

Member spotlight — Corrine Brown

About you: I'm Corrine Brown, owner of Institute of Holistic Therapies. As an Australian Chinese with a Singaporean heritage, I'm blessed with the best of both worlds and combine Eastern and Western influences and values into my life philosophies. I specialise in holistic treatments.

Qualifications: I am a professional student so I have various qualifications. You can view them on my website (details below).

What is your current work? I wear many hats – international examiner, training facilitator, treatment provider, volunteer, counsel, mentor, mother...the variety makes work (and life) fascinating.

When did you become interested in massage?

Growing up with both “conflicting” cultures and traditions, respect and acceptance of the differences is required. The Eastern environment of touch is basically non-existent; and if it is, it is not publicly shown. Despite growing up in this culture, it is interesting that I am directed to an industry where I am licensed to touch. The yearning of being nurtured goes back to my childhood where the importance of touch signifies a loving bond.

What three words describe your work and passion? Purpose, devotion and inspiring. My work is my passion. This passion has a purpose. This purpose is consciously performed with devotion. This devotion is incredibly inspiring.

Are you studying? I am forever studying. The holistic approach to somatic psychology and metaphysics is the main focus, everything else revolves around this. This approach is practised in all areas of my personal and spiritual growth, learning, healing and teachings.

What do you like most about massage? That there is no need for any words. Touch through massage conveys the deepest unspoken emotions. It heals and breaks down all barriers. Touch through massage is unconditional love. Touch through massage is sharing this love. Love heals.

What do you find to be most challenging? Self Mastery! Life throws us fantastic challenges as opportunities for self-growth and development so this is all good. This is good to remember during a personal crisis!

Has anything about the profession surprised you? We go full circle from ancient healing to new age healing. The more we know, the more we want to know and the more we realise we know only very little. It's not just massage. Bring in culture and now you have so many varieties and possibilities for massage. Bring in the personality, bring in the soul connection...you surprised yet?

What's next for you?

The world is my oyster and I put it out there and trust! I am open and the universe guides me. Closer to home – I am planning to network all my trainees, Australia-wide and overseas.

Institute of Holistic Therapies

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