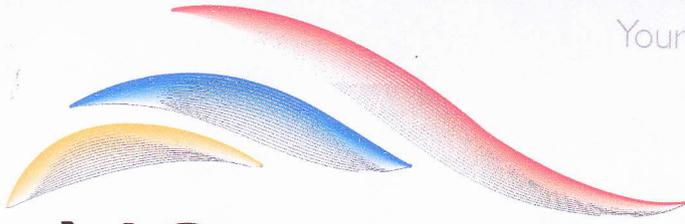


Your magazine about healing, touch and wellbeing



NO HANDS®

The New Massage



A note from Gerry Pyves - the creator of *NO HANDS* Massage

In this issue we look at **ENERGISING** as a reason for Massage. Just like a river, energy flows around the human body. The Chinese developed this side of medicine by charting this flow of energy (Chi) in channels called meridians. Just like a river, these channels can get blocked up and stagnant.

One of the most perfect reasons for a Massage is to 'get the chi flowing again'. Massage moves blood, lymph and energy. Places that are too full will get 'emptied' and places that are empty get filled. It's really that simple. This is one of the reasons you feel so different when you get off the Massage table.

A REASON FOR MASSAGE: ENERGISE

The thing about our energy is this: if it becomes blocked or 'locked up' then this part of our body becomes sluggish and 'frozen'. Consequently, our lymph and blood also begin to stagnate in these areas. Muscles become rigid, further blocking the natural flow of cells, fluids and energy around the body.

Like a stagnant pond, it is this blocked up part of the body that becomes the home to infections and diseases. Some physicians hold



that all illness starts with simply this - blockage.

When there is an energy block, we are at the early stages of a problem.

We are slowly developing the instrumentation to read this invisible thing called energy. Dogs are being used to smell cancer cells even before the machines show them. It seems stagnation has a smell. It makes sense to me, as I am not anyone

who has ever cleared out a blocked drain will agree!)

Some people are discerning energy through light research; it seems we emit light. Some do it through sound. We are not quite there yet, but this is surely the future of serious medicine - to identify an illness before it has become

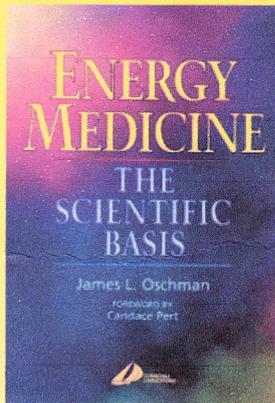
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FEATURED BOOK:
*Energy Medicine - The
Scientific Basis*
By James L. Oschman

Subtitled "Energy medicine in therapeutics and human performance", this book gives a good overview of the latest scientific theories and how they impact on the body, and healing and energy theory.



There is a great discussion on vibration and how Bodywork may well be harmonising the vibrations within the body into a unity. For example, just one of the concepts discussed was ENTRAINMENT (from Page 14):

"If a number of pendulum clocks are all mounted on the same wall, they will eventually entrain, so that all the pendulums swing in precise synchrony...for this to happen, the pendulums must have the same period which is determined by their length. What couples the pendulums are their vibrations which are conducted through the structure of the wall."

When we have a Massage, how possible is it that we are entraining the body to a newer and more healthy rhythm or vibration? I rather like the idea that we are beings of light who emit vibration. So often after a Massage, I feel as if my body is literally vibrating with energy.

This is a great book if you want to explore further the mysteries of energy.



physical. This means we can take measures to rebalance the body before it has got so bad that we are too sick to do anything healthy.

In all cases, whether we can measure it or not, having an ENERGISING Massage will unblock any stagnant area of your body and release the energy to flow to wherever it is needed



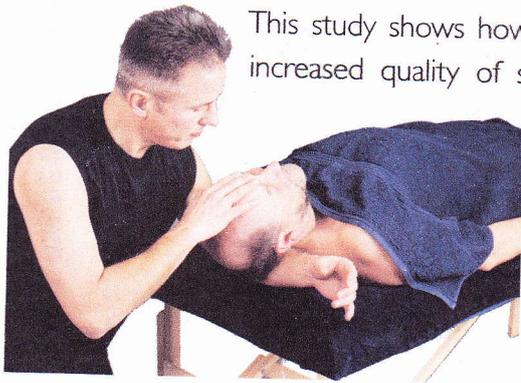
in your body. It is all about feeling alive. This is a vigorous (but not painful) type of Massage and requires a great athleticism from your practitioner:

In terms of your energy, this style of Massage will literally 'raise your vibration'. If we could measure the sounds of your body it would resonate at a higher frequency. If we could see the light you emit, it would be brighter, and so on.

For me, I just get off the table and feel that I am 'buzzin'!



RESEARCH: MASSAGE AFFECTS QUALITY OF LIFE



This study shows how Massage improved daily functioning, increased quality of sleep and decreased stress-hormone levels. These are three important indicators of both health and happiness, in my opinion. Frankly, if the drug companies could get their hands on something that did anything close to this it would make headline news!

This effect of Massage was shown in a study of people with Parkinson's disease. Sixteen adults diagnosed with Parkinson's disease, a chronic disease of the central nervous system characterised by tremor, muscle weakness and rigidity, were randomly assigned to receive either Massage therapy or progressive muscle relaxation, for 30 minutes twice a week for five weeks.

