

A low-angle photograph of palm fronds against a bright sun, creating a lens flare effect. The sun is positioned in the center, casting a strong light through the fronds, which are silhouetted against the bright background. The fronds are long and pointed, with distinct veins. The overall mood is bright and natural.

Healing with Massage

By JSun Storm

Massage Therapy A Universal Remedy

Massage is known to be the oldest form of medical therapy practiced on the human body. The different styles of massage and the various techniques that encompass them, date back to our most ancient civilizations including ancient Greece and Rome, ancient India and China.

Dating as far back as 2,700 B.C., ancient Eastern Chinese cultures practiced massage to heal a variety of ailments from labor pain to paralysis. Some ancient Egyptian tombs have been discovered adorned with images of figures being massaged. In addition, according to traditional Indian medicine, a system known as Ayurveda, therapeutic massage was performed using a variety of aromatherapy oils and spices for their healing properties. Even Greek and Roman "celebrities" such as Julius Caesar - underwent daily massages to treat pain.

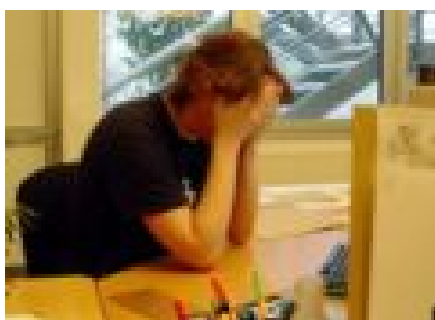


Now traditional healthcare facilities throughout North America have finally recognizing the important therapeutic benefits that massage therapy gives its patients. Lately, massage therapy has become integral to the health care industry. It's used to treat every patient imaginable – those with illnesses, chronic diseases, and also average people who are looking to attain a higher sense of well-being, and inner and outer harmony.

Massage therapy has finally escaped the term “alternative therapy”. It's now taking its natural place as a vital part of the health care practices of many people living in today's stress-heavy world.



A stressful environment has made massage therapy a vital part of health care.



Recently, Health Forum released their annual survey, conducted on behalf of the American Massage Therapy Association (AMTA). This new national survey polled hospitals and clinics across the nation on their use of massage therapy. The survey revealed that the number of hospitals that now offer massage therapy as a patient service has increased by more than one third over the past two years. This means that **American Hospitals** have recognized the benefits that massage gives patients, and as a result **71 percent are now offering massage therapy** for stress management, patient comfort, improved joint and muscle mobility, pregnancy, physical therapy, infant care, as part of both their post and pre-operative programs and also to comfort those in hospice facilities.

Of those hospitals surveyed:

- **67% now offer massage to patients experiencing chronic pain, such as fibromyalgia.**
- **52% of those hospitals surveyed have incorporated massage into their cancer care programs.**
- **52% now offer massage to physically-challenged or rehab patients to improve mobility.**
- **67% of those hospitals surveyed even offer healing hands to their staff to cut down on work-related stress and illnesses.**

All day long, most people are involved in unnatural activities.

With aging one loses the agility and quickness of youth. Physical and mental strain cause weakness in the nerves and improper circulation of vital life fluids. Anxiety, tension, constant worrying and dissatisfaction have a detrimental effect on the body. These enemies of mental and physical well-being are known to bring on premature aging. To avoid this relaxation is a must.

Massage is one of the most if not the most **beneficial remedy for stress and tension.**



Massage makes life energy flow through your body

Massage vibrates and energizes the: skin, muscles and nerves simultaneously and helps the body become light, active and full of vitality. Massage adds a natural shine to the skin and increases beauty. Massage is also known to increase intelligence, stamina, sexual vitality and self-confidence. As the Massage help to relax the central nervous system, **healing happens** on many different levels: mental, physical, emotional...

Solid research has proven that massage therapy can:

- **Boost the immune system**
- **Significantly lower blood pressure**
- **Comfort those going through drug or alcohol withdrawal**
- **Sooth chronic joint and muscle pain**
- **Battle fatigue**
- **Ease stress**
- **Combat depression**

After a massage, most people feel very relaxed.

