

Portobello Massage Newsletter

November 2010

Hello there!

Welcome to the November edition of the Portobello Massage Newsletter! I hope you had a good October and that November is a good month for you as well. I had many positive comments about last month's **unapologetically upbeat and sunny** newsletter so if you're a bit crabby by nature, watch out because here's another one.

I tend to think of November as that month when it all goes dark, it starts getting cold and the brightness of Christmas is too far away. Nonsense! This is the month of bonfires and fireworks. Many dear friends have birthdays this month. If you missed the Canadian Thanksgiving, the American one is at the end of the month and according to my calendar Diwali is this weekend. There's an old Japanese saying that we need three things in our lives: something to do; someone to come home to; and something to look forward to. The last of these is often the one we overlook the most yet is easy to remedy. Something to look forward to needn't be big - maybe it's a hot chocolate when you get home on a chilly day - but it is something positive we can do for our own benefit.

Training

I'm just back from another trip to Brighton, this time to learn about the arm and various repetitive strain injuries, like carpal tunnel syndrome, tennis elbow and golfers' elbow. We also had a couple of review days in advance of the exams early next year for the Advanced Clinical Massage Certificate - the first in the UK. The people I train with, Jing Massage, have also just been accredited to offer a degree level massage qualification - the first ever in the UK - and the Certificate is the first year of the degree. I don't know if I'll go on to complete the degree just yet, but it's encouraging to see massage taken so seriously in the UK.

Handy Tip - I go on a bit about drinking water after a massage and I'm sure some clients do and that some clients think that other beverages are a good substitute. According to Wikipedia (so it must be true) 'the human body is about 60% water in adult males and 55% in adult females'. When we get dehydrated, we become a bit like a plant in need of watering - a little less bright, a little less flexible and a bit more brittle - and that's just our brains. If we saw a plant in need of a drink, we would give it some water. Please remember to do the same for your body.

Reviews

Here are some of the comments clients said last month:

One client has had a lot of medical treatments over the last several months and commented that the massage she received seemed 'joyous' in comparison.

Another client said 'Thank you very much for my massage last night. For the first time in ages I got up this morning without making that groaning noise! (you know the noise that us old folk make when we bend!!!!) In fact I feel positively "bendy" today!'

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

Positive thoughts

Now that the clocks have gone back and darkness is settling in, I thought this might be apt.

'When things go wrong, it is easy to get into a bad mood, and that bad mood has a way of spiraling out and affecting our life for days to come. In the same way, when we feel badly about ourselves, we tend to act in ways that have repercussions, again creating a negative vibe that can negatively influence the next several days. While it is important that we allow ourselves to feel what we feel, and to be genuine, we do not have to completely surrender to a dark mood or feelings of self-doubt. In fact, the more we simply allow and accept our darkness as one part of the picture, the more easily we can also allow and accept our light. In this vein, we can temper our grey moods with an injection of sunshine in the form of sending good wishes to ourselves for the next 24 hours.

'If you feel a bad mood coming on or find yourself plagued with negative feelings, take a moment to acknowledge that. At the same time, recognize that things can and will change, and that you can still have a good day, or a good week, especially if you take the time to visualize that for yourself. This is a great way to support yourself when you are working through tough times and hard feelings. When you visualize good things for yourself, you are sending yourself love and warmth, as well as encouraging yourself to keep going.

'Before you even get out of bed in the morning, you can take the time to send good wishes to yourself all the way through to the next morning. As you picture your day, take the time to fill in the details - where you are going, who you will see, what you will do - and send love and good wishes ahead to yourself, as well as everyone you encounter. It will be like arriving in a new place and finding that an old friend has sent a bouquet of flowers from back home to welcome you and remind you that you are loved.' - from DailyOm

The groan-inducing, really bad jokes

In spite of the cost of living, it still remains popular.

Did you hear about the insomniac, agnostic dyslexic? He woke up in the middle of the night wondering if there really is a dog.

Confession without repentance is just bragging.

Heck is a place for people who don't believe in Gosh.

I am an agnostic pagan. I doubt the existence of many gods.

And with the thought of the American mid-term elections in mind ... The right to bear arms is slightly less ludicrous than the right to arm bears.

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.

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

Enjoy!

Ann Milović

www.portobellomassage.com

07854 916 847