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Colleen's E-Words

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Welcoming Possibilities

What if I told you

That

You could nurture

Yourself

For five months

With

Massage

For less than \$2.00

Per day

*AND, you would not
have to worry about
bringing cash, check-
book or credit cards*

*AND, you could come on
a whim?*

**CHECK OUT THE
COUPON ON MY WEB-
SITE!**

SUMMER SPECIAL

IT TAKES TWO!

**\$10 off the first massage
\$15 off the 2nd massage**

OR

**Share this coupon
And each save**

-\$12.50 off

**ONE-HOUR
MESSAGE ONLY**

**Expires 7/31/09
In studio only**

The Genie In The Body, Massage and Stress

The body is "... fearfully and wonderfully made..." [Psalm 139:14].

<http://www.youtube.com/watch?v=4iCcnDuYG-4>

Sixty years ago, a hypothesis was made that has become "central dogma" in all the textbooks. This dogma [meaning, a belief based on religious persuasion and not scientific fact] has become accepted as if it were the truth. That belief is that our DNA controls our life; that we are victims of our genes.

However, as science has evolved in its technology and has taken a deeper look, it has been uncovered that the body is actually energy and is influenced by energy. This is in opposition to the central dogma that we are solid matter. [Einstein: $E=mc^2$].

This change in belief and approach is like going from a crank telephone to a cell phone — going from Newtonian physics to Quantum Physics. Not everybody is on that page. The textbooks are still un-

dergoing change.

These new findings can change your whole belief about life and the way that you live, because it is *thought* energy that is in control of our health. Actually, *thoughts about* what we perceive "out there." There is more. Our cells hold memories of events, beliefs [thoughts about], and even memories of our ancestors.

The new science is called "epigenetic control", which means above genetic control. This translates as control above the genes. This is like the difference between being controlled by the genes—victim. and being *in control* using your mind.

If you want to change your life and express different characters and traits, then it is important to know that you are master of your life *if you can become* master of your thinking. This article is not long enough to explain the gaps in this huge leap of thinking. Please do

remain alert for and do research on your own to check this out.

<http://www.youtube.com/watch?v=Y-Hh7b3Nxxc>

How does this relate to stress and massage? Very simply, as simply as possible here, **stress can be defined as resistance to what is.** What we perceive going on in the world around us and how we choose to think about it can create stress. Stress is a reaction to our thinking about something.

On the other hand, harmony, when everything in the body is working synchronously or coherently, is also a reaction to our perception related to thinking about what is.

A really good example of this is in medicine: The placebo effect and the nocebo effect.

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Stress is the basis for
95% of all disease

The Genie In The Body, Massage and Stress

We are very familiar with *placebo effect*. An example of that is you are given a sugar pill and told by your family physician whom you respect and trust that it will give you the relief that you seek. Because you respect and trust the source, you believe that it will help you and it does.

We are not so familiar with the *nocebo effect*. That can also be found in medicine when a physician says, "I'm sorry, there is nothing more we can do for you." If you buy into that, your demise is imminent. Or, to use our example from above, if a medicine is given [not a sugar pill, but a real medicine], and the physician tells you, "I don't think it is going to help you, but let's try this," there is a very good possibility it will not work. Or, even if your physician believes it will work and *you don't believe it to be so*, it will not work for you.

The mind is very powerful and we have been using this power haphazardly, unaware of what we are doing to ourselves. What are we doing? We are instructing our trillions of cells in their behavior: Health or not so much health. Each of those cells has memory and, unlike the billions of humans on earth, our cells are in constant communication with each other, listening and responding. The original intent of our Maker is to go towards health, which means wholeness.

STRESS 101. Stress is, therefore, our bodies in nocebo effect.

There are two "causes" of adverse effects of stress to our physical health. [1] Circumstantial stress and [2] physiological stress. Although, as briefly as possible, it all distills down to the physiological level.

Circumstantial stress means what is going on out there, in the world. Those ringing and vibrating phones, the alarm clock, the traffic noises, the manifested moods of people in your workplace, the delays, the time crunches. . . All of those things that you seem to have no control over whatsoever are circumstantial stressors.

Physiological stress means memories of stressful events that are stored in your cells and are reborn into every new cell as the old cell dies; it also means cherished beliefs that are stored in the memories of cells; all "unexpected" circumstantial events which were impressive to you, etc., etc.

The mind with its beliefs, notices something happening, chooses to



respond according to its beliefs about the event, you have an experience and produce a new thought about, which you entertain over and over again [memory] and something happens and you choose to respond and you have an experience — it really is a vicious cycle. This explains why we keep having the same experiences over and over again.

Einstein said [loosely quoted] that the definition of insanity is to keep doing the same things over and over and expecting different results.

Henry Ford said [loosely quoted] that if you think it is so, it is.

To sum up this very brief article about a deep new finding, our mind is the master of our life, including all cellular life, which includes master of disease or health — it is to the degree of our placebo thinking or our nocebo thinking that we respond to events and our thoughts and beliefs thereby creating stress or harmony.

MESSAGE AS A TOOL Why is it said that massage gives relief from stress? How can you *make the best use* of massage? Once again, I will tell you that as a massage therapist I feel like the person rubbing the magic lamp, **but only** if you *choose to experience* the event as delightful [placebo]. There are folks who do not like to be touched [nocebo]. It is assumed that if you schedule a massage of your own free will, you choose to be relaxed.

The body, being "fearfully and wonderfully" made, is geared to two major reactions: fight or flight [stress response], or at ease./harmony. Therefore, it takes about 15 minutes for the body to *decide* if massage is "safe touch." When it makes that decision, it responds to the massage touch by releasing 1400 named hormones and chemicals which include endorphins and nor-epinephrine and nor-adrenaline [the same chemicals contained/release in a sedative/anti-depressant]. It is these 1400 chemicals and hormones that circulate throughout the body relaxing, repairing and restoring, up building and uplifting.

Furthermore, if you want, during a massage you can ask your mind to release any memory or belief to you that you no longer need. It is the mind that has created the stress, which has created pain in the body at its weakest point, or most used point. The questions are, "What am I believing that is causing me to experience a stress reaction to create this pain/tension? And, "How can I see this differently?" My massage clients who bring this perspective to the table, are experiencing some powerful insights. **How do I release those things I do not want?** You can bring yourself to the point that all you have to do is say, "I no longer need this belief,"