

Table of Contents

Introduction

Part I The Basics We Need To Know By Second Grade

Chapter 1 - There Are No “Accidents” And I Easily Recovered After Massage Training _____ Page 11

Early On, Focus On Fun
Was I Following My Path?
What Happens To Get Our Attention
What Happens When We Ignore The Call
Massage School, Bingo!
As My Success Coach Says, “Because It IS Me!”
The Last Resort
“Unraveling 101”
What Still Happens Until Yesterday!
Popeye Has Some Work To Do

Chapter 2 - Spirit, Mind & Emotion = The Body _____ Page 21

2 Cells = A Baby! Understanding Our Physical Vessel
Energy Techniques Increase The Flow!
Do You Under-Stand? Focus On Healing!
I Am Healing Power
Miraculous Is Easy With Consistent Focus On Loving and Good

Chapter 3 - Breath Alone Can Eliminate Pain _____ Page 26

Belly Breathe Please!
The 3 Types of Breathing
Don't Go To Bed Tense

Chapter 4 - A&P Basics To Know By Second Grade _____ Page 28

Wow, I Do All That?
Bones Don't Hold Us Together
Heat Melts Connective Tissue
What Happens When We Don't Water The Plant
Our Daily Quota

Chapter 5 - Muscles and Joints Came Here To Dance _____ Page 40

Move Or You May Not Be Moving Very Long
How I Read Your Musculature
Stretching IS Strengthening!
Do You Need The Jackhammer To Loosen Up?
Pain Is A Signal!
Am I Symmetrical?
How Am I Sleeping?
What's My Range of Motion?
Repetitive Motion Causes “Injury”?
What's In A Joint
Over-Doing It Is Not Harmony
The Waste Product Of Muscle Action: Lactic-Acid
Trauma and Injury Recovers With The Same Remedies

Chapter 6 - Remedies Easy As Pie ----- Page 40

Rest, Stretch, Water, Easy As 1, 2, 3
Stretching Is Only Accomplished When The Body Is Warm!
Proper Postural Alignment
Proper 9 - All The Time: Remembering Proper Postural Alignment
Walk The Cat-Walk For Proper Gait

Part II Stretching = Excellent Health and Longevity

Chapter 7 - Stretching and Stretch Sequences ----- Page 44

Do Not Move Into Pain!
Reprogramming Muscle Memory and DNA
Stretch Sequences
10% Stretching For Immediate Relief
Advancing To Yoga And Exercise
Your Individual Unique Way

Part III The Power of Loving In Touch

Chapter 8 - The Power of Loving Touch ----- Page 59

There's Nothing Like Massage
Touch and Reflex Points
Our Neurological Laws Say Hello!
Our 7 Chakras Are Energy Centers
The Necessity and Power of Heat
Adhesions
Trigger Points
Recovery From Injury
Surgery and Scar Tissue
Massage Styles and Techniques
Energy Techniques

Chapter 9 - Easy Self-Massage Techniques ----- Page 69

It's Not S-E-X But Has Everything To Do With How You Perform!
Chi-Gong, A Technique To Better Understand Energy
Specific Self-Massage Techniques

Part IV Wrapping It Up In My Perfect Well-Being Program

Chapter 10 - My Perfect Well-Being Program ----- Page 75

1. I Am Happy And Grateful To Be Alive!
2. I Visualize My Dreams!
3. Hydrate!
4. Stretch!
5. Meditate
6. Nourishing The Body With Healthy Foods, Love and Gratitude
7. Exercise And Have Fun Doing It!
8. Exercise My Mind
9. Focus
10. Prevention Vs Treatment
My Personal Favorites

Suggested Reading ----- Page 84

Referenced Texts And Resources
Illustrations & Photography

The End Always Brings A New Beginning! ----- Page 85

EMPOWER YOURSELF!