

RELAX AND REJUVENATE

March 2009
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Lynnsinspirations Massage and the Healing Arts,

(515) 270-7004



Daylight Savings time
Sunday March 8th



St Patrick's Day,
March 17th

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Spring is almost here! Time to rejuvenate!

The first day of spring is Friday March 20. The weather has been so wintry and cold that many have had very sore back and neck muscles from shoveling. Massage is a great way to relax those tense and sore muscles.

There has also been a lot of flu. Some of my clients will have a Raindrop **Technique session** and call it their "all natural flu shot."

- Raindrop is a safe and effective technique that may enhance the immune system especially during times of immune stress from viral, fungal, bacterial or other microbial infections.
- Some clients have found relief of chronic back pain after a couple of Raindrop technique sessions.
- The oils are applied on the feet, where there are many pores where the oils are absorbed into the body.
- Vitaflex is done to apply the oils to the feet.
- Then the oils are dropped in a raindrop fashion onto the back in a certain sequence and then massaged into the back along the spine.
- This is a very relaxing 1 ½ to 2 hours experience.
- If you would like to schedule your Raindrop today, please give me a call to schedule.

515-270-7004 or E-mail willow@Lynnsinspirationsmassage.com

Iowa Holistic Health Expo

What is it? This is the second Holistic Expo held in Des Moines. It is a wonderful event with speakers, vendors and more

When? Saturday, March 14th and Sunday March 15th

Where? At the Polk County Convention Complex

I will be at the event assisting Kathy Miller with her Detox foot baths. I plan to have my Mini-Biomat there as well.

<http://edgelifenet/expos/iowa/index.htm>

Check out the link above to find out more about the Expo.

BIOMAT

Another way to relax and help sore muscles is to come and try a relaxing session on the **BIOMAT**.

- It is an FDA approved device.
- You rest comfortably on the mat and allow the far infrared rays and heat to work.
- The mat warms the inside of your body instead of just the surface (as a heating pad might do).
- Try 10 to 15 minutes first and gradually increase time on the mat.
- The **Mini-Biomas** is perfect to wrap around those sore muscles, to you shoulder or your back.

Amethyst BIOMAT
With Far-Infrared
light Rays

FDA licensed

It can be added to your massage or REIKI session for an additional \$15.00 charge.

BIOMAT Benefits include:

- Relief of pain and joint stiffness
- Reduce swelling and inflammation by improving lymph flow
- Reduce stress and fatigue
- Increase flow of micro-circulatory system
- Remove wastes and toxins
- Rejuvenate skin and cellular function
- Boost energy and vitality

The BIOMAT comes in many sizes:

- Mini Biomas,
- Professional (massage table size)
- Single
- Queen
- and King.
- You can purchase them to use at home and receive the benefits.

Contact me if you have questions or would like to purchase a BIOMAT for yourself!

CREATIVE QUESTIONS

Creative Questions

Law of Attraction

“Our thoughts create our reality.”

According to the Law of Attraction: Like attracts like.

If you have ever had the thought or question, “Why is there never enough money to pay all the bills?” you have created that very thing, not enough money to pay all of the bills.

What if you changed the question to; Why do I have more than enough money? Or why does money come to me easily and frequently?

Imagine that it has already happened; feel what it would be like to have more than enough money and watch what happens. You do not even have to answer the question. Your mind tries to come up with the answer in a positive response.

*“Thoughts become things,
so think the good ones.”*

Even skeptics have been very amazed.

*The Law of Attraction is a
very powerful law and our
thoughts are very powerful
as well.*

As I have thought about this, it isn't so much about the money itself as it is actually the freedom that money gives us. The freedom to relax, enjoy and do the things that we want to do.

So a question could be, “Why do I have more than enough money and the freedom and time to enjoy, relax, play and do the things I want to do?”

Or “How does it feel to have more than enough money and the freedom and time to enjoy, relax, play and do the things I want to do?”

As you repeat these questions many times a day, write them on a piece of paper and place it where you can see it often, it becomes more comfortable for you and you may begin to notice more money, more freedom and that you are enjoying the things that you want to do, now!

Check out

<http://www.creativequestions.com/cmd.php?af=71511>

Gratitude and
Intentions

INTENDERS CIRCLE

A new group that I have connected with is the **Intenders Circle!** It goes along with the Law of Attraction. There are many groups in the Des Moines area, all over, actually. These are free gatherings where you get together and say out loud your gratitudes and then your intentions. The energy of the group can help create the manifestations of these intentions. For more information on this,

Check out www.intenders.com

Young Living's Abundance essential oil



Abundance
Abundance
Abundance

#3300 - ABUNDANCE - 15 ML

Abundance™ is created to enhance the frequency of the harmonic magnetic energy field that surrounds us. This higher frequency creates what is called "the law of attraction," which refers to the things we attract to ourselves. Abundance opens us to a wealth of possibilities.

Retail Price: \$41.78 USD

Maybe add some Abundance oil to your Intentions and create abundance in all areas of your life...



REIKI LEVEL II CLASS

Friday March 27th, 2009 9:30 a.m. to 4:30 p.m.

Location: at my office 8170 Hickman Road, Suite 3, Clive, Iowa

Registration fee: \$175.00 Includes handouts, manual (if you do not already have one) and continued support

To register for the class please contact me at:

I 515-270-7004 or email willow@Lynnspirationsmassage.com

VIOLET FLAME REIKI classes will be offered soon.

Relax... Breathe Deeply... Be Well

Happy Spring!!

Connie Patton, LPN, LMT

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