Some experience freedom from long-term aches and pains developed from tension or repetitive activity. After an initial period of feeling slowed down, people often experience increased energy, heightened awareness, and greater productivity which can last for days.

Since toxins are released from your soft tissues during a massage, it is recommended that you drink plenty of water following your massage. After your massage a hot Epsom salt bath* encourages the release of toxins that may have been stirred up from the treatment. A small minority of people experience heavy detox symptoms (headache, feeling very weak,tired) but the vast majority will feel lighter, less stress and happy.



* Epsom salt bath – For general use add at least one handful of the crystals to your bath. For chronic conditions such as arthritis use 500-780 grams. Be sure to stir the salts thoroughly so they do not remain in a lump at the bottom.



Add a handful of Epsom Salt to your bath

LomiLomi

Lomilomi is the word used today to describe Hawai'ian massage, traditionally called lomi. Lomilomi practices varied greatly by family, region and island. Like almost everything in old Hawaii, Lomilomi was conducted with prayer and intention.

These early Polynesian settlers brought their own form of massage, and it evolved to become something uniquely Hawai'ian. It was practiced by Everyone, from Child to Chief.

After American missionaries arrived in 1820 and converted many in the "Kingdom of Hawaii" to Christianity, traditional healing arts were scorned as heathen and primitive. Various laws prohibited "heathen" worship and any related Native Hawaiian healing practices. Lomilomi as part of medical practice went underground. But lomilomi as restorative massage remained popular not only among the Hawaiians, but among foreign residents and visitors as well.

Although the Legislature of the Kingdom of Hawai'i banned curing through "superstitious methods" in 1886, massage was not subject to legislation until 1945. In 1947, the "Board of Massage" was established to regulate lomilomi and massage. The new law required practitioners to pass a written test on anatomy, physiology and massage theory. Many renowned native healers were unable or unwilling to pass the test, and thus lomilomi as a health-giving massage was forced underground.



Today, Lomilomi or “loving hands” is a common and popular form of massage throughout the world, especially in Hawai'i, Japan and Europe.

Traditionally taught Lomilomi practitioners are generally unwilling to work at just any spa or massage parlor. They prefer to treat selected clients quietly and privately, often in home settings. Lomilomi practitioners may also ask their clients to pray, meditate, change their diets, and engage in other self-help activities usually believed to lie outside the scope of massage. Lomilomi is a holistic healing tradition beyond simple massage.

Before a Lomi Lomi massage begins, the massage therapist will say a quiet prayer to request effective healing.



More than a massage, the ancient wisdom and Spirit of Aloha will guide, heal and inspire you towards your true potential. It is an experience that overwhelms the mind with sensation as the Lomilomi masseuse uses intuitive movement, breathing, rhythm and focussed intention in long, flowing strokes.



Na Pali Coast, Kauai, Hawaii



This sacred Hawai'ian healing can produce powerful spiritual experiences and heightened states of awareness

Lomi Lomi technique covers a broad area of the body and works the muscles often simultaneously to encourage the continuous flow of love and harmony, and to wash harmful thoughts, patterns, memories and behaviors out of the cells of our bodies to make way for more beneficial modes of thought. Once positive energy is permitted to flow unblocked, total body healing is accomplished.

Lomi Lomi was first practiced by the ancient Polynesian settlers, who followed a traditional philosophy called Huna. Huna can be translated as "that which is hidden" or "the secret knowledge". Not that this wisdom was intended to be kept secret, but rather refers to reality which is not easily seen. **Huna is a Hawai'ian philosophy** that can give profound insights into the very nature of Reality.

These are the 7 Major Insights of Huna:

1. The world is what you think it is.
2. There are no limits.
3. Energy flows where attention goes.
4. Now is the moment of power.
5. To love is to be happy with.
6. All power comes from within.
7. Effectiveness is the measure of truth.

