

Professional Massage Therapist

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Colleen's E-Words



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Welcoming Possibilities

WE CONTINUE
TO BE
IN
RECESSION

MASSAGE
CONTINUES
TO BRING
A HEALING BALM

WHILE MY
TRAINING,
EXPERIENCE,
INTUITION
&
SKILL LEVEL
COULD COMMAND
THE HIGHEST PRICE
AT ANY HIGH-END
SPA,

I CONTINUE TO PRO-
VIDE MY SERVICE
\$50 CASH
\$60 CHECK
PER HOUR in office only

HOWEVER,
MY EXPENSES ARE
INCREASING, TOO —

*I do not know when I
will need to adjust my
costs again. Take AD-
VANTAGE OF THESE
LOW PRICES NOW!*

SELF-CARE and THE MASSAGE EXPERIENCE

SELF-CARE is a term that is being bantered about among healthcare providers, including massage therapists and energy practitioners because we are notorious for caring for everyone else and neglecting ourselves.

Burnout and psychological morbidity is the highest among those mentioned above. However, it seems that lots of other folks are neglecting their self-care as a matter of economics of finances and time.

Everybody *serves* somebody. Even if you are in a cubicle hidden among cubicles, you have a 'client' or many clients who are expecting you to fulfill your function so that they can serve someone else. Every "boss" or manager is a *client*. Family members and friends may also expect your services and your time. Lots of people rely on you to care and to care for them.

Good self care is preventive medicine, and is well rounded, providing healthful foods, proper exer-

cise, emotional & mental health & all of the preventive check-ups through our healthcare providers **and, yes, therapeutic massage.**

THERAPEUTIC MASSAGE

Massage is called "therapeutic" for a very good reason. It provides therapy to everyone of our 50 trillion cells. Mostly, we think of stress relief. There are lots of articles on this E.Word page describing the hormone and chemical therapy response as a byproduct of massage. I encourage you to visit those articles. There is another kind of stress I need to call to your attention: SOMATIC CONTAGION. Although you can "catch" harmonic resonance and that is not a stress, this article mostly refers to the stress you take on from others around you. Have you ever been around someone who is yawning? Did you feel yourself want to yawn? Have you ever entered your home after a day's work and "felt" uplifted? [Great ex. of somatic contagion from harmonic resonance.] Have you ever

walked into work and "felt" a full sense of negativity come over you? Or, at the very least, "stress in the air?" Do you "take on" the media madness around the weather? Have you been influenced by someone else's road rage? All of those "felt" sensations are SOMATIC CONTAGION. **If you put your attention on someone who is experiencing one state or another, you start to experience that person's state.**

SOMATIC CONTAGION sets up a toxicity in your body that needs to be discharged, just as stress generated from within by your own self creates toxins within your body.

No man is an island; we are all in this together; harmonic resonance occurs between people, but so does harmonic dissonance. They are both contagious.

THERAPEUTIC MASSAGE, disperses those toxins for your elimination. *Repeated applications help one to build immunity to the dissonances around us.*

Either way, it is
CONTAGEOUS

WE ARE EITHER IN HARMONIC RESONANCE OR HARMONIC DISSONANCE

