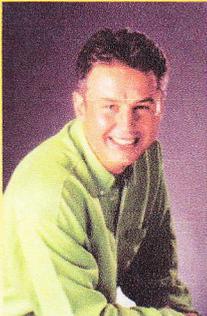


# NO HANDS®

## The New Massage



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

In this issue I am going to focus on the power of Massage and touch to help us with EXHAUSTION. The repletion effect is a very little known benefit of Massage.

How many of us have times when we feel exhausted and run down - depleted? We ignore the signals of tiredness at our own peril. If we do not give the body what it needs when we are tired, then this can mean that we progress on to more serious illnesses.

When I was young and foolish (25 years old) I managed to ignore MONTHS of tiredness and ended up spending 2 years sick - with M.E. I now know that if I had only listened to my body and understood the power of REPLETION I could have avoided those two years of illness...

When exploring 'energy' and the body, perhaps the single most obvious thing to consider is this: we are 70% water. I am fascinated by this simple fact and include some amazing information about water. I think we need to understand water to understand our health.

## A REASON FOR MASSAGE: ENERGY AND REPLETION

Tiredness, exhaustion and depletion are all common experiences for most of us. Yet do we really understand much about it?



Sometimes we get exhausted and tired because our mind-set is negative and we allow ourselves to sink into inactivity and depression. We are tired because we are doing

too little. At other times we get tired because we have pushed ourselves to do a great deal for a long time. We are doing too much.

Funnily enough, a repletion Massage works in both cases. This is a unique *NO HANDS* approach to Massage; one that provides a whole treatment of gentle and slow (sometimes still) touch. It demands very little of the body and our energy. Instead of 'flushing out' energy a repletion Massage aims at restoring energy.

Which begs the question - where do I get more energy from? The

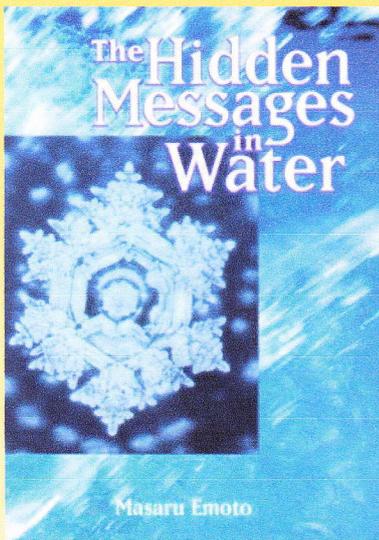
bad news is that your Massage therapist cannot 'give' you energy. It's not like going to some petrol pump attendant and asking to "fill her up". If only...

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**FEATURED BOOK:**  
*The Hidden Messages in Water*  
By Dr Masaru Emoto

In a newsletter dealing with the mysteries of our 'energy' and what happens to it when we get exhausted, I thought this little 'energy book' might be relevant for those of you interested in pushing the horizons of knowledge just a little bit out and 'left of field'...



When the internationally renowned Japanese scientist, Dr Masaru Emoto, started looking at water crystals he discovered something truly amazing. He found that the crystals varied enormously; some appearing truly beautiful and others looking 'messy'. Not only that, but far from being 'random' the differences in the crystals had a reason.

Emoto realised that the crystal patterns varied according to the type of water, their environment or even, believe it or not, the moods and emotions projected on to them. This beautiful little book charts one man's journey to understand the healing power contained in one of the most important elements of life: Water.

If you only get this book for the amazing photos it will be worth the money!

However, the good news is that your energy will naturally revitalise itself - right from your core - if given the right environment. That environment of course, is the gentleness and stillness of a Repletion Massage. I don't know why this happens, I only know that it does.



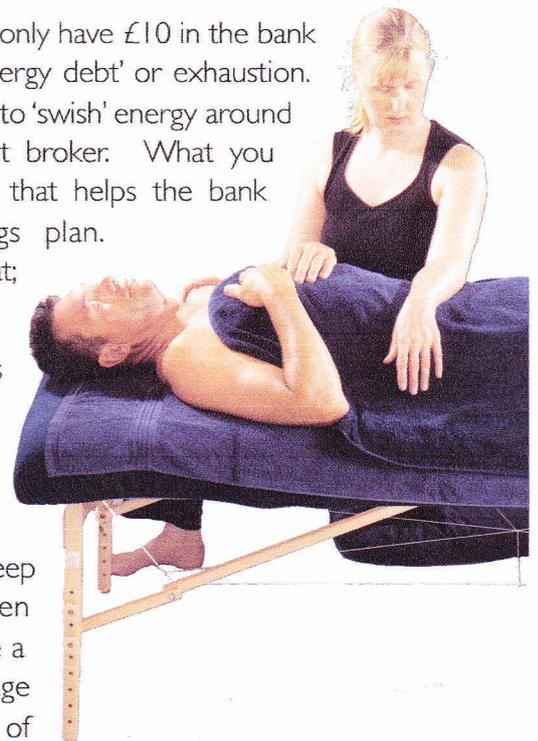
Given the right conditions the human body is a self healing miracle and that applies particularly to the issue of exhaustion and energy. If you have a conventional Massage when exhausted you will almost certainly feel more tired and exhausted afterwards. Think of it

like a bank account:

If you invest £500 when you only have £10 in the bank the net result is £490 of 'energy debt' or exhaustion. Conventional Massage tends to 'swish' energy around the body like an investment broker. What you need is a type of Massage that helps the bank account grow - a savings plan. Repletion Massage does that; it rebuilds your energy.