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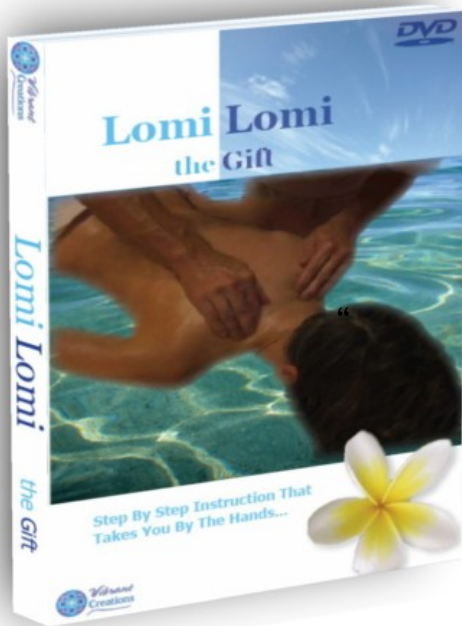
Did you know that the Ancient Hawai'ians had no words for past or future?

Some of the main benefits of Lomilomi are that: it relaxes the nervous system, increases circulation, reduces high blood pressure, reduces stress and creates a sense of well being. It is especially helpful for maintaining health and relieving pain from injury and debilitating illness.

Sharing the gift of Lomilomi encourages connecting with your **heart-center** & feeling **inner peace**, it stimulates **creativity** and helps develop your **intuition**. It is truly the "dance of massage".

About LomiLomi the Gift

There are as many different styles of Lomilomi as there are practitioners. In the DVD LomiLomi the Gift you will learn a traditional structure that has been passed down for many generations as well as many additional complimentary techniques that you can experiment with to create your own unique style.



Lomilomi encourages your creativity and listening to your inner voice. In the words of one of my teachers **“you use your fingers to find the bite”**. “The bite” can mean a knot, a sore spot, or an old emotional wound. Unlike many western teachings it is not essential that you understand with your mind the “meaning” of every movement.

A good example of this is that our bodies are working day and night on thousands of things that we do not understand intellectually, yet we can support our bodies by eating good foods, getting lots of sleep, good exercise, etc.

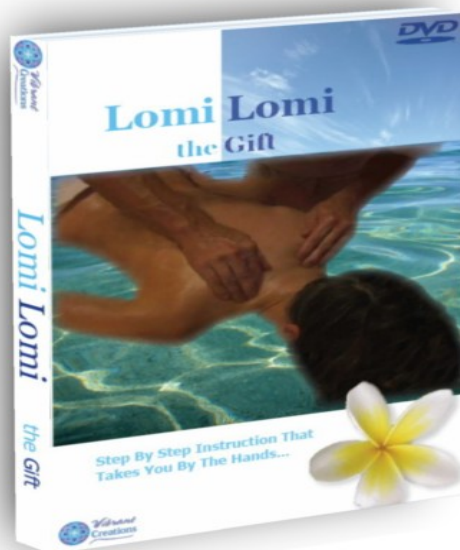
On a deeper level we “know”. Many gifted athletes report that when they are playing their best, their mind is not active and that they are in “the zone”. It is this same “zone” that a gifted masseuse “taps into”.

Another wise teacher pointed out **“we do not heal the body, at best we create a condition where the body can heal itself”**. Perhaps modern medical science is slowly beginning to understand this.



Some of the things included in the DVD:

- ✓ How to prepare the room, massage oil, table, & yourself for optimum conditions. (You will also receive a Checklist so that you don't forget.)
- ✓ How to prepare your client or loved one for their massage, important things to ask, when to ask them...
- ✓ A **blissful** way to start the massage.
- ✓ The Core movements shown clearly in a Sequential Form complete with additional movements you can continue to experiment with months or years later.
- ✓ The basic philosophy so that you have a deeper understanding of what you are doing and it encourages working at an intuitive level.
- ✓ **Important safety details** so that there is no chance of you causing injury or aggravating existing injury/s.



[Click Here for More Information on the DVD](#)

The Biggest Mistake...

...that over 90% Of Masseuses Make:



Temperature!

- The room was too cold...
- The masseuses hands were cold...
- The massage oil was cold...

Things (and people) **contract** when they're cold. How can you fully relax when you're cold? Especially when you're naked! The first contact is so important, if you have cold hands spreading cold massage oil, your client or loved one is going to contract. If you start with heat immediately they relax. The heat helps you to open... In the DVD I show you how to make sure you won't make this mistake.

