

Portobello Massage Newsletter

April 2016

Dear lovely Clients,

Hello and welcome to the **April** edition of the Portobello Massage Newsletter.

Yesterday I met a new client. She had done something with her neck and had been in a lot of pain. I followed the protocols I've been trained in and afterwards she said she felt so much better and she certainly had much more freedom of movement.

It's so satisfying to see these techniques produce immediate results. It's also humbling to know that someone in pain is willing to trust me to get in to the area that hurts to try to relieve the pressure. At one point she said that something I was doing was painful but that because I was so calm she didn't really feel the pain and that she could feel the benefit. It's truly a privilege to do this work.

Positive Thoughts

All of this month's quotes come from Johann Wolfgang von Goethe

Whatever you can do or dream you can, begin it. Boldness has genius, power and magic in it.

Magic is believing in yourself, if you can do that, you can make anything happen.

The way you see people is the way you treat them, and the way you treat them is what they become.

The people who are absent are the ideal; those who are present seem to be quite commonplace.

Plunge boldly into the thick of life, and seize it where you will, it is always interesting.

We will burn that bridge when we come to it.

The groan worthy jokes...

A man died and went to The Judgment, they told him, "Before you meet with God, I should tell you - we've looked over your life, and to be honest you really didn't do anything particularly good or bad. We're not really sure what to do with you. Can you tell us anything you did that can help us make a decision?"

The newly arrived soul thought for a moment and replied, "Yeah, once I was driving along and came upon a person who was being harassed by a group of thugs. So I pulled over, got out a bat, and went up to the leader of the thugs. He was a big, muscular guy with a ring pierced through his lip. Well, I tore the ring out of his lip, and told him he and his gang had better stop bothering this guy or they would have to deal with me!"

"Wow that's impressive, when did this happen?"

"About three minutes ago," came the reply.

An old man went to the Doctor complaining that his wife could barely hear. The Doctor suggested a test to find out the extent of the problem. "Stand far behind her and ask her a question, and then slowly move up and see how far away you are when she first responds."

The old man, excited to finally be working on a solution for the problem, runs home and sees his wife preparing supper. "Honey," the man asks standing around 20 feet away. "What's for supper?" After receiving no response he tried it again 15 feet away, and again no response. Then again at 10 feet away and again no response. Finally he was 5 feet away and he asked "Honey, what's for supper?"

She replied "**For the fourth time it's lasagne!**"

An actor had been out of work for 15 years because he always forgot his lines. Then one day he got a phone call from a director who wanted him for a big part in a play. All he had to say was, "Hark! I hear the cannon roar!" After much worry the actor decided to take the role. Opening night arrived, and while he waited in the wings, the actor muttered to himself, "Hark! I hear the cannon roar! Hark! I hear the cannon roar!" The time for the entrance finally came and as the actor made his appearance, he heard a loud broooooom! He turned around and said, "what the hell was that?"

Q. What has a bottom at its top?

A. A leg.

Please **pass this newsletter** on to someone you think may enjoy it. Maybe together we can help someone smile!

I hope you've enjoyed this newsletter and I look forward to seeing you very soon for a massage.

Warm wishes,

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