

Summer 2010

Family Nurturing Tree

Aging Gracefully - Mind & Body

Preventative And Restorative Benefits Of Massage & Bodywork

Associated Bodywork and Massage Professionals

According to the U.S. Centers for Disease Control and Prevention, preventing disease and injury is critical to reducing the expected growth of health-care costs headed our way, as more than 70 million U.S. baby boomers cross the 60-year-old threshold. Moreover, disease prevention is critical to, well, your health! Whether you're a boomer who is running a marathon or running after your grandchildren, you know that growing older doesn't mean growing old. If you're wondering how to stave off the effects of aging, the preventative and restorative nature of massage and bodywork might be just what the body ordered.

Improved Circulation, Healthier Skin

As our bodies age, our circulation slows and our skin loses its once youthful vitality. Experts say the mechanical nature of massage combats these effects by increasing circulation through the manipulation of tissue, improving the appearance and condition of the skin and its elasticity, and toning muscle tissue. Massage also creates a stimulating cellular function in the hypodermis, dermis, and epidermis layers of the skin and increases the production of skin-nurturing sebum.

Immunity and Stress

If you're already a frequent recipient of massage, you know what the work does to combat daily stress. But did you know how detrimental those stressors can be? Experts say the majority of disease we encounter today is associated with stress.

Contact Information

Debi Melzer, NCTMB

Facilitator Of Sacred Connections

408-667-7354

www.FamilyNurturingTree.org

Mission Statement

Create a life of love, peace, purpose, health, gratitude, joy, and abundance, by harmonizing and celebrating an awareness of Divine Love

Whoever loves a brother or sister lives in the Light, and in such a person there is no cause for stumbling.

- 1 John 2:10

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Massage therapy can play an important role in aging well and remaining youthful and healthy

Not only that, stress is a huge factor in premature aging of the body. Researchers say chronic stress ages the body, weakens the immune cell function and can make cells appear up to 17 years older than they really are. Through its effects, massage deftly attacks stress, while boosting the immune system. Massage encourages the release of oxytocin, a stress-reducing hormone in the body most often associated with birth and bonding, and activates the parasympathetic nervous system and its relaxation response. Massage also decreases beta brainwave activity, increases dopamine and serotonin levels in the body, and reduces cortisol levels, all of which are linked to decreased stress.

Squashing the Pain

Part of the aging process, unfortunately, involves dealing with aches and pains. You might find a day of gardening brings on back pain you never experienced before, or your biking regimen now requires greater recovery time afterward. Even though pain is a constant source of grief for an aging body, massage can make a difference.

The passive movement in massage keeps joints more mobile and stimulates the synovial fluid, which lubricates the joints and nourishes the articular cartilage. Massage also prompts the release of endorphins and other pain-reducing neurochemicals. In addition to the pains of physical exertion an aging body experiences, the discomfort caused by arthritis can be just as debilitating. Experts predict that one-third of Americans will get arthritis

as they age. Ironically, most arthritis sufferers may not think of massage when they start to explore which therapies might ease their pain. While it is doubtful an arthritic joint can “heal” completely with massage, it can feel better. And for an arthritis sufferer, better is a welcome word, particularly when there are no side effects involved.

According to the Arthritis Foundation, an increasing number of doctors are recommending massage to their arthritis patients to help relieve the pain and stiffness caused by their disease. Massage can increase circulation around painful joints, bringing healing oxygen and nutrients, including amino acids, to rebuild tissue. Many massage therapists report that their arthritic clients find better and longer-lasting relief from massage than from pharmaceuticals. Whether its reducing the symptoms of arthritis, or simply addressing the aches and pains of living an active life, massage can play an important role in aging well.

Growing Gracefully - Mind & Body

The benefits from massage and bodywork can help bodies of all ages, especially for baby boomers. Research has shown that massage:

- Improves range of motion and decreases low-back pain.
- Increases circulation, allowing the body to pump more oxygen and nutrients into tissues and vital organs.
- Provides exercise and stretching for atrophied muscles.
- Reduces swelling and scar tissue.

- Reduces recovery time from injury/surgery.
- Reduces stress, a major contributor to disease and ill health.
- Releases endorphins, the body's natural painkiller, thereby reducing the need for medications.
- Stimulates lymph flow and supports the body's natural process of detoxification.

Psychological Value

In addition to all the physical benefits massage and bodywork offers, there also are proven psychological changes we experience with massage. One of the reasons massage feels so relaxing is that there is a literal psychological benefit as dopamine and serotonin

become balanced in the system. And when massage produces oxytocin in the body, there is a sense of being nurtured. Add that to the restorative effect that comes from those quiet moments during massage, and you've got a process that experts say is incredibly healing.

