

Professional Massage Therapist

Certified Empowerment Coach

By Colleen Steele

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LIFE COACHING

A life coach works with relatively healthy people who want to improve their lives in specific ways, such as changing careers, finding a healthy relationship, taking their business to a new level, losing weight or deepening their self-understand, for example. They deal with stress management as well as time management, goal setting and other key areas of change to help their clients lead more balanced lives that better reflect clients' personal values and priorities. Coaching differs from therapy in that the focus is more on the present and future than the past and more on goals and behaviors, and there is a more equal balance of power between the coach and client than between the typical therapist and client.

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Colleen's E-Words



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Welcoming Possibilities

FULFILLING BASIC NEEDS THROUGH MASSAGE

As human beings, we have five basic needs on all levels, Mind/Body/Spirit: [1] A need to be seen; [2] A need to be heard; [3] A need to be respected; [4] A need to be safe; [5] A need to belong.

Massage can fulfill these basic needs. To do that, a masterful therapist establishes an attuned, focused, and optimistic state of being within herself to then be able to attune to the client. This is vital because intention and touch alter psychic activity with or without the recipient's awareness.

This attunement empowers her to "modulate stimuli" in response to a client and evoke a cascade of physiological change, including:

- Balancing hyper- and hypotonicity.
- Hydrating tissues.
- Increasing circulation
- Interrupting patterns of habitual clenching and holding.
- Lubricating joints.
- Releasing muscle tension.
- Softening the psosas.

Being able to modulate stimuli

means, being present with the client, *seeing them* as they talk and walk and how they sit down and stand up. These actions speak as loudly as words.

Being present with the client means *hearing* the words they say and listening intuitively from the heart for the words they do not say. *Listening* includes "listening" with the highly sensitive/highly trained hands and fingertips as they glide over the terrain of muscles, ligament, cartilage and bone. Listening goes beyond hearing with the ears and hearing with the hands. A well-attuned massage therapist also hears the changes in breath, the tummy gurgles, and the registers, as well as the non-vocal noises that direct therapy.

A massage therapist who is present is present *with respect*. She has healthy boundaries and makes it her business to learn the boundaries of the client and then sets about to *let them experience safety* in their vulnerability in her presence. Finally, and certainly not

least is *A need to belong*.

During the 90's when having "out of body" experiences was in the height of its heyday, Dr. Deepak Chopra said words to the effect that being out of body is not a big deal, we spend most of our time out of our bodies. It is being *with* ourselves, in our bodies, that is the big deal.

Massage therapy can help us become aware of our bodies in ways we never knew possible. It is this awareness that indicates being "in/with our bodies." It is this awareness that fulfills our need to belong to ourselves. The body thrives with positive, present attention, both from the massage therapist and from the recipient. Massage can be life-changing on every level. Come in and experience this more fully.

ABOUT THE AUTHOR: Colleen is an intuitive Stress Relief "artist" functioning as a Professional Massage Therapist and Certified Empowerment Coach.
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