems" by bringing "awareness of the stress in the body cells".

There is also a frequency generator. "When the body is diseased, the frequency is reduced," Sr Jane explained. The machine helps to "regenerate and stimulate the cells to bring back healthy circulation".

Lastly, the centre's MI energy machine produces negative ions which help to "clear the acidity of the body and bring the body back to health".

Nonetheless, Sr Jane reiterated that the "machine only helps to unblock congestion. It does not heal, the body takes over its healing."

For young people who are considering a Religious vocation, Sr Jane said, "Most important is the relationship with God. If we feel loved by God, we would want to share this love with others." □


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A client using the frequency generator machine, which is said to 'regenerate and stimulate the cells to bring back healthy circulation'.



Canossian Sr Jane Chong, who has been living out her vocation through alternative therapy, shared that when she does not know how to deal with a client, she looks at the picture of Jesus (left) for help.




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