

# IMA

## The Massage Advantage



Holiday 2013 ..... Season's Greetings ..... Reflection



**for better health...**

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[massageadvantagelv.myitworks.com](http://massageadvantagelv.myitworks.com)



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### Reflection

In my perennial pursuit of knowledge and understanding of life, sometimes I hit a brick wall. The Universe has me on a need-to-know basis and not everything known is available to me when I want to know it. Those times remind me to slow my roll and revisit what I already know. Patience beckons me to step back and allow life to unfold before me. Reflection is in order.

A mirror captures an image and returns it in kind, allowing for an objective review of what cannot be seen with the internal eye. As egocentric creatures we humans tend to focus on ourselves and see only what we think and feel, demanding the world conform to our wants. The mirror provides an opportunity to be outside of ourselves while observing ourselves to learn, to grow.

As I observe me from afar, my reflection produces random yet meaningful memories and feelings and thoughts and impulses that flood my being. Most of them are not comforting and many evoke fear, sadness or anger.

Sorting through the perturbation is difficult, slow. No easy answers. No nicely packaged insights. No life-changing sound bites. Alas, what now?

Quiet. Patience. What I already know is that time reveals all things; time heals all wounds. The task is to remain calm as the unfolding takes place, to process the anguish peacefully and learn from it. What helps the most are stillness, massage, breath.

This holiday season is a perfect time for reflection. We already review how good we've been all year to assess the quality of the gifts we



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### 2013 Holiday Specials

**Biofreeze:** The Perfect Stocking Stuffer for \$12 each or 2 for \$20 (reg. \$13 each)

**Free Aromatherapy** with a 1-hour massage for \$60 (reg. \$85)

**20-Minute Tune Up:** targeted massage (reg. \$45 for 30 min.)

Allow "the best hands in the business" to melt away your holiday stress and rejuvenate your body for the new year!

Specials expire 12.23.13; Biofreeze while supplies last.



# TMA

## The Massage Advantage



Holiday 2013 .....Reflection

### for better health...

#### Kinesio Taping®

Injured from sports or work?  
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**Kinesio Tape** reduces pain & inflammation, enhances recovery, and engages your body's natural healing process.

#### Shopping

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Contact Glen for more information.

#### HealthNow

24/7 access to licensed doctors, discounted medications & proactive wellness coaching. *Inexpensive and professional healthcare.*

<http://www.hywelcome.com/>

#### **Being Thankful**

I am most thankful for breath. Holding my brother's hand as he took his last breath...deepened my understanding of what it means to breathe. The key to life literally and spiritually: every breath is dear.

*Glen Alex*

Nevada Business Magazine, November 2013



#### **Season Soothers**

Oh holiday stress! It can break the strongest, most well-intended person. Gifts, family demands, shopping produce anxiety and tension. A few simple, effective ways to maintain calm and peace of mind.

**Herbs**—consult a licensed or certified herbalist

**Activity**—exercise, yoga reduce anxiety & stress

**Massage**—reduces stress, muscle tension & pain, promotes relaxation.

See Holiday Specials on page 1

#### **Reflection** (continued from previous page)

should get. So it's an easy ask to take a little extra time to review the whole you. This doesn't mean isolation and meditation for hours, nor does it mean shunning responsibilities.

Reflection, quite simply, involves allowing the mind to wonder and stream mental activity without attachment or judgment. Ah, simple; not easy. Strength and trust are required to see the good and icky without blaming self or others. It takes courage to face our wrongs and trust that we'll be ok despite our faults weaknesses. Also, it takes clarity to recognize the genuine good we've done.

The objectivity of reflection is most important because it is the vehicle for understanding our choices and actions and consequences, and how we can do better for ourselves, loved ones, society.

Reflection has shown me my critical errors, my unresolved pain, my unrealistic expectations, and my possibilities. I now reflect and what I need to know will be revealed, in time.

*Glen*

**Glen Alex, CMT, LMT, KTP**

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