

Sacred Moments Massage Therapy



*A little touch of wellness...
takes a Sacred Moment just for you!*

Edition 7 -- Winter 2007

Winter Wonders...

Welcome to this exciting NEW Year! Sacred Moments is now happily situated in a new location! For those who are not sure where I am now I am only about 4 miles from the Cony Rotary in Augusta. Although slightly off the beaten path it is not hard to find my new office. I am only a mile and a half from the previous office on the Cony Road in Chelsea.

It was a difficult decision to move the business just as we were getting our feet under us, but we did it! Now that the renovation is complete it appears that it was a wonderful choice! I feel I can offer the same great atmosphere and healing warm spirit, and the same practiced hands to do your session! I even have the same easy phone number of **621-0075**.



I would like to thank all of you who have stayed with me through the move. I think you agree the new office is just as nice as the other one was. The new office will give me greater flexibility to do your sessions at your convenience.

I do now also work part time with a local Chiropractor, Dr. Mark Laney DC of the Laney Chiropractic Clinic. Doing massage therapy at this office has given me a lot of excellent experience. I am learning a great deal about how to assist with healing back and neck pain and injury. I am finding that the combination of massage therapy with the adjustments offered by chiropractic care make a very powerful healing combination indeed. When we remember that every bone is attached to muscle and every muscle to bone it just makes perfect sense to marry the two modalities. The combination works very well with both injury rehabilitation and in managing chronic pain situations.

The chiropractic schedule of 4 afternoons a week obviously limits my personal office time. This is why I do not currently keep regularly scheduled office hours. It works for me to fit sessions in when I can at your convenience. I am able to work some evenings and some weekends as well. I teach Reiki one weekend a month also.

The new location is at my private residence. We have added a brand new entrance door that leads directly into the office! The room is warm and cozy



with the same pretty fountain and artwork. Please feel free to give me a phone call and set up an appointment to stop by and take a look! Even better, set up an appointment for one of the many relaxing services I still offer:

Massage: Therapeutic massage or relaxing massage...what I offer is often a combination of the two with a soothing relaxation session including work on those problem aches and pains. We can tailor the session to your needs and desires with techniques from Swedish massage, myofascial release, deep tissue, and energy type work. Your session is just for you!

Reflexology: Would you like the focus to be on your tired aching feet? Working with the feet affects the entire body and provides a delightfully soothing experience. Are you or someone you love a bit nervous about a full body massage? That is not a problem at all as Reflexology can be done fully clothed, well, you do have to take your shoes and socks off! Reflexology can also be done for the elderly or those with other issues that do not allow full body work.

Reiki: Reiki is an energy modality that is gaining popularity in the general populace. Many hospitals are now offering Reiki to their patients. Reiki will never do harm and it feels so good! The healing that can occur with Reiki cannot be predicted with exactness, but the results can range from gentle to astounding. The energy of Reiki is present in all of my sessions, and I offer sessions where it is the primary focus. The clothing is left on for a Reiki session which is great for those who would like a

relaxing treatment and are not comfortable with massage.

Relaxing Spa Face Treatments: Done with natural ingredients such as oatmeal and honey this is a delicious choice for luxurious indulgence! Choose your treatment from a menu of scrumptious options according to your skin type and let me pamper you till you just glow! Steamy towels and cool cucumbers...what a way to take care of your winter blues!

The Daffodil Principle

This story was shared with me on the e-mail and I love the message. I hope you enjoy it too.

Several times my daughter had telephoned to say, "Mother, you must come to see the daffodils before they are over."

I wanted to go, but it was a two-hour drive from Laguna to Lake Arrowhead.

"I will come next Tuesday", I promised a little reluctantly on her third call.

Next Tuesday dawned cold and rainy. Still, I had promised, and reluctantly I drove there. When I finally walked into Carolyn's house, I was welcomed by the joyful sounds of happy children. I delightedly hugged and greeted my grandchildren.

"Forget the daffodils, Carolyn! The road is invisible in these clouds and fog, and there is nothing in the world except you and these children that I want to see badly enough to drive another inch!"

My daughter smiled calmly and said, "We drive in this all the time, Mother."

"Well, you won't get me back on the road until it clears, and then I'm heading for home!" I assured her.

"But first we're going to see the daffodils. It's just a few blocks," Carolyn said. "I'll drive. I'm used to this."

"Carolyn," I said sternly, "Please turn around."

"It's all right, Mother, I promise. You will never forgive yourself if you miss this experience."

After about twenty minutes, we turned onto a small gravel road and I saw a small church. On the far side of the church, I saw a hand lettered sign with an arrow that read, "Daffodil Garden ." We got out of the car, each took a child's hand, and I followed Carolyn down the path. Then, as we turned a corner, I looked up and gasped. Before me lay the most glorious sight.

It looked as though someone had taken a great vat of gold and poured it over the mountain peak and its surrounding slopes.



The flowers were planted in majestic, swirling patterns, great ribbons and swaths of deep orange, creamy white, lemon yellow, Salmon pink, and saffron and butter yellow. Each different-colored variety was planted in large groups so that it swirled and flowed like

Its own river with its own unique hue. There were five acres of flowers.

"Who did this?" I asked Carolyn.

"Just one woman," Carolyn answered. "She lives on the property. That's her home." Carolyn pointed to a well-kept A-frame house, Small and modestly sitting in the midst of all that glory. We walked up to the house.

On the patio, we saw a poster. "Answers to the Questions I Know You Are Asking", was the headline. The first answer was a simple one. "50,000 bulbs," it read. The second answer was, "One at a time, by one woman. Two hands, two feet, and one brain."

The third answer was, "Began in 1958."

For me, that moment was a life-changing experience. I thought of this woman whom I had never met, who, more than forty years before, Had begun, one bulb at a time, to bring her vision of beauty and joy to an obscure mountaintop. Planting one bulb at a time, year after year, This unknown woman had forever changed the world in which she lived. One day at a time, she had created something of extraordinary magnificence, beauty, and inspiration. The principle her daffodil garden taught is one of the greatest principles of celebration.

That is, learning to move toward our goals and desires one step at a time--often just one baby-step at a time--
And learning to love the doing, learning to use the accumulation of time. When we multiply tiny pieces of time with small increments Of daily effort, we too will find we can accomplish magnificent things. We can change the world !

"It makes me sad in a way," I admitted to Carolyn. "What might I have accomplished if I had thought of a wonderful goal thirty-Five or forty years ago and had worked away at it 'one bulb at a time' through all those years?

Just think what I might have been able to achieve!"

My daughter summed up the message of the day in her usual direct way. "Start tomorrow," she said.

She was right. It's so pointless to think of the lost hours of yesterdays. The way to make learning a lesson of celebration instead Of a cause for regret is to only ask, "How can I put this to use today?"

Use the Daffodil Principle. Stop waiting.....

Until your car or home is paid off
Until you get a new car or home
Until your kids leave the house
Until you go back to school
Until you finish school
Until you clean the house
Until you organize the garage
Until you clean off your desk
Until you lose 10 lbs.
Until you gain 10 lbs.
Until you get married
Until you get a divorce
Until you have kids
Until the kids go to school
Until you retire
Until summer
Until spring
Until winter
Until fall
Until you die...

