

# Portobello Massage Newsletter

June 2011

Hello there!

Welcome to the June edition of the Portobello Massage Newsletter! Summer may be just around the corner.

Last month I asked you if I should take a course on hot stone fusion massage and the overwhelming response was Yes, so next week I'm off to Brighton for the training. You may soon start seeing rocks and slow cookers in my treatment room. Please do not be alarmed - they are meant to help increase your health and wellbeing. You may be pleasantly surprised at how good it feels!

I thought I'd return to a familiar theme about how it's all connected. Last week I was privileged to listen to a lecture by Bruce Perry, a specialist in childhood trauma. He started his lecture by discussing how the brain develops and one of his slides really stood out for me. It said:

- The human brain is responsible for everything we do. It allows us to love, laugh, walk, talk, create or hate.
- The brain - one hundred billion nerve cells in a complex net of continuous activity - allows us our humanity.
- For each of us, our brain's functioning is a reflection of our experiences.

While I can't actually massage the brain, so many clients report that they feel calmer, they can think more clearly and they feel restored after a treatment, often even after some pretty intense work. We forget that the body and the brain are connected. Sometimes I think we live too much in our heads and we forget to take care of our bodies, too. A tense mind will lead to a tense body, and a relaxed body can help relax the mind. It really is all connected.

## Reviews

'You keep me going.'

'I feel like someone has given me my neck back.'

'I really feel the benefits of having a massage regularly. I don't get nearly as stressed as I used to.'

Please remember that [gift vouchers](#) are always a popular gift.

## Positive thoughts

'Life isn't about finding yourself. Life is about creating yourself.' - George Bernard Shaw

'Love doesn't make the world go round, love is what makes the ride worthwhile.' - Elizabeth Browning

'All that we are is the result of what we have thought. If a man speaks or acts with an evil thought, pain follows him. If a man speaks or acts with a pure thought, happiness follows him, like a shadow that never leaves him.' - Buddha

## The groan-worthy jokes

This month we have a bumper crop, thanks to Tom.

### A child's Interpretation of the Bible

The following statements were written by children. They have not been retouched or corrected. Incorrect spelling has been left in.

In the first book of the Bible, Guinnessis, God got tired of creating the world, so he took the Sabbath off.

Adam and Eve were created from an apple tree. Noah's wife was Joan of Ark. Noah built and ark and the animal come on in pears.

Lot's wife was a pillar of salt during the day, but a ball of fire during the night.

Samson slayed the Philistines with the axe of the apostles.

The Egyptians were all drowned in the dessert. Afterwards, Moses went up to Mount cyanide to get the ten commandments.

The first commandment was when Eve told Adam to eat the apple.

The greatest miracle in the Bible is when Joshua told his son to stand still and he obeyed him.

David was a Hebrew King who was skilled at playing the liar. He fought the Finkelsteins, a race of people who lived in biblical times. Solomon, one of David's sons, had 300 wives and 700 porcupines.

Jesus enunciated the golden rule, which says do unto others before they do one to you.

One of the opossums was St. Matthew who was also a taximan.

St. Paul cavorted to christianity, he preached holy acrimony which is another name for marriage.

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.

If you're on Facebook check out our page for little tidbits between newsletters - just look up Portobello Massage from your home page (or click [here](#)) and click 'Like' to have more regular updates.

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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