

Sacred Moments Massage Therapy



*Take a Sacred Moment
just for you!*

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Land of SNOW!

We have snow. Oh, sorry, I guess you who are here in Maine noticed that! Shoveling is hard on the shoulders and back isn't it! I liked it at the beginning when I could just push it around. Then it got so there was no place to push it and I had to heave it up on the top of existing bankings. That is when it got to me! I have been under a lot of stress lately with the holidays and being caretaker for various medical treatments going on in my family. This has been a long winter and it has only just begun. I got myself a massage just the other day...do you think you need one?

I am getting ready for spring already and cabin fever is setting in. I bet a nice reflexology treatment would be just the thing!

I would like to take this moment to remind you that a massage can do wonders to get the kinks out of those hard working back and shoulder muscles. It is also wonderful to simply relax and feel warm, cozy and nurtured. Your feet would be grateful for Reflexology I am sure! Treat yourself to get a break from the winter doldrums of cabin fever. Treat your loved ones too!

Classes are available at Sacred Moments. Reiki classes are only one type of class. How about talking to me about a "how to" class? I could help you learn a few wonderful things you can do to help your loved one with those bothersome back aches or stiff neck muscles! Did you always wish you could get your husband or wife to work on that bothersome spot between your shoulder blades? Perhaps I can help! Or how about a few good ideas on giving loving foot rubs? I would love to help you learn some nice simple techniques to share with your spouse or even your children! Wouldn't a personal class be a great gift!

Sacred Moments at the Holistic Fair



Attending the December Holistic Fair at the Buker school was a lot of fun. I was able to display some of my products and meet a lot of nice people. Chair massage was available to the lucky ones who took advantage of the relaxing experience.

Matrix Energetics Seminar in New York City

I was busy this autumn adding new and powerful "quantum" techniques to my available tool box. I completed both level one and two at a 3 day intensive seminar experience with the renowned Dr. Richard Bartlett D.C., N.D.

It is a bit difficult to describe this amazing art. The web site says, "Matrix Energetics is not a "thing" to be defined - it is, instead, a pathway to transformation. This transformation takes place by communicating at the quantum level with the wave fronts (energy and information) that create all of reality."

So now along with my other modalities I am accessing quantum wave transformation. The results speak for themselves. Come feel the wave!