In the stillness and gentleness of a Repletion Massage more is probably going on than in a 'busy' Massage. It's just deep and out of sight. It's as if your energy is like a deep underground river and when you are tired, it has become a trickle. The Repletion Massage uses the heat and stillness of the practitioner's hands to allow that river to build in strength and power.

Whether this is what is really happening is less important than the fact that this simple 'map' describes exactly what seems to happen for both client and therapist whenever they have a *NO HANDS* Repletion Massage.





## RESEARCH: MASSAGE THERAPY IMPROVES ENERGY AND SLEEP

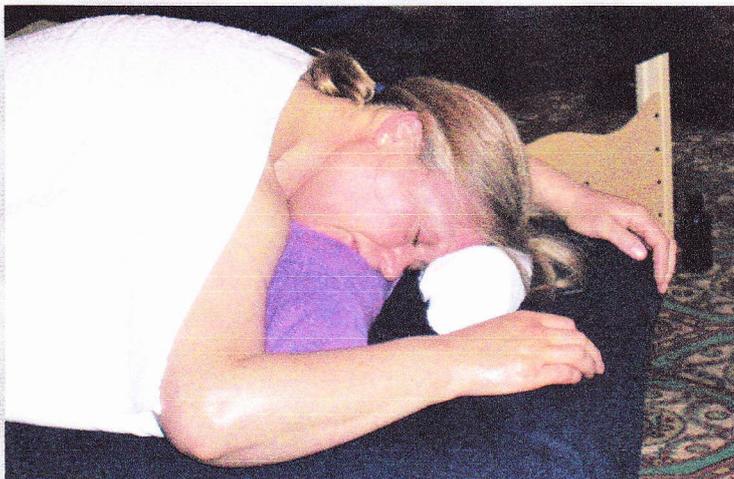
I think this particular piece of research pinpoints very well the powerfully recuperative nature of Massage. In it, Massage therapy was found to help patients recover from cardiopulmonary artery bypass graft surgery by reducing fatigue and improving their quality of sleep.

It's all very well being exhausted and needing rest and sleep, but if sleep eludes us the problem of exhaustion can become chronic. Needing repletion is also about needing deep and restful sleep. As well as reducing tiredness, Massage improved sleep!

Cardiopulmonary artery bypass graft surgery patients in Brazil were randomised into a Massage group or a control group after they were discharged from intensive care. The authors wrote:

"The control group and the Massage therapy group comprised participants who were subjected to three nights without Massage and three nights with Massage therapy, respectively."

The patients kept a sleep diary during the study period and the results were impressive - the Massage-group participants had fewer complaints of fatigue on both the first and last days and they reported more effective sleep during all three days when compared with the participants in the control group.

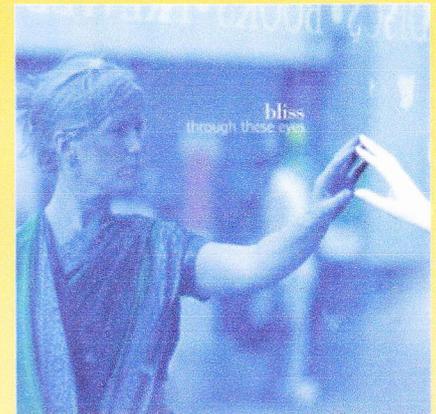


'Effects of Massage therapy on sleep quality after coronary artery bypass graft surgery' Instituto do Coração, Hospital das Clínicas, Faculdade de Medicina, Universidade de São Paulo, in: 'Clinics' (Sao Paulo) : 2010;65(11): 1105-10.

## FEATURED CD:

### BLISS

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](http://www.nohandsmassage.com) web site as so many are imports.



### THROUGH THESE EYES

As we are on the topic of repletion and stillness, I thought I would choose one of the most powerful 'still' pieces of music I know. This is another CD by Lucinda Drayton of Blissful Music and her voice floats beautifully across a still lake at dawn... This is great music to slow down and breathe to. Lucinda occasionally turns up at NO HANDS courses and sings her music 'live' to us, so I can personally vouch for the amazing sincerity and integrity of this woman. You can hear it in her music, and in her amazing words. There is nothing 'wishy washy' about her words - all profound and all thought provoking...



