

RELAX AND REJUVENATE

January 2010 Volume4 Issue 1

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

2010

Special Interest Articles

New Year's
Resolutions

Creative
Questions

Intenders circles

New Year's
Wellness program

GIFT CERTIFICATES

SPECIAL PACKAGES

Natural Options
Aromatherapy Roll
ons

Advanced

REIKI/REIKI

MASTER Classes



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?
- Ⓢ Focus on how you want things to be.
- Ⓢ Our subconscious mind does not recognize the words not or no, so if you say.. "I am not going to gain weight!" Your mind hears "I am going to gain weight!" Paying attention to our thoughts and words that we use are so important.
- Ⓢ 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?

There have been many instances that I have used these techniques, and the Law of Attraction 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 2010! Create the year that you want by positive thoughts and Creative Questions!

Connie Patton, LPN, LMT

INTENDERS CIRCLES

Have you heard of the Intenders Circles? Have you heard of THE CODE? Intenders Circles are popping up all over the country and are in the Metro area. A group of people get together and express their gratitude for the things in their lives and their intentions of things that they would like to see in their lives (creations or manifestations.) There is a format to the groups and it is amazing the results that people are having doing this process. For more information check out www.intenders.com. You can sign up to receive an email called *The Bridge*. It is so inspirational. There are books and other information on this site as well. Check out the Iowa Intenders site as well <http://iowaintenders.com/>

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

Connie Patton,
LPN, LMT

Reiki and
Karuna Reiki
Master

8170 Hickman
Road
Suite 3
Clive, IA 50325

515-270-7004

www.Lynnspirationsmassage.com

Watch my blog
for updates!

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.

ART/REIKI MASTER Classes

(You must be Usui Level II to take this class.)

Are being offered at my office on January 15, 16 and 17th 2010.

Please register now so I can have a manual for you for the class.

- **ART-Advanced Reiki Training 1 day class-gives you Reiki Master information but does not allow you to teach Reiki -\$150.00**
- **Master Class 2 day (if you have already taken ART class) \$500.00**
- **Master Class 3 days (Includes ART class) \$650.00**

REIKI

Reiki is a relaxation technique that can be not only relaxing but some have had healing and balances ones energy. It is done with clothing on, you can rest on a table or can be done sitting, actually anywhere. A session usually takes about an hour but can be given for just a few minutes. Some report feeling a warmth comforting feeling. Some say that they relax even more with Reiki than they are able to with massage. Each session is different as Reiki goes to an area of imbalance and can balance ones energy. Some have reported pain relief as well.

******Dr. Oz recently had a Reiki demonstration on his show and here is a narrative from that show on Reiki.******

As the session began, Oz asked Pamela to explain a little about Reiki.

"Reiki is a balancing practice," she said. "And so rather than addressing the headache or whatever else is the problem, what it does is it influences the person's overall system toward balance, and then as her system becomes more balanced, symptoms tend to fall away. Then over time, for example, if you get headaches, you may find that you get them less frequently."

"Do you feel anything?" Oz asked the Reiki recipient.

"Yes, my headache's going away," she said.

"Let me show you why I think energy has been overlooked," Oz continued, turning to reveal a large microscopic image. "This is an image of a cell. And it's beautiful, isn't it? You see that cell there, and it looks colorful, and look at the blue pattern on the outside. That's the membrane of the cell. That blue area on the outside differentiates life. Because it separates no energy on the outside from energy that's present on the inside. So if you think about it in that way, if the membrane of a cell keeps an energy balance between inside and outside, which is what defines life, if we put those cells together, into an organ, shouldn't the organ have energy? And if you put those organs into a body, shouldn't our bodies have energy? And so many of the ailments that we suffer from can be treated through energy therapies, which will become become much more prevalent over the next few years."

At the show's conclusion, Oz did his usual "Oz's Orders" segment: "Here are the three things I want you to remember from today's show. First off, try Reiki. This alternative medicine treatment can manipulate your energy and cure what ails you." And he recommended that viewers boost their metabolisms and check their blood pressure. "Those are my doctor's orders."

From the Dr. Oz show.

I offer Reiki sessions at my office and also teach Usui Reiki classes. If you would like to experience a relaxing Reiki session please call or email to schedule an appointment.

If you are interested in more information on taking a Reiki Class please feel free to contact me as well.

If you would be interested in my coming to your office or business to offer relaxing Reiki sessions, please feel free to call or email to discuss the possibilities.

515-270-7004

willow@Lynnspirationsmassage.com

See Lynnspirations
Massage and the
Healing Arts on
Facebook!

Natural Options Aromatherapy Roll-ons

I now carry Natural Options Aromatherapy Roll-ons. The perfect gift for someone or perfect to carry in your purse or bag.

- Chai a very relaxing scent.
- Muscle cramps, muscle spasm, restless leg, RSD
- Fibro Relief... for those with Fibromyalgia
- Sinus Relief... for sinus discomfort
- Carpal Tunnel Relief
- Headache Relief

Perfect to have on hand to roll on essential oils for those discomforts. Each of the above is \$14.84 (includes tax)

I am on Facebook. Please check out the site

<http://www.facebook.com/pages/Clive-IA/Lynnspirations-Massage-and-the-Healing-Arts/150921389116?ref=mf>

YOUNG LIVING PRODUCTS



#3534 - Deep Relief Roll-On - 10 ml

Deep Relief Essential Oil Roll is a proprietary blend of oils specially formulated to relieve muscle soreness and tension. Peppermint, Wintergreen, Copal, and Palo Santo essential oils as well as others play an integral part of healing in this blend. Deep Relief is offered in the portable convenience of a roll on application. \$25.99



#3695 - Everyday Oils Essential Oil Collection

Ensure you'll always have the benefits of Young Living's therapeutic-grade essential oils on hand with our brand new Essential Oils Pack. [Everyday Oils Booklet](#) The oils in this select collection will provide ongoing support for your home, health, and body. Enjoy the relaxing benefits of lavender and Peace & Calming, the cleansing power of Thieves and Purification, the comforting touch of Valor and PanAway.

Everyday Oils Essential Oil Collection includes:

- 1 - 5 ml Frankincense
- 1 - 5 ml Lemon
- 1 - 5 ml Lavender
- 1 - 5 ml Peppermint
- 1 - 5 ml Purification
- 1 - 5 ml Panaway
- 1 - 5 ml Peace & Calming®
- 1 - 5 ml Thieves®

1 - 5 ml Valor®

Retail Price: \$151.32 USD



#3131 - ART Skin Care System

A·R·T® Skin Care System- Age Refining Technology - is a superior concept in skin restoration that combines the advanced technology of DNA recovery enzymes with a proprietary anti-aging Peptide Complex to reduce the look of fine lines and wrinkles, diminish age spots, even skin tone, and increase the elasticity and density of skin. Recognizing the incredible power of essential oils, Young Living added frankincense and sandalwood to this unique formula to reinforce DNA renewal. Add the legendary wolfberry seed oil, known for its superior moisturizing and skin conditioning properties, and you have the formula for a truly unique and effective skin care system.

A·R·T Skin Care System includes Day Activator (30 ml), Night Reconstructor (30 ml), Gentle Foaming Cleanser (100 ml), and an instructional booklet. **Retail Price: \$148.03 USD**

[ART Day Activator \(PDF\)](#)

[ART Gentle Foaming Cleanser \(PDF\)](#)

[ART Night Reconstructor \(PDF\)](#)

For more information contact me or go to my web site at

www.Lynnsinspirationsmassage.com

click on the Young Living tab and find out more about the Young Living products.

🌀 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