

Sacred Moments Massage Therapy



*Take a Sacred Moment
just for you!*

Issue 7- Summer 2007

Notes from Sacred Moments...

Summer has flown by hasn't it! I admit I have neglected this newsletter this year. I had hoped to write for you each season and I was so busy this spring I just didn't get it finished.

I have spent a lot of time reclaiming my gardens from the overgrowth they suffered through the neglect of the past couple years while I was in training as a massage therapist. I am delighted to report that the entrance to the office is getting prettier by the day as the flowers grow and blossom!



The morning glories have begun to climb the arbor and soon I hope it will be covered with beautiful flowers! Please feel free to take a moment to enjoy the gardens when you come for your session!

Continued Education...

I have learned a great deal this year. My dear husband has had a total left knee replacement (one reason I was rather busy this spring) and I have learned a lot about working with leg muscles!

I was also fortunate to attend a wonderful seminar at Downeast School of Massage in July. The well respected Bob King taught myofascial techniques for the legs, ankles and feet. This work is incredibly effective and can really make a difference for people with all sorts of issues like plantar fasciitis and shin splints. Our feet are our foundation and we learned that we can even have neck problems that can start

in our feet! Many athletic people like runners can benefit from this work.

Reflexology certification...

Yes, I am now able to claim that I am a CERTIFIED Reflexologist. This means that I have done the hours required by the school to earn my certificate. I really enjoy doing Reflexology and I hope more of you will try a session. It does not tickle. It does not hurt, and it can do wonderful things for your whole body.

One change that I have made here at Sacred Moments this summer is that I have reduced the days I work at the chiropractic office. I want to be able to schedule more sessions here at the office.

I have currently reduced the price of my Reflexology and Reiki sessions to encourage more of you to try these wonderful modalities. I just know you will love the sessions and I want to make them even more available to you!

NO CELL!!!

Please call ahead for an appointment if you can...and be patient...I *will* call back. With the summer so busy for everyone it can be a bit tricky to catch each other by phone! I do not use a cell phone at this time and I am often outside where I cannot pick up the line, but I *always* check my voice mails and return calls. Don't be afraid to try again.

Holistic Fair...

Earlier this summer I was at the Holistic Fair held at the Buker School across from the Armory in Augusta. It was a lot of fun and I got to meet lots of nice people. It was so successful the fair is planned again for later this year. Right now I think the date is December first. I will be bringing my products and massage chair. Come and have fun checking out all the great exhibits and plan to do a bit of Christmas shopping!

Thanks to all of you and enjoy the rest of the summer!

~Carla

Reiki is...

For everyone...

More and more hospitals are offering Reiki. The reason they do this is because of the overwhelming evidence is that it works. It is relaxing, balancing, and current evidence shows that Reiki can be healing on many levels.

Have you ever wished you could help your friends and family feel better? Would you like to help yourself with Reiki? It is not hard to learn Reiki. I teach Reiki I in a 10 hour class offering 10 CE credits. When my students leave my class it is my goal that they feel comfortable doing Reiki for themselves and for friends and family members. Students completing Reiki I are fully attuned and certified to do Reiki I. I also encourage everyone and anyone to continue to stay in touch and to contact me if they ever have any questions with their Reiki.

Reiki II is offered to students certified in Reiki I. This class is a 7 hour/CE course that enhances your Reiki skills and gives you more options for treatment.

For bodywork practitioners...

I am delighted to report to you the news that I am a **continuing education provider certified by the NCBMTB** for my Reiki classes.

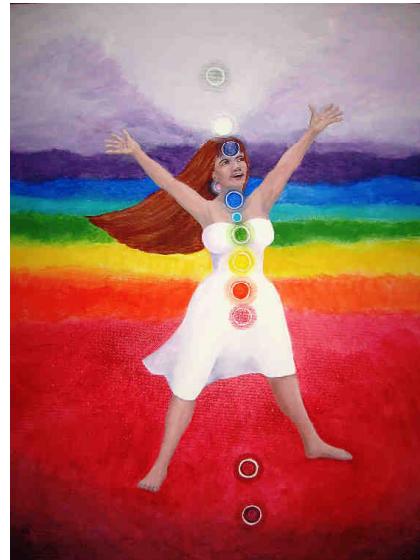
Reiki is such a wonderful addition to massage and other body work that I cannot comprehend doing my work as a massage therapist or a Reflexologist without it. Those of you reading this who are bodywork practitioners know our job is both physically and sometimes emotionally demanding.

The benefits of being attuned to Reiki as a bodywork practitioner are many. One is the "one-way" energy flow Reiki protection that allows healing energy to flow through to the client and keeps negative energy from the client from affecting the practitioner's energetic body. Simply being attuned to the Reiki energy gives this protection.

Another benefit is the additional ease in opening to the flow of higher vibrational energies. Reiki's healing energy connects the client to their own inner power to heal. People will draw Reiki energy as you work. The practitioner does not have to work hard to initiate the flow of this energy. Even when we might

not be having the best of days as practitioners Reiki energy will flow and assist us to open us to the flow of healing energy for our clients. This brings me to a third and especially helpful benefit...

As the Reiki energy flows through us to our clients we open ourselves to the Reiki energy as well. Each



session we do is like receiving a Reiki session for ourselves. Many times when working with a client I will feel my own body respond with minute adjustments and corrections. Not that I am always pain free or never in need of receiving bodywork! Oh, no,

perhaps I feel even more keenly the need to be on the receiving end of a well intended massage!

After a four hour shift doing massage at the chiropractor's office I actually feel energized. I also feel that happy tiredness that comes from doing a satisfying day of work. After sessions I often feel more centered and balanced than when I started. My own energy flows more freely through my own body.

Reiki is for everyone. For those who have not experienced Reiki I offer sessions. Receiving Reiki is incredibly relaxing and pleasurable. Even people who are not able to receive massage can enjoy the benefits of Reiki. Reiki is now used in our hospitals and offered in hospice and other facilities. Many people love to have Reiki done for them. I am always happy to talk to you about Reiki and the benefits of this wonderful energy.

For the present time I have lowered the price for a Reiki session. I really want you to have the opportunity to experience Reiki for yourself.

If you are interested in learning more feel free to contact me and discuss your questions. The Reiki class schedule is on the web site at carlasanctuary.com.