

RELAX AND REJUVENATE

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Lynnspirations Massage and the Healing Arts, (515) 270-7004

2009



New Year's Resolutions

As the New Year begins, we have all the new resolutions; things we want to change, to do differently. We always have good intentions and sometimes are able to follow through but sometimes we don't. Have you ever wondered why? Is it because we don't have enough time? Or we don't think we will follow through any way? Or it seems too hard? What if, we actually have been thinking or subconsciously thinking a negative thought or question on the subject? Our minds and thoughts and certain words are so very powerful!

- Ⓢ It is too hard! Change to: Why is it easy?
- Ⓢ Why don't I have enough money? Change to: Why am I a money magnet?
- Ⓢ I am always sick! Change to: Why am I healthy?
- Ⓢ I never seem to have things work out the way I want them to. Change to: Why am I so lucky? Why am I successful?
- Ⓢ Try these questions, without trying to come up with an answer and see what happens.
- Ⓢ How does it feel to have more than enough money?
- Ⓢ Why is it so easy to attract clients that benefit from my services?

I have a client that had been trying to sell her house. She said, "why can't I sell my house?" We tried a couple of questions and then tried, "Why is it so easy to sell my house? Why will the right person buy my house now?" She sold her house in a very short time after changing her question.

Special Interest Articles

New Year's Resolutions

Creative Questions

New Year's Wellness program

GIFT CERTIFICATES

SPECIAL PACKAGES

Young Living Products

Positive thoughts can help keep you healthy

December of 2007, I was ready to get a different car. I used the Law of Attraction and Creative Questions. I put a picture of the car I wanted on my Vision Board and asked the question, "Why can I buy the right car now?" I was looking for a newer car, as my PT cruiser had many miles on it. My brother is a used car salesman and I told him I wanted a Chevy HHR, newer than 2001 and with fewer miles, in Silver or Blue. The next day, he went to the auction and found my 2007 Silver HHR with 3,000 miles on it! I bought it! There have been many other instances that I have used these techniques and created what I wanted.

These are **Creative Questions**. For more information, please click on the link below. Contact me if you have questions.

www.creativequestions.com/cmd.php?af=715111

I wish everyone good health, happiness, success and prosperity in 2009! Create the year that you want by positive thoughts and Creative Questions!

Connie Patton, LPN, LMT

New Year's Wellness program

As you begin to plan your health and wellness program for the year, remember to include reducing the symptoms of stress and increasing relaxation as a most important part.

- **Many Flex Plans do cover massage.**
- Depending on your plan, you may need to get a prescription for your physician and then the receipts can be turned in.
- Massage can be done weekly, every 2-3 weeks or monthly.

Regular massage can be very beneficial for:

- decreasing blood pressure
- relaxation
- moisturize dry skin
- help improve circulation
- help improve mood and more.
- **Massage can help those sore neck and shoulder**

muscles from shoveling all that snow!



GIFT CERTIFICATES ARE AVAILABLE

Remember your Valentine on VALENTINE'S DAY

February 14th



**Lynnspirations
Massage and the
Healing Arts**

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LPN, LMT**

**Reiki and
Karuna Reiki
Master**

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www.Lynnspirationsmassage.com

Gift certificates are the perfect gift (the gift of relaxation and rejuvenation) for many occasions:

- Valentine's Day
- Thank you
- Christmas
- Anniversary
- Wedding gift
- bridal shower gift
- Baby shower gift for mommy-to-be
- Mother's Day
- Father's Day
- Birthday
- Just Because, or any other occasion.
- Special packages are available.

SPECIAL PACKAGES:

(2) one hour sessions	\$90.00
(4) one hour sessions	\$175.00
(10) one hour sessions	\$400.00

These prices apply to massage, Reiki, and Myofascial Release only.

Gift Certificates can be purchased at the special package rate.

YOUNG LIVING PRODUCTS

Since winter is here and we are not able to open up the house and air it out, sometimes we can use a diffuser. This can be done by purchasing a diffuser, there are several types... Young Living has a travel diffuser that uses a fan to disperse the oil into the air, or a water diffuser, similar to a vaporizer. You can also put the essential oils on a cotton ball or tissue and place near a heater intake vent or your car vents. Thieves essential oils, Lemon, RC, Eucalyptus and others can be diffused. If you have a young child that is restless, try some Peace and Calming. This oil can be very effective and family members have used it with some rowdy cats that calmed down and slept the afternoon away! ☺

For more information contact me or go to my web site at www.Lynnspirationsmassage.com

click on the Young Living tab and find out more about the Young Living products. Check out the Holiday collections. Great gift ideas.

REIKI classes

REIKI I and REIKI II will be offered February 21st and 22nd

Reiki is a Japanese technique used for stress reduction and relaxation that also promotes healing. If you would like information or would like to attend please contact me at 515-270-7004. Class space is limited.

- ☺ Focus on what you want, not what you don't want.
- ☺ Focus on the positive, desiring to be in the flow of Well-being for your inner spirit.

Relax... Breathe Deeply... Be Well

Connie Patton, LPN, LMT Reiki and Karuna Reiki® Master Practitioner