

Portobello Massage Newsletter

May 2013

Dear lovely Clients

Happy May Day! Rise up! You have nothing to lose but your chains!

Ok, I don't normally start these newsletters with a polemic but then again, it's not normally May Day. If asked, what chains would you choose to lose? We often aren't aware of the chains of self doubt, fear and self-criticism we carry around. Perhaps this is the time to check that baggage at the door and not come back for it.

Hello and welcome to the May edition of the Portobello Massage Newsletter!

Handy Tip

I had a client in the other day who has some aches in her hip. She notices it particularly when she's been sat down at work for a while. I noticed that she was sitting somewhat lopsidedly in the chair and took a picture of her so she could see for herself. I think it's fair to say she was surprised and a little amazed. She left saying that she will try to be much more mindful about her sitting posture.

Handy Tip - if you feel an ache or pain, try to be mindful about when you feel it most, what you're doing in that moment and check if there are things you can do differently. We often hold our body in ways we're not aware of. Breathe, relax and repeat.

Positive thoughts

"You are the piece of a puzzle in someone's life. You may never know where you fit, but others will fill the holes in their lives with pieces of you." - Bonnie Arbon

"Don't judge each day by the harvest you reap but by the seeds that you plant." - Robert Louis Stevenson

"When you try to control everything, you enjoy nothing. Sometimes you just need to relax, breathe, let go and just live in the moment." - Unknown

The groan worthy jokes...

A Catholic priest, a Baptist preacher and a Rabbi all served as chaplains in northern Ontario. They would meet frequently to talk shop.

The comment was made that preaching to people was fairly easy; a real challenge would be to preach to a bear! They decided to experiment. All three would go into the woods, find a bear, preach to it, and attempt to convert it to their religion.

Seven days later, the three men met.

Father Flannery, who had his arm in a sling, was on crutches, and had bandages on his body, began: "Well," he said, "I went to find a bear. When I found him, I read to him from the Catechism. Well, that bear began to slap me around, so I grabbed my holy water, sprinkled him and he became as gentle as a lamb. The Bishop is coming to give him first communion."

Reverend Billy Bob spoke next. He was in a wheelchair, and had his arms and legs in casts. He exclaimed, "Brothers, I went out and I found a bear; then I read to him from the Bible, but that bear wanted nothing to do with me. I took hold of him and we began to wrestle, until we came to a creek. I quickly dunked and baptised him. He became as gentle as a lamb. Hallelujah!"

The Priest and the Reverend looked down at the Rabbi, lying in a hospital bed. He was in a body cast and traction – IVs and monitors running in and out of him, in really bad shape. The Rabbi looked up and said "Looking back on it, circumcision may not have been the best way to start."

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**. 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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