

Portobello Massage Newsletter

December 2014

Dear lovely Clients

Hello and welcome to the **December** edition of the Portobello Massage Newsletter!

Many thanks for understanding my message last month about bringing colds and the flu to a massage. Thankfully only a couple of clients have had to cancel due to feeling poorly so I hope that means the vast majority of you are in good health!

So here we are again - December, the last month of the year. I'm never sure just why, but this month seems to place a heck of a lot of stress and expectation upon people. At least two major religions have major holy days in this month which encourage reflection and yet this is often the least reflective time - where people count their failings or fallings rather than their blessings.

If you're looking for a reality check, I highly recommend an American film called *What Would Jesus Buy?* It provides a fascinating look at the religion that is consumerism. You can find it on Youtube at <https://www.youtube.com/watch?v=mAxuNdtZt7c>. If that doesn't do it for you, may I please encourage you to see *It's a Wonderful Life*. Usually the Filmhouse and the Cameo show it and it really is better on the big screen. Both films are great at giving us a sense of perspective. Rather than things, why not give the gift of your presence?

If I don't see you before Hogmanay, I wish you and yours a wonderful 2015 filled with love, good health and laughter. And much sleep!

Positive thoughts

If you have food in your fridge, clothes on your back, a roof over your head and a place to sleep you are richer than 75% of the world.

If you have money in the bank, your wallet and some spare change you are among the top 8% of the world's wealthy.

If you woke up this morning with more health than illness you are more blessed than the million people who will not survive this week.

If you have never experienced the danger of battle, the agony of imprisonment, torture or starvation you are luckier than 500 million people alive and suffering.

If you can read this message you are more fortunate than 3 billion people in the world who cannot read at all.

The groan worthy jokes...

What do you call a crocodile who wears a dress?
A frockodile!

Please remember to **pass this newsletter on** to someone you know who might appreciate it. Maybe together we can help someone smile! Please note that past newsletters are now posted on the website under [Contact](#). Please remember that **gift vouchers** are always a popular gift.

Also, if you like this newsletter and would like a bit more of wacky Portobello Massage humour, click 'like' on the Portobello Massage Facebook page, available [here](#).

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

Enjoy!

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