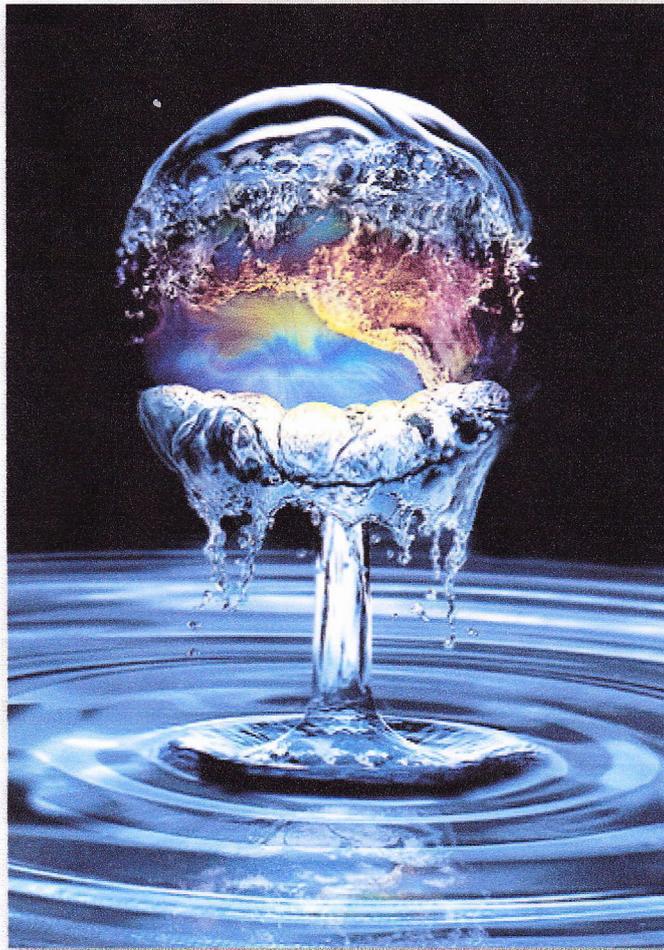
# THE SECRETS OF WATER

One of the world's top physicists would endorse Emotu's beautiful book about energy (featured in this newsletter).

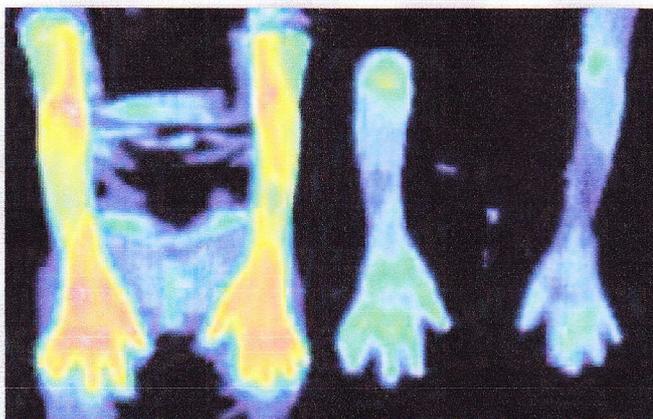


Two scientists (Dr Yin Lo and David Gann) pursued an anomaly they found in water molecules, a pursuit that ended up with them identifying what they call 'the genesis phase' of water: Using a state of the art atomic force microscope they found a solid particle in water that absorbs energy and turns that energy into particulate form. It is the effects of this particulate form that Emotu may well have been photographing. It is as if water 'remembers' the energy of whatever it comes into contact with and actually creates matter (particles) from that encounter. This explains why subtle and gentle therapies like homeopathy and Massage are so powerful and effective.

It also explains why human beings (70% water, remember) are so influenced by the energy of those around us and our environment.



The same Dr Lo also did amazing work on the subtle 'energy medicine' of acupuncture, which, like Massage, shifts energy around the body. He took amazing infra-red images of injuries to the body and used these to identify ancient acupuncture meridians. By sticking needles into parts of the body far removed from the injury sites, he was able to reduce pain and swelling. He then took infrared photos 'post needling' and showed the amazing changes!

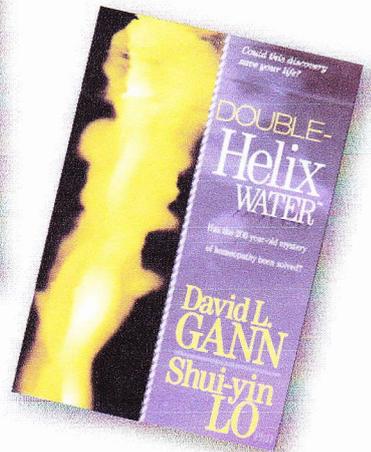


The impact of a full hour's Massage on the body's 'water' has yet to be measured by these worthy scientists, but anyone who has got up after a powerful NO HANDS treatment will have felt different, as if they have been

'smoothed out' will be nodding their heads at this fascinating research.

As far as Massage therapists go, we feel this watery 'flow' within the body every time we Massage. There is a change to the energy as a result of the concentration and focus and movement of the practitioner. It is as if we are raising the vibration within the water of both practitioner and client...

*Double Helix Water*, by Drs David Gann and Shui-yin Lo 2009



## MASSAGE TIP:

Book yourself in for a **NO HANDS** repletion-style Massage before you feel completely exhausted. Tell your therapist you want a still treatment to allow your energy to rebuild, whenever you feel just a little tired. By looking after your energy now, you could prevent a lot of potential problems in the future.