Aging, obviously, is a process none of us can avoid. Turn the inevitability of aging into a positive process of change and let massage and bodywork help you along the journey.

Aging is not lost youth but a new stage of opportunity and strength
- Betty Friedan

Awaken To An Open Heart From Love

A Message From the Deva Of Love In A Mist



Like my flower colors, love comes in many shades but it is always there. At times it is masked, hidden, but ALWAYS WITH YOU. The shifting you are all going through is bringing you to this awareness within yourselves and others. Focus on one singular Truth, you are loved on earth as in heaven.

The mist that gets created can be explained.....for those with eyes to see and ears to hear. Won't you join your beloved ones and see what is already within and around you? It only takes a moment to shift your awareness from hatred to Love. You have the key, freewill, for it is your choice. We are all waiting here from far and near to support you. We can only do that when you choose Love. It is your choice. When you choose Love your open heart will Light your way.

Spiritual Growth

An Intellectual & Experiential Practice

Debi Melzer

I was reading Deepak Chopra's "The Third Jesus" in a Unity Church book club. I was about half-way through the book when in a quite moment reading I heard, "What does Jesus mean to me?" I felt the need to stop reading a book about someone else's interpretations of what Jesus meant and ask my own being that question. The answer that came quite easily and effortlessly was, "He is my brother". I didn't finish Deepak's book not because it didn't have relevant information, it's just that I needed to ask to know Jesus myself and through my own unique experience and awareness. In a quiet moment of meditation I did just that.

I found a new connection to that awareness of Jesus as my brother when I found myself being called to a book loud and clear from a fellow Rosicrucian Order AMORC member as it was the next book for the book club there. My fellow frater was insistent in a joyfully, enthusiastic way about reading this book. It turned out to be a book called, "The Book of Love" by Kathleen McGowan. I highly recommend this book as well. After finishing it I felt called to her web site to find out more about this wonderful author. I found her book, "The Source In Miracles, 7 Steps To Transforming Your Life Through The Lord's Prayer". I am somewhat new to the Lord's prayer finding most of my God experience and connection through nature and Native American Spirituality through the Medicine Wheel. Through Unity Church I was introduced to the Lord's prayer and the prayer's more metaphysical meaning.

Kathleen's book took my awareness of the Lord's Prayer to a new level of experience through the power of the labyrinth. I am somewhat new to labyrinths but have experienced the power of this walking meditation to find peace or find an answer or direction in life. Kathleen connects each segment of the Lord's prayer to the 6 petals of a rose at the center of the 11 circuit Chartres Cathedral labyrinth. Labyrinths are not meant to be a maze that tricks you or leads you in the wrong direction. Instead, they are a tool to enter the center of your own being and your connection to Source through an awareness of

Divine Love when arriving at the center of the labyrinth. They come in various shapes and sizes, but walking the 11 circuit style with the 6 petals is profound and centering.

In going through each chapter I began to notice a similarity in my journey and experiences and the key themes and energies of each petal. I have found each one a necessary and heart opening part of my spiritual and self awareness awakening: Faith, Surrender, Service, Abundance, Forgiveness, and Obstacles. I found a new way to experience and express these energies from my Loving Source, through her approach with the Lord's prayer. As she states in her book it is a commitment and a practice just like anything else we may want to experience growth and opportunity with.



For me 2 important aspects of spiritual growth are intellectual and experiential. To merely read an idea or philosophy and adopt it as your own I feel is a disservice to your own unique knowledge and wisdom. To read about an idea or philosophy and then put into practice into your own life is to create new experiences for your self and others by adding rich wisdom to our collective consciousness.

This has been my experience with the Lord's prayer in combination with the 6 petaled rose. I began to use it daily and found the physical labyrinth just as powerful as the labyrinth and rose petal used in meditation with

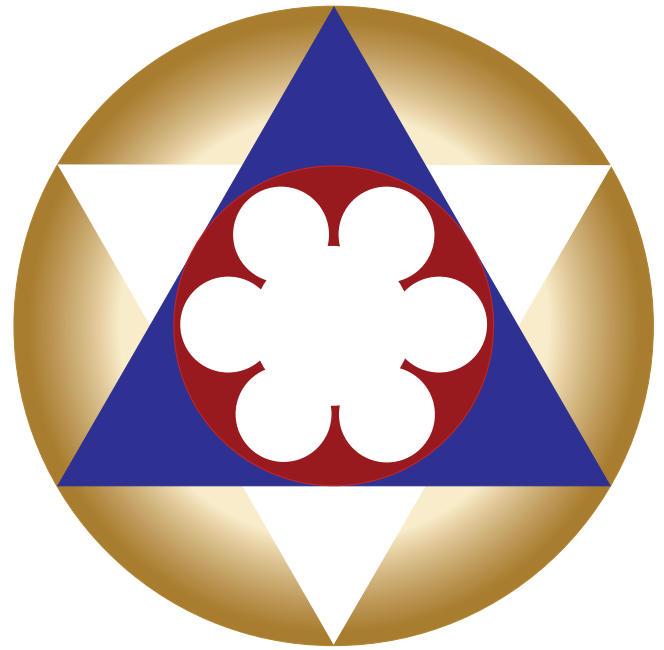
my mind's eye. The more I worked with it in these quiet moments new words and energies began to emerge for me while reciting the prayer. Bread became breath, and the Source energy that sustains us on all levels in abundant ways. Obstacles became Freedom as I focused on my Soul's purpose and promise, my reason for coming into my physical vehicle to be of service. Service took on a whole new meaning as I discovered a loving urge to be of service to military veterans and their families because of my Soul's past experience with war. It is still in the discovery stages, but doors keep opening as I fulfill my promise of service.

