

Portobello Massage Newsletter

October 2015

Dear lovely Clients

Hello and welcome to the **October** edition of the Portobello Massage Newsletter.

Tonight I was walking along the prom and it seemed more like July than the first day of October. We've been so lucky these past few days, as though we are having the summer we didn't have this year. I hope you've enjoyed this fabulous weather and have glimpsed the warm sunsets.

At the same time, the leaves on the trees are certainly beginning to change colour. That changing of the seasons is well under way and I adore it. While I feel I could have done with at least a solid month of wearing sandals and t-shirts, I can't help but like the thought of wearing woolly jumpers. Will I still feel this come February? Unlikely, so I might as well enjoy it now. ;)

Positive Thoughts

I was talking to a friend at the weekend who is facing redundancy because her organisation has decided to shed 500 jobs. I was reminded of the teachings of the Buddhist nun Pema Chödrön. All the positive quotes this month are from Pema.

"You are the sky. Everything else - it's just the weather."

"We think that the point is to pass the test or overcome the problem, but the truth is that things don't really get solved. They come together and they fall apart. Then they come together again and fall apart again. It's just like that. The healing comes from letting there be room for all of 'this' to happen: room for grief, for relief, for misery, for joy."

"When we scratch the wound and give in to our addictions we do not allow the wound to heal."

"When you begin to touch your heart or let your heart be touched, you begin to discover that it's bottomless, that it doesn't have any resolution, that this heart is huge, vast and limitless. You begin to discover how much warmth and gentleness is there, as well as how much space."

The groan worthy jokes...

An optimist sees the best in the world, while a pessimist sees only the worst. An optimist finds the positive in the negative, and a pessimist can only find the negative in the positive.

For example, an avid duck hunter was in the market for a new bird dog. His search ended when he found a dog that could actually walk on water to retrieve a duck. Shocked by his find, he was sure none of his friends would ever believe him. He decided to try to break the news to a friend of his, a pessimist by nature, and invited him to hunt with him and his new dog.

As they waited by the shore, a flock of ducks flew by. they fired, and a duck fell. The dog responded and jumped into the water. The dog, however, did not sink but instead walked across the water to retrieve the bird, never getting more than his paws wet. This continued all day long; each time a duck fell, the dog walked across the surface of the water to retrieve it. The pessimist watched carefully, saw everything, but did not say a single word.

On the drive home the hunter asked his friend, "Did you notice anything unusual about my new dog?" "I sure did," responded the pessimist. "Your dog can't swim!"

Please pass this newsletter on to someone you think may enjoy it. Maybe together we can help someone smile!

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

Enjoy!

Ann Milović

Advanced Clinical Massage Therapist

<http://www.portobellomassage.com/>

07854 916 847