



Massage Health & Healing *Energies*, LLC

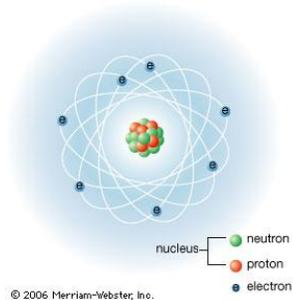
What Is Energy Work???

Frequently we get questions about Energy Work: "What is Energy Work?" and "Where does it come from?" There really is no mystery to it. We all have energy running through our bodies. It is our Life Force. No energy = no life. While not required in massage, we have learned that integrating Energy Work within the massage session optimizes the function of the healing systems of the body and improves the physical, mental, emotional, and spiritual health of the whole person. We have compiled some excerpts below from experts in the field to further aid your understanding of this important aspect of Massage Therapy.

Energy work is the general term for describing all the therapy modalities that are based on energy healing. They are all focused on the belief that the human body contains many levels of energy, that when stimulated through various techniques, will promote overall health and well-being.¹

When we touch another person we exchange energy. There is no way to avoid the fact that a kind of energetic communion takes place, even in such seemingly innocuous acts as hands or touching another on the shoulder. Touch itself communicates a great deal energetically, and actually influences our own energy field. This is something we all know intuitively.²

Let's break it down. Really down. Down to the sub-atomic level. Everything is made up of atoms; protons, neutrons, and electrons. Those are basically just tiny little bits of energy, spinning and buzzing around in unique vibrational patterns. So everything has a unique, subtle vibrational energetic field, sometimes called an aura. Everything in this universe is made of energy; stars, rocks, manmade materials, plants, animals... even you.



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Here's a little experiment you can try right now to feel your own energy field. Rub your hands together briskly until you feel heat, and then firmly clap them together one time. Hold your hands about an

inch apart, and pay close attention to what you feel. You might notice a tingling or buzzing sensation, or a subtle push, like two magnets rejecting each other. That is your energy. You can focus on that sensation, imagining it as a ball between your hands. Slowly move your hands apart, and see if you feel that energy ball expand. You just manipulated your energy. If you keep at it, you can learn to work with that energy in amazing ways.



That is exactly the kind of thing that energy workers do. They sense the subtle energy field around you, and use different tools and

¹ Excerpt from Massage Therapy 101.com

² William Collinge, Ph.D

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What Is Energy Work??? (Continued)

techniques to manipulate that energy field in order to release tension, ease pain, and heal physical and emotional trauma.³

The therapists at MHH \bar{E} are Nationally Certified Practitioners, certified by the National Certification Board for Therapeutic Massage & Bodywork. We may feel different levels of energy within your body and along your meridian lines. Through different techniques we help to rebalance those areas where there is excessive or deficient energy so that your body's entire energy system is in balance. We currently offer the following types of Energy Work:

- Acupressure operates much like acupuncture, but uses direct pressure instead of needles to calm, disperse or tonify energy through energy portals called acupressure points.
- Shiatsu uses pressure through palms, thumbs, fingers, elbows, knees, and sometimes even feet, to stimulate the free flow of energy through the body. Yet, unlike acupressure, it is focused more on the pathways themselves and less on individual points.
- Polarity therapy works from a view of positive and negative polarities existing in every cell of the body, and through the use of gentle holds and the energetic principles of attraction, repulsion and neutrality, it seeks to balance these energy relationships.
- Therapeutic Touch directs the practitioner's bioenergy through their hands on or above the recipient's body to promote self-healing and energy movement.

These are but a sampling of the kinds of work being offered in this ever-growing field. Energy work is a valuable ally to good health -- whether as preventive maintenance, a holistic approach to addressing imbalance and disease, or as a complement to allopathic medical care. No one method is better than any other method. To find what works best for you, explore.⁴

A session may be exclusively Energy Work or incorporated into a Therapeutic Massage. Energy Work sessions are performed fully clothed with no oils or creams. There are no restrictions in type of clothing as long as you are comfortable lying on the treatment table or floor. Blankets will be available for warmth. We feel strongly that the integration of modalities gives one the optimum result from a massage, providing health maintenance and aid to healing. Having said that, it is always the client's choice as to whether or not to receive Energy Work.

Client feedback:

Therapeutic Massage ending with Polarity therapy; ***"I feel balanced...and energized."***

Acupressure/Shiatsu/Polarity therapy session; ***"In 2-3 days I could really feel it. I was relaxed, not as sore as I was and could manipulate my body better."***

Therapeutic Massage with Acupressure; ***"Whatever the technique is called – It was Great... Made me and my muscles relax... It was one of the best massages I have had."***

³ Laura Cox, LMT

⁴ Barry Kapke, A Primer for Plugging Into Your Own Energy

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