

# Portobello Massage Newsletter

October 2013

Dear lovely Clients

Hello and welcome to the October edition of the Portobello Massage Newsletter! We've had a great summer (the best in my 14 years here) and some great days in September. We're properly headed into autumn now with all the delights it brings - leaves changing colours, things settling down from a hectic season, woolies coming out. Personally, I got some fabulous socks in the Outer Hebrides and I love wearing them.

One of the delights of October is Thanksgiving. The **Canadian** one that you might not be familiar with is the second Monday in October - this year on 14 October. It is similar to a harvest festival that many churches have, a chance to give thanks for our blessings. Personally, I write down everyday at least one thing I'm grateful for every day and I've found that once I turn my mind to looking for positive things, I'm overwhelmed with positivity. It's a practice I adore and can recommend highly.

Here's a little video you may be grateful you have seen - if it doesn't get your feet tapping, you may wish to see a doctor... <http://www.youtube.com/watch?v=ihCh5wzNjYY>

## Handy Tip

This month's handy tip comes from the National Union of Students in Scotland. They've put together a wee leaflet of top ten tips for a well-balanced you and me. The first two tips were (1) have some good mood food and (2) exercise.

Tip Number Three: Socialise without alcohol

Socialising can also be beneficial to you, but this doesn't always have to involve alcohol. Although you may think a drink will help you forget your worries, it can actually do the opposite. Alcohol is not a stimulant, it is a depressant drug. Like everything, **alcohol should be consumed in moderation** and not used as an escape from worries or mental health concerns.

## Positive thoughts

"Always be a little kinder than necessary." - J.M. Barrie

"Humankind has not woven the web of life. We are but one thread within it. Whatever we do to the web, we do to ourselves. All things are bound together. All things connect." - Chief Seattle

"We don't see things as they are, we see things as we are." - Anais Nin

"Life is not all about feeling good. Life is about being good at feeling." - Prof. Jon Jureidini

## The groan worthy jokes...

A little boy was in a relative's wedding. As he was coming down the aisle, he would take two steps, stop, and turn to the crowd.

While facing the crowd, he would put his hands up like claws and roar. So it went, step, step, ROAR, step, step, ROAR, all the way down the aisle.

As you can imagine, the crowd was near tears from laughing so hard by the time he reached the pulpit.

When asked what he was doing, the child sniffed and said, "I was being the Ring Bear."

## And some more...

1. A photon checks into a hotel and the porter asks him if he has any luggage. The photon replies: "No, I'm travelling light."
2. "Is it solipsistic in here, or is it just me?"
3. What does a dyslexic, agnostic, insomniac spend most of his time doing? Staying up all night wondering if there really is a dog.
4. An electron is driving down a motorway, and a policeman pulls him over. The policeman says: "Sir, do you realise you were travelling at 130km per hour?" The electron goes: "Oh great, now I'm lost."
5. Pavlov is enjoying a pint in the pub. The phone rings. He jumps up and shouts: "Hell, I forgot to feed the dog!"
6. How many surrealists does it take to screw in a light bulb? A fish.
7. There are 10 types of people in this world. Those that know binary, and those that don't.

## And for those of you who watch "Breaking Bad"

8. When I heard that oxygen and magnesium hooked up I was like OMg.

Thanks Stewart and Ian!

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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