

# RELAX AND REJUVENATE

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Lynspirations Massage and the Healing Arts,

(515) 270-7004



**Daylight Savings time**  
**Sunday March 14th**



**St Patrick's Day,**  
**March 17<sup>th</sup>**

**Palm Sunday**  
**March 28th**

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## Spring is almost here! Time to rejuvenate!

**The first day of spring is Saturday 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 and to help the Winter Blues.

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.
- I use Young Living essential oils to do the Raindrop.
- Some clients have found relief of chronic back pain after a couple of Raindrop technique sessions.
- Some medical professionals believe that there may be viruses along the spine that contribute to chronic back pain. Raindrop may help this back pain.
- 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.
- When we measure before and then after the session, as the muscles have relaxed it allows the vertebra to relax and open and have measured ¼ to 1 inch or more in height increase after the raindrop.
- 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@Lynspirationsmassage.com](mailto:willow@Lynspirationsmassage.com)

## Iowa Holistic Health Expo

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

**When?** Saturday, March 13<sup>th</sup> and Sunday March 14<sup>th</sup>

**Where?** At the Polk County Convention Complex

### 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 your 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.**

“Having a massage with the BIOMAT on is a very relaxing experience!”

#### **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, to schedule a BIOMAT session or If you 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>

## INTENDERS CIRCLE

Gratitude and Intentions

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](http://www.Intenders.com)

### Young Living's Abundance essential oil

How does it feel to have abundance?

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.

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

Thieves concentrated Household cleaner

### Thieves Concentrated Household Cleaner



The improved Thieves® Household Cleaner has increased cleansing power and an even safer, more sustainable formulation. The new formula contains ingredients from renewable plant and mineral sources, vegetable-based surfactants compliant with the Green Seal and EPA Design for Environment (DfE) standards, and even more Thieves and lemon essential oils for extra cleaning power. Bottle is 100% recyclable. Dilution ratios: light degreasing 60:1; medium degreasing 30:1; heavy degreasing 15:1; floors 100:1; walls 30:1; upholstery, fabrics, carpet spotting 40:1; carpet 100:1; glass 320:1; pots and pans; 100:1 hand cleaner 1:1. Notice: Before cleaning upholstery, fabric, or carpet, perform a spot test in an inconspicuous location. Discontinue use in the unlikely event of staining or skin irritation.

**How to use:** Suggested dilution ratios are included on the label. Before cleaning upholstery, fabric or carpet, perform a spot test with the Thieves® Household Cleaner in an inconspicuous area. Shake bottle before using for maximum benefit. Not recommended for internal consumption. Keep out of reach of children. Store away from excessive heat and direct sunlight.

Ingredients: Proprietary suspension of safe surfactants (wetting agents) and Thieves® essential oil (a proprietary blend of 100% pure Young Living Therapeutic Grade™ essential oils of clove [*Syzygium aromaticum*], lemon [*Citrus limon*], cinnamon bark [*Cinnamomum verum*], eucalyptus [*E. radiata*] and rosemary [*Rosmarinus officinalis* CT cineol]. \* This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

## USUI REIKI LEVEL I and/or II CLASS

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

**Registration fee:** \$175.00 (Level I) \$250.00 for Level II \$375.00 when you pay for both. Includes handouts, manual (if you do not already have one) and continued support

**To schedule and register for a Reiki class please contact me at:**

**515-270-7004 or email** [willow@Lynnsinspirationsmassage.com](mailto:willow@Lynnsinspirationsmassage.com)

**VIOLET FLAME REIKI classes are available as well.**

**Contact me to experience a Reiki session or class.**

## NATURAL OPTIONS AROMATHERAPY ROLL-ONS

**I have several Aromatherapy Roll-ons in stock. It is a wonderful convenient way to carry natural essential oils that have very few side effects and can help give you relief! \$15.00 (includes tax)**

- **Chai- a calming oil**
- **Fibro Relief – for those with fibromyalgia**
- **Carpal tunnel relief**
- **Sinus relief**
- **Sleep easy... for those having difficulty sleeping**
- **Headache relief... roll on temples and back of neck**
- **Flu Away..for colds and flu**
- **Stress Relief...roll on neck, shoulders and pulse points**
- **Arthritis Relief...roll on affected areas and massage in**
- **Focus, concentrate, meditate...roll on temple and pulse points to help you focus... great for students.**
- **Tendonitis .. roll on affected areas.**



Reiki can be very relaxing and a healing experience.

Once attuned to the Reiki energy, you can do Reiki for yourself and others.



Check out my website for information on this and more.

Look for  
Lynnspirations  
Massage and the  
Healing Arts on  
FACEBOOK!

[www.Lynnspirationsmassage.com](http://www.Lynnspirationsmassage.com)

Relax... Breathe Deeply... Be Well

Happy Spring!!

*Connie Patton, LPN, LMT*

*Reiki Master/Teacher*

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