

IN TOUCH

F A L L 2 0 0 3

THIS THANKSGIVING, GIVE THANKS TO SOMEONE YOU KNOW BY GIVING THEM THE WONDERFULLY WARM AND FULFILLING GIFT OF MASSAGE.

RELAX, RELEASE AND RENEW!

We come into this world being touched and we hopefully can leave being touched. Whatever our experiences in this life, touch is usually involved in some form. Each time we are touched, the emotions related to that touch are stored in our mind and in our body's tissues. We not only store the emotions of pleasure and happiness, but also stress and fear. These stored experiences show up in bad posture, aches and pains or, when we're fortunate, healthy, functioning muscles and joints. Just as it takes the use of more muscles to frown than to smile, the effort it takes to tuck away experiences or feelings we'd rather forget can cause fatigue and painful tension.

When you receive a massage, the muscles and tissues release on an emotional level in much the same way they release physical tension. This letting go manifests in many forms - an audible sigh, laughter, muscle twitching, talking, or even tears. In the safe, nurturing space of a therapy studio, people are able to let down their defenses, making these kinds of emotional releases a common occurrence.

Massage also allows the body to let go of stress. In some cases, the body may be holding the memory of a trauma long forgotten. When your body finally relaxes, that memory can surface as you become more connected to your body. Massage is a healing touch that relaxes and releases. Welcome that release, accept it as your body's way of finding balance and leading you to a higher state of health, both emotionally and physically. If you find yourself on the massage table displaying emotion, you are in a true state of body-mind connection.

Go with the experience. Relax, breathe deeply and allow your body and mind to free itself of the past.

Resource: Body Sense, Spring 2002

HOLIDAYS ARE JUST AROUND THE CORNER!

Holidays Are Just Around the Corner As we move into the beautiful Fall weather with crisp mornings, sunny afternoons and colorful leaves we know Thanksgiving is just days away. A day to share with family and friends,

remembering all the joy we have to be thankful for and the events that were difficult yet allowed us to survive and move through. This is also the weekend of Christmas shopping. If you are looking for the perfect gift for that someone special, consider a gift certificate for massage. Personalised and beautifully wrapped, they say "I care



for your comfort and health". The line of Scentered products offers personal care items made with natural ingredients and essential oils, and all priced under \$20. Wonderful as stocking stuffers or bundled for a special gift package.

For Additional Information or to Place an Order:

Telephone:615-297-8183

E-mail:Belva@Belva.net

Website:www.belva.net

Modalities Offered:

Acupressure

Craniosacral

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Lymphatic Drainage

Neuromuscular Therapy

On-Site Chair Massage

Raindrop Therapy

Reflexology

Residential

Swedish

Belva Cunningham, LMT
PO Box 150827
Nashville TN 37215
Telephone: 615-297-8183
Email: Belva@Belva.net
www.Belva.net

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