



We're still under construction!

It's often a good, but scary thing to reinvent oneself, so it will be exciting once I figure out what the new layout for the newsletter will look like!

In addition to improvements in the newsletter, you will hopefully notice improvements in my techniques over the next couple of months, as I will be taking more classes in neck anatomy and Visceral Manipulation. As always, I'm really excited to continue learning about the human body!

Since we've got a "transformation" theme going here, I thought I'd type up a copy of a story I have shared with many of you about that very subject. It comes from a long line of "refrigerator wisdom" I keep filed away....

"Fear of Transformation"
Dedicated to Kitty Smith

"Sometimes I feel that my life is a series of trapeze swings. I'm either hanging on to a trapeze bar swinging along or, for a few moments in my life, I'm hurtling across space in between trapeze bars.

Most of the time, I spend my life hanging on for dear life to my trapeze-bar-of-the-moment.

It carries me along at a certain steady rate of swing and I have the feeling that I'm in control of my life. I know most of the right questions and even some of the right answers. But once in a while, as I'm merrily (or not so merrily) swinging along, I look out ahead of me into the distance, and what do I see? I see another trapeze bar has my name on it. It is my next step, my growth, my aliveness coming to get me. In my heart of hearts, I know that for me to grow, I must release my grip on this present, well-known bar to move to the new one.

Each time this happens to me, I hope (no, I pray) that I won't have to grab the new one. But in my knowing place I know that I must totally release my grasp on the my old bar, and for some moment in time I must hurtle across space before I can grab onto the new bar. Each time I am filled with terror. It doesn't matter that in all my previous hurtles across

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Maintaining Touch
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Nancie's Corner

Dear Clients & Friends,
Thank you for your continued business! I appreciate each and every one of you very, very much!

In addition to getting massage regularly, I have some suggestions for keeping you relaxed and healthy on a soul level (do each 1-2 times per week):

1. Enjoy the sunset, totally, with no distractions.
2. Take a walk next to a body of water.
3. Surprise someone with a random act of kindness.

Then, sit back and watch your world change and transform!

Nancie ○

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the void of unknowing I have always made it. Each time I am afraid that I will miss, that I will be crushed on unseen rocks in the bottomless chasm between the bars. But I do it anyway. Perhaps this is the essence of what the mystics call the faith experience. No guarantees, no net, no insurance policy, but you do it anyway because somehow, to keep hanging on to that old bar is no longer on the list of alternatives. And so for an eternity that can last a microsecond or a thousand lifetimes, I soar across the dark void of “the past is gone, the future is not yet here.” It’s called transition. I have come to believe that is the only place that real change occurs. I mean real change, not the pseudo-change that only lasts until the next time my old buttons get punched.

I have noticed that, in our culture, this transition zone is looked upon as a “no-thing”, a no-place between places. Sure, the old trapeze-bar was real, and that new one coming towards me, I hope that’s real too. But the void in between? That’s just a scary, confusing, disorienting “nowhere” that must be gotten through as fast and unconsciously as possible. What a waste! I have a sneaking suspicion that the transition zone is the only real thing, and the bars are illusions we dream up to avoid the void, where the

real change, the real growth occurs for us. Whether or not my hunch is true, it remains that the transition zones in our lives are incredibly rich places. They should be honored, even savored. Yes, with all the pain and fear and feelings of being out-of-control that can (but don’t necessarily) accompany transitions, they are still the most alive, most growth filled, passionate, expansive moments in our lives.

And so, transformation of fear may have nothing to do with making fear go away, but rather with giving ourselves permission to “hang-out” in the transition between trapeze bars. Transforming our need to grab that new bar, any bar, is allowing ourselves to dwell in the only place where change really happens. It can be terrifying. It can also be enlightening, in the true sense of the word. Hurtling through the void, we just may learn how to fly”.

From the Essene Book of Days
Daraan Parry 1985

“Kitty’s Journeywell Partner, Frank Lamendola, found this quote in a book in Kitty’s car, after the accident that killed her and her fiancé in January. Frank read this at the April 24th MHO conference in St. Cloud, during the memorial to Kitty. It is printed here in response to the many requests for copies.”

I hope you enjoyed this piece of wisdom as much as I have over the years....

Gigi



Hey! Don't forget...

May 14th—Mother’s Day! Moms like massage gift certificates! Note: Gigi at a workshop 5/13, so buy early!

May 29th—Memorial Day
Summer packages go on sale starting May 30th!
Buy three sessions at once, get \$10 off!
3-60 minute sessions only \$170
3-75 minute sessions only \$200
(sales tax not included)

June 8th-June 11th —Gigi at the Visceral Manipulation 2 workshop! Yippee-more education!!

June 18th –Father’s Day!
Dads like certificates for backrubs too! Hey—tell him many of our golfing clients claim we take 2 to 3 strokes off their game if they get a massage within 24 hours of their game—it’s true!! Buy early if buying from Gigi—she’s gone this weekend too.

July 2006—Gigi celebrates her 20th year of doing massage. Can you believe it? I can’t!

August 28th—September 2nd
Gigi’s office closed for vacation.

September 4th—Labor Day
Watch for your newly transformed Fall newsletter around this date!

Have a great summer everyone!

Keep us in mind for those weekend-warrior or gardening aches and pains (or any ache and pain, or need to relax, or stress maintenance....)!