

Portobello Massage Newsletter

October 2010

Hello there!

Welcome to the October edition of the Portobello Massage Newsletter! I love October - gorgeous leaves, Hallowe'en and pumpkin pie... it doesn't get much better than pumpkin pie.

A lot of people seem a bit frightened just now with a budget at Westminster expected in a few weeks and the media reporting every little horrible thing. A friend of mine said it felt like everything was swirling - confusion, fear, anxiety. I know I've lived through worse times and I imagine a lot of other people have, too, whether it be through a personal or professional matter. So please take this as fair warning - this newsletter is going to be **unapologetically upbeat and sunny!** I've had enough of gloom and I'm not going to contribute to spreading more.

I take heart from one of those WW2 posters, much like Keep Calm and Carry On. This particular one says:

Your Courage
Your Cheerfulness
Your Resolution
Will Bring Us Victory

I just love the conviction that cheerfulness will bring us victory - not guns, not weapons of mass destruction, not money, but garden-variety cheerfulness! Hurrah!! I've read that the conscious brain can only hold one thought at a time so we should choose a positive thought. I don't know if it is true but I also love the idea that we can **choose** to think a positive thought. We can resolve to have courage and cheerfulness. Now there's a resolution we can all keep.

Two Years On

It has now been two years since I went full time with massage and what an unqualified privilege it has been. October marks Thanksgiving Day in Canada and I certainly have a lot for which to be thankful. I have the most delightful collection of clients whom I might not have met had it not been for massage and that makes me grateful. I've done a lot of training this past year (with some more to come at the end of this month) and I'm thankful to my teachers and to the techniques for helping more people out of pain and back into active lives. I've been welcomed into so many people's lives to help them on their journeys and they have certainly helped me. I feel honoured and humbled but mostly I'm grateful to all my clients and am always happy to meet new ones!

It's all connected....

You know how I bang on about how 'it's all connected'? Well, your friendly neighbourhood massage therapist recently got her comeuppance. I had to go to see a GP (nothing serious) and when we were talking about my symptoms I was self-diagnosing. We're told repeatedly as massage therapists that we do not have enough medical knowledge or training to diagnose clients but I feel no such restraint when it comes to myself. During this discussion, as I was ruling things out one by one, the GP gently said 'but it's all connected'. Whammo! Karma came back with a straight bat and hit me right between the eyes. Of course, I thought - she's absolutely right! Perhaps I should read my own newsletters a bit more often! I thought it was funny and I hope you do, too. I hope we are all a bit gentle with ourselves when we are forgetful or don't get something exactly right.

Reviews

Here are some of the kind comments clients said last month:

'I'm so glad I found you!'

'My wife wasn't confident about finding a late appointment so she's over the moon. You may already have begun to de-stress her.'

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

Positive thoughts

A few more than usual today, just to counteract the rain and the budget.

Live adventurously. - The Quakers

Be open to new light, from wherever it may come. - The Quakers

Moderation in all things, especially Moderation.

Thinking is more interesting than knowing but less interesting than looking. - Goethe

A Good Turn Daily - from DailyOm

Each of us is more than capable of helping the world, despite our fears and limitations and the uncertainty that holds us back. It is commonly accepted that it is impossible to make a difference without unlimited funding or free time, yet most healing, cleansing, and spreading of joy is accomplished in a matter of minutes. If we vow to make the world a better place one day at a time, the true significance of small good deeds reveals itself to us. We come to see that we can be of service without dedicating our lives to recognized charities or giving up the pleasures we enjoy. The warmth we feel when we help the world is only a tiny part of the affirmative transformations that take place when we make altruism a part of everyday existence.

We make our homes, workplaces, communities, and countries better and brighter when we think positive thoughts that echo outward, give donations of time or money, smile at everyone we meet, and lend those in need of aid our assistance. As we learn, we inadvertently improve the

universe because we can only be truly involved when we are informed. Even enthusiastically sharing ideas with others generates positive energy that then serves as the motivation for more tangible change. Selfless and helpful deeds remind us that we exercise some degree of control over a world that can seem chaotic at times. Even the smallest of such deeds is a demonstration of the fact that we are capable of changing the world in a positive way. So much negative energy is generated by the suffering, pain, and close-mindedness we are regularly exposed to, but we can counteract it in a constructive way by thinking and acting altruistically when opportunities to do so arise.

Helping the world often takes no more than a moment, just a wish for the world is a beautiful gesture and can be done by even the busiest of people effortlessly. The gift you give each day need not be grand or attention-worthy because the broader benefits are the same no matter the literal repercussions. Once a day, you can affect reality, and you can reap the rewards of knowing that you are making the world a better place, day by day.

The groan-inducing, really bad jokes

Birth, life, death. Repeat as necessary.

I didn't believe in reincarnation in my last life either.

If God is watching us, the least we can do is be entertaining.

I'm an agnostic pagan. I doubt the existence of many gods.

A preachin', healin', teachin' evangelical pastor comes to Glasgow and calls out: "Anyone with 'special needs' who wants to be prayed over, please come forward to the front." With that, wee Brendon gets in line, and when it's his turn, the preacher asks, "My son, what do you want me to pray about for you?" Wee Brendon replied, "I need you to pray for help with my hearing."

The preacher puts one finger of one hand in Brendon's ear, places his other hand on top of his head, and prays and prays and prays and prays. He prays a great prayer for Brendon, and the whole congregation joins in with great enthusiasm.

After a few minutes, the preacher and healer removes his hands, stands back and asks, "Brendon, how is your hearing now?"

Wee Brendon answers, "Ah don't know. It's no' til next week..."

If those terrible jokes haven't got you smiling, then it's time for drastic measures - a lovely example of Canadian/American cross-border cooperation and an aid to numeracy. Mind your volume if you're watching this at work! - http://www.youtube.com/watch?v=9fciD_I17NI

Thank you Stewart and Paul!

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!

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