From my experience, and I challenge you to have your own experience, the eternal parts of our being, our Souls or Higher Selves, have all made a plan on what we wanted to learn and grow with while on this beautiful planet Earth. When we live solely from our intellectual mind we are incomplete, there is a whole other part of ourselves we are to discover. Oh we know it well even if we are not aware of it yet. It is our essence, our vibration that is eternal and will always go on. Our body is just our vehicle for carrying out our promise. To merge our spiritual self with our physical self is to become aware of Heaven on Earth. I believe one of our key purposes is to know Love, the love our Souls know and come from, but here on earth..."On Earth As It Is in Heaven."

This "Merging Heaven & Earth" symbol came to me while in meditation with the 6 petaled labyrinth rose and the Lord's Prayer. The blue triangle represents the peace we create in ourselves and on earth when joined with the peace of Heaven, the white triangle.

(I will let you define for yourself what heaven is because I know you have your own answer!)

At the center is the 6 petaled rose which I use with the Lord's prayer which takes me to my own microcosm of Divine Love which is surrounded and encapsulated by the Gold circle, the macrocosm, the Divine Love of all that is. The more I study and experience it and the Lord's Prayer I don't see it in the context of any world religion, only Love. I truly see Jesus not as my fellow Christian or Savior, but my brother in Love. I truly believe that was his purpose and his message, to create Love on Earth as it is in Heaven. And I believe he succeeded, because we



Merging Heaven & Earth

all carry that spark of consciousness of Love he brought into our consciousness through his life. I leave this symbol and the below resources with you for your own study and experience. May you find your promised path.

I send love and gratitude to Kathleen for her years of intellectual study combined with her own experience of the Divine which has culminated in mind and heart opening literature perfect for our time.

- Peace & Blessings

Resources:

The Source Of Miracles

7 Steps To Transforming Your Life Through The Lords Prayer

The Book Of Love, 2nd in a series

By Kathleen McGowan

www.kathleenmcgowan.com

Check your local library or favorite book seller

Unity Church: www.unity.org

Rosicrucian Order, AMORC: www.rosicrucian.org

Labyrinth Resources:

Labyrinth Finder: www.labyrinthlocator.com

Labyrinth Society: www.labyrinthociety.org

Upcoming Classes

Appreciative Coaching Experience

We all have within us some part of our being that wants to be heard, seen, or felt and to step into this space and let it be recognized is empowering and life changing. The Appreciative Coaching Experience opens a portal to connect you with that space within by creating a sacred space of collaboration and celebration. Two key principles of the appreciative process are that people are not a problem to be solved, but a mystery to be explored and that in every society, group, organization, or individual, something works.

I invite you to explore what works in your life through the journey of Discovering, Dreaming, Designing, and create and live your desired Destiny. Those who hear the call will connect and support each other weekly for 4 weeks through this opportunity to affirm a sense of the possible.

*“When Freedom from her mountain height unfurled her standard to the air,
She tore the azure robe of night, and set the stars of glory there”
- Joseph Rodman Drake*

Cost/Dates/Times

\$80 for 4-week class

Thursdays, 7/8/10 thru 7/29/10

11:00 am – 12:00 pm PDT

Wednesdays, 7/14/10 thru 8/4/10

11:00 am – 12:00 pm PDT

Thursdays, 8/5/10 thru 8/26/10

7:00 pm – 8:00 pm PDT

Click [Appreciative Coaching Experience](#) for a flyer,
or visit the “Classes” page at www.FamilyNurturingTree.org

To Enroll Contact:

E-mail: Debi@FamilyNurturingTree.org

Phone: 408-667-7354

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As an expression of Love and Gratitude, please include the web site and contact information - Light, Life, Love

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www.FamilyNurturingTree.wordpress.com
e-mail: Debi@FamilyNurturingTree.org