

# Portobello Massage Newsletter

January 2011

Hello there!

'And now we welcome the new year, full of things that have never been.' - Rilke.

Welcome to the January 2011 edition of the Portobello Massage Newsletter! Happy New Year!

A lot of people aren't terribly keen on January. All the excitement and bustle of the festive season is behind us and some think there are only bills to look forward to. It's dark, too, really dark. I'm reminded of a couple of quotes by some pretty cool dudes:

'Better to light a candle than to curse the darkness.' - Gandhi  
'Thousands of candles can be lit from a single candle, and the life of the candle will not be shortened. Happiness never decreases by being shared.' - Buddha

To quote another dude, the Doctor, we're half way through the dark. The winter solstice has passed, the days are gradually getting a bit longer and there's a tabula rasa of a year ahead. New Year always makes me think of the new school year - new notebook, freshly sharpened pencils, loads of possibilities.

What will 2011 bring us and what will we bring to 2011? What will we do to improve our lives and the lives of those around us? Where will we set our intentions?

There's always a lot of advertising around this time of year around the classic resolutions to lose weight and give up smoking and while these are generally good for one's health, there are so many other things we can all do to improve our wellbeing. For instance, I'm going to try to drink more water than tea (a tall order!). A lot of clients tell me that coming regularly for massage certainly helps them feel connected with their bodies and is generally good for their health. Why not give it a try?

## Reviews

Actual quotes from real clients:

'When I come for a massage with you, I know you're going to put me back together - make all the jigsaw pieces fit again.'

'I feel relaxed and invigorated at the same time!'

'Your massages are so good you could wean people off drugs.'  
[I'm not sure about that one, but I liked the thought!]

Please remember that **gift vouchers** are always a popular gift!

## Positive thoughts

It's always hard to see hope with a hangover. - PJ O'Rourke

Being discouraged is a waste of time. - Margaret Atwood, novelist

The best way to predict the future is to invent it. - Alan Kay, computer scientist

When people keep telling you that you can't do a thing, you kind of like to try it. - Margaret Chase Smith, US Senator

## The groan-inducing, really bad joke

Brought to you with the thought that laughter is the best medicine!

A man and his wife were awoken at 3:00 am by a loud pounding on the door. The man gets up and goes to the door where a drunken stranger is standing in the deep snow and is asking for a push.

"Not a chance," says the husband, "it is 3:00 in the morning!"

He slams the door and returns to bed.

Who was that?" asked his wife..

"Just some drunk guy asking for a push," he answers.

"Did you help him?" she asks.

"No, I did not, it is 3:00 in the morning and it's snowing hard out there!"

"Well, you have a short memory," says his wife. "Can't you remember about three months ago when we broke down, and those two guys helped us? I think you should help him, his wife is probably sitting shivering in a car, stuck in the snow with a drunk husband. You should be ashamed of yourself!"

The man does as he is told, stumbling around still half asleep he gets dressed, pulls his boots on, and his coat, finds his hat, scarf and gloves and puts them on as well, and then goes out into the cold and the snow.

He calls out into the dark, "Hello, are you still there?"

"Yes," comes back the answer.

"Do you still need a push?"

"Yes, please!" comes the reply from the dark.

"Where are you?"

"Over here on the swing."

And in case you didn't get enough of Christmas cracker jokes...

What happened when the snowgirl fell out with the snowboy?  
She gave him the cold shoulder!

What do snowmen wear on their heads?  
Ice caps!

What do snowmen eat for lunch?  
Icebergers!

Where do snowmen go to dance?  
Snowballs!

How do snowmen travel around ?  
By iceicle!

What sort of ball doesn't bounce ?  
A snowball!

How do you know when there is a snowman in your bed ?  
You wake up wet !

What do you get if cross a snowman and a shark ?  
Frost bite !

*Thanks Stewart!*

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.

Also, I've finally caught up with the modern world and now have a page on Facebook - just look up Portobello Massage <http://www.facebook.com/pages/Portobello-Massage/113986212000675?ref=sgm> from your home page and click 'Like' to have more regular updates. Don't worry, I'm far too lazy to inundate you.

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

Enjoy!

*Ann Milović*

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