

Professional Massage Therapist

Certified Empowerment Coach

By Colleen Steele

317-865-8179 studio

317-625-1046 cell

### MARCH MASSAGE COUPON

\$15 OFF Belavi®  
Facelift Massage  
\$70 instead of \$85  
Ends 3/31/09  
In my studio only.  
Not redeemable for  
cash.

### 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.

**MARCH SPECIAL**  
**Two free coaching**  
**Sessions — experience**  
**the difference!**

# Colleen's E-Words



Edition 10, March 9, 2009



Welcoming Possibilities

## POWER or FORCE? Colleen Steele® 2009

**Sometimes** I am asked by a new client to "'do' deep tissue massage, or, am invited to "go deeper." Quite frankly, I do not know what deep tissue massage is for sure. I have had something done to me once that was deep enough to make me recoil, especially when done to an already painful area. I did not relax. Furthermore, "deep tissue" is more a subjective experience of the person receiving the work.

I subscribe to the belief that power is far more effective than force.  
*What power? What force?*

**I have been re-visiting** the author of a book, *Power Vs. Force*, David R. Hawkins, MD, PhD. Dr. Hawkins writes that "Power is always associated with that which supports the significance of life itself. It appeals to that part of human nature that we call *noble*—in contrast to force, which appeals to that which we call *crass*. . . *Because force automatically creates counter-force, its effect is limited by definition.*"

**And so it is with deep tissue**

**work**, the body tenses against it because of the anticipated and real pain that it can cause. This is the opposite of the immediate relaxing and healing effect of the power of warm, energetic and intuitive hands, which can locate the pain, ease it away with energy work or other bodywork techniques appropriate to the situation.

### **This week, while writing this**

**article**, I was visited by a client whom I had not seen for quite some time. She told me that during the interim she had had one other massage, deep tissue. She told me that she was writhing on the table the whole time. She stated she did not like it. Dr. Hawkins further states, "Power. . . is still. Gravity itself, for instance, doesn't move against anything. Its power moves all objects within its field, but the gravity field itself does not move. Power is total and complete in itself and requires nothing from outside. . . [it] energizes, gives forth, supplies, and supports.

Power gives life and energy — force takes these away. . . Power is associated with compassion and makes us feel positively about ourselves. Force is associated with judgment and makes us feel poorly about ourselves." My personal approach is that the body is a magnificent, mysterious "miracle." When given the appropriate support, it will choose well-being and healing over pain and disease to the best of its current ability and support given. While there is such a thing as the gate-pain effect: creating pain to reduce other pain. I believe there is a way to do this without creating a counter-force [writhing on the table]. This powerful approach is, therefore, supportive and empowering and honors the sacredness of the massage event.

**ABOUT THE AUTHOR:** Colleen is an intuitive Stress Relief "artist" functioning as a Professional Massage Therapist and Certified Empowerment Coach, with 8 and 30 year's, respectively, experience. 317-865-8179 / mtcoach@comcast.net

Subscriber Support: If you no longer wish to receive these E-letters, put the header and e-mail to me: mtcoach@comcast.net

"unsubscribe" in

**Last week**, I wrote about acupressure and its history and that it can be used to free energy blockages to the entire body. **Another modality** that utilizes acupressure and that I have training in is kinesiology (*Touch for Health*, Dr. Thie) based on the work done originally by Dr. John Diamond. Kinesiology, in this instance, refers to “muscle testing.” There are certain positions muscles can be put into and then tested with about 2 ounces of touch to see if they go weak or stay strong. **What makes muscles in the body test strong or weak?**

There is a classic “test” that students learn and are fascinated by, which I will share here. The person being tested holds his/her arm straight out at shoulder level with the palm facing the floor. He/she is asked to think of some negative thing or emotion. The practitioner then uses 2 ounces of weight to tap down on the top of the hand with the same resistance coming from the person being tested, and the whole arm will go down; the muscle has tested weak. Then, the tested person is asked to think of something that makes them happy (a positive emotion) and the same 2 ounce-test is applied with appropriate resistance. The tested person’s arm will be strong.

The purpose of this kinesthetic test is to verify the body-mind connection. That is, **our thoughts and emotions affect our body**. While the muscle being tested, in this case, the arm, shows weakness, actually what happens to the *whole body* (not just the arm) is that it gets temporarily “turned off.” If one were to dwell or obsess on the thoughts with emotions that are negative, there is eventually what is called in psychology, “psychological reversal.” Or, high levels of stress, exposure to substances to which you are sensitive, such as foods and chemicals; or improperly executed physical exercises (running with improperly fitted shoes or on a highly irregular surface) can cause “switching”, which is a pervasive energy disruption referred to as *neurological disorganization*. When the reversal or the switching is in charge, you might notice physical awkwardness, difficulties with coordination and spatial relations. Also, there can be a tendency to confuse words and concepts, and perhaps even stuttering, as well as a resistance to pursuing practical treatment.

Of importance to this article, it is the thought that triggers the emotions, which trigger the body’s hormonal and chemical systems to release adrenaline, cortisol and 1398 other “fight-or-flight” hormones. This is why Dr. Candace Pert refers to emotions (both negative and positive) as *molecules of emotion*. One squirt of these into the bloodstream can last 6.5 hours and if there is no way to discharge them, they will begin to destroy us from the inside out.



We are bombarded 24/7/365 with messages from the outside world that are negative. Not just the local news or the national news, but we are just a beep away from every event from friends, relatives and organizations. Our emotions are on a proverbial roller-coaster ride from the first awakening moment until we finally fall asleep exhausted from it all — or not.

Furthermore, we have *thoughts about / beliefs about / opinions about* all of this, as well as all our own garden-variety *anxieties / worries / concerns*. We are not at ease in our world or in our bodies.

“The body-mind connection is immediate, so that the body’s responses shift and change from instant to instant in response to one’s train of thought and the associated emotions. Repetition of these thoughts/emotions over time results in a progressive “patterning.” “The subtle field of overall physiology is affected in all of its complex functions — mediated by electron transfer, neural hormonal balance, nutritional status, and the like. Eventually, an accumulation of infinitesimal changes becomes discernible through measurement techniques, such as electron microscopy, magnetic imaging, x-ray, or biochemical analysis — but by the time these changes are detectable, the disease process is already quite advanced.”\*

Regular massage and bodywork therapies from me is certainly one way to shift these patterns in the physiology, including energetically, electrically and hormonally. I utilize acupressure and, in some cases, kinesiology for testing specific weaknesses. As well, I personally entrain my heart rhythms every morning prior to beginning my day and again throughout the day so that any who are contacted by me may also become entrained.

Another really great way is to become empowered to entrain your own heart and physiology. You are always invited to participate in my Personal Empowerment Coaching. You will benefit as you learn to entrain your own heart rhythms thereby releasing healthful chemicals and hormones in your system; also, the acupressure healing techniques you learn are easy to do and help you release psychological and emotional issues (which create the stress molecules in your body); and, finally, with these powerful tools at your side, you can easily attain and sustain any personal or professional goals you desire. I’m sure by now you must have questions about all of this. An initial consultation is FREE and there is no obligation to pursue any coaching.