Measurement: The Activities of Daily Life Scale, which measures the amount of daily activities a person with Parkinson's disease can perform, was used by both the physicians and the participants to assess daily functioning. A 15-item sleep scale was used to gauge subjects' quality of sleep and levels of fatigue, with



options ranging from "did not awaken" and "had no trouble sleeping" to "was awake 10 hours" and "had a lot of trouble falling asleep." Urine samples were collected to determine participants' stress-hormone levels.

According to the physicians and the subjects'

self-reports, **daily functioning improved** for those in the Massage therapy group.

The urine samples revealed a **decrease in the stress hormones** norepinephrine and epinephrine for the Massage therapy group.

Both groups reported **more effective sleep** by the end of the study, but the Massage therapy group alone reported **less sleep disturbance**.

Source: "Parkinson's Disease Symptoms are Reduced by Massage Therapy and Progressive Muscle Exercises," Maria Hernandez-Reif, Ph.D., Tiffany Field, Ph.D., Shay Lergie, Christy Cullen, Julia Beutler, Chris Sanders, William Weiner, Dinorah Rodriguez-Bateman, Lisette Zelaya, Saul Schanberg and Cynthia Kuhn. *Journal of Bodywork and Movement Therapies*, July 2002, Vol. 6, No. 2, pp. 177-182.



FEATURED CD:

MAGNA CANTA

Each issue I will feature one of my favourite healing music CDs. The music I write about is music I have worked with in my Massage treatments for thousands of hours, yet it still inspires and uplifts me every time I hear it anew. The best place to get these CDs is the www.nohandsmassage.com web site as so many are imports.



ENCHANTED SPIRITS

This is a CD out of what I call the 'Monk Rock' stable of music. Because we are dealing with the idea of Massage as a way to create flow and **ENERGIZE** the body, I thought I would feature the one piece of music most often used for this type of **NO HANDS** Massage treatment.

This CD has a pounding and driving rhythm that underpins some powerful Gregorian style singing. It is truly uplifting and wonderfully powerful for getting your energy going. Couldn't be a further cry from what I term 'dolphin music'!

MASSAGE AND ENERGY

Another way of looking at the issue of energy is through the world's most ancient healing discipline - Ayurveda - which provides us with an interesting traditional perspective on Massage and energy.

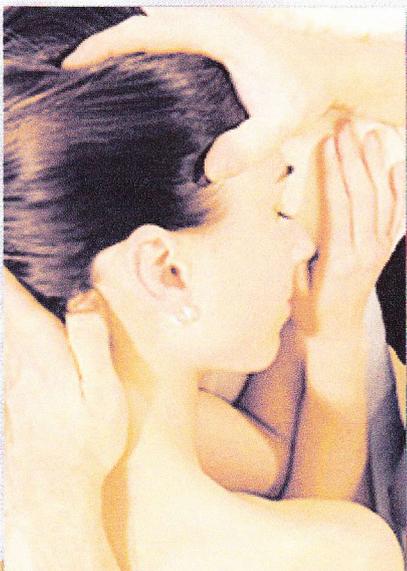
In an article entitled "Samvahan", Kamala Thiagarajan writes about vibration in healing. She writes about sound, Massage and music healing. Samvahan is a Sanskrit word that translates as "The re-awakening of dead tissue". It seems the Ayurvedic sage Charuk stated that vibration and Massage could come together to affect the



treatment of so many illnesses. The author goes on to write:

"All people are unique in how they create

and hold vibrations. Each organ, tissue and cell in our bodies is like an instrument in an orchestra. Just as there are different frequencies, overtones and peculiarities unique



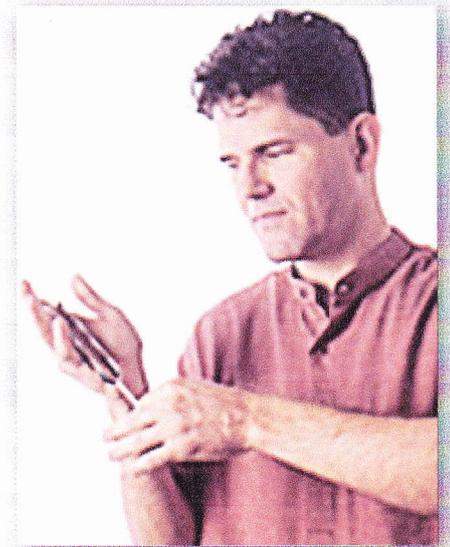
to each instrument, the same applies to the body. "These vibrations then become "a powerful key to unlock emotional trauma trapped within our subconscious. Thoughts being vibrations, the therapy therefore offers a deeper plane of healing..."



Ayurveda believes that therapists can use their hands to transmit vibrations that are directed by intention, pressure and rhythms as well as using more traditional sound vibrations. According to Samvahan theory, the vibrations that the practitioner administers interact with the elements that

occur naturally within the body: Earth, Air, Water, Fire and Ether. This also benefits and impacts on the health of the practitioner who is the vehicle for the vibrations.

(from: Massage Magazine Nov/Dec 2005 p.46)



Michael Trembath, who learned Samvahan therapy from its founder, Dr Ram K. Bhosle.

MASSAGE TIP:

Ask your **NO HANDS** practitioner for an energising treatment. It's a great way to unblock your body's energy and 'raise your vibrations'. We have no idea what 'future illnesses' you may be preventing by giving your body a 'tune up' to a higher frequency. Just try it and see!

