

**BUTTERFLY**

# ButterFly

A HEALING ARTS RESOURCE



## MASSAGE, A PERSONAL EXPERIENCE

By Sandy Penny

I've spent the last 30 years on a quest for personal growth, consciousness expansion, and healthy living. I've tried just about everything, and my philosophy evolved into, "If it works for me, keep it, if not, put it aside," my version of a scientific method.

That philosophy has served me well in this ever-expanding field of transformation, and one thing that has always worked for me is massage.

When I'm over-tired, burned out, stressed out, feeling blue, or just need some

pampering, a good massage always does the trick. I ran a newspaper in Houston, and after delivering thousands of bundles every month, I couldn't wait to get the massage that was my reward for all the hard work.

I tend to carry stress in my shoulders and find them up to my ears sometimes. I have to remind myself to breathe and drop 'em. If the tension continues, it's time to call the massage therapist and schedule an appointment. I understand that whole mind-body connection thing, and I know that carrying the world on my shoulders is not good. It's a huge relief to put myself in someone else's capable hands for a while and forget what work I have to do tomorrow or what bill needs paying or what appliance needs fixing.

I drag myself into a quiet massage room and breathe in some aromatherapy chosen just for me. While listening to peace-out music, I float away as my body gets a much needed human touch experience. It's amazing how many spots are sore that I didn't

even feel. It doesn't matter whether you're an athlete with overworked muscles or someone who has suffered an injury that affects muscle function, massage can help attain maximum function and healing. Harried moms, exhausted factory workers and overwound executives all turn to massage for stress relief.

There are so many different massage techniques worth exploring to find what gives you the benefits you want and need. I

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prefer a nice, gentle relaxing experience, but some people love deep tissue massage to release stored toxins and body memories while stimulating the immune system. With so many illnesses now attributed to stress levels, regular massage, as a preventive measure, is so much more appealing than a lifetime of pills with unknown side effects.

### MASSAGE GLOSSARY:

According to dictionary.com, a basic definition of massage is: "the act or art of treating the body by rubbing, kneading, patting, or the like, to stimulate circulation, increase suppleness, relieve tension, etc." The following terms are provided by the American Massage Therapy Association (AMTA):

**Acupressure** (also called Shiatsu) – traditional Chinese technique of applying finger pressure to special points that lie along acupuncture meridians.

**Cranio-Sacral**® – a gentle touch method of evaluating and enhancing the functioning of the central nervous systems.

**Deep Tissue** – a technique that releases chronic patterns of tension in the body through slow strokes and deep finger pressure on contracted areas, either following or going across the grains of muscles, tendons and fascia.

**Effleurage** – a smooth, gliding stroke, generally used in Swedish massage, using both hands to relax soft tissue.

**Friction** – the deepest of Swedish massage strokes, it encompasses deep, circular movements applied to soft tissue causing the underlying layers of tissue to rub against each other. This causes an increase in blood flow to the massaged area and can break-down scar tissue.

**Hot Stone** – a massage technique, used in conjunction with other modalities, in which warmed stones are placed on points, such as acupuncture points, and sometimes used as massage tools.

**Meridians** – the invisible channels of energy flow in the body according to Asian medical systems.

**Myofascial Release** – a form of bodywork using long stretching strokes that seeks to rebalance the body by releasing tension in the fascia/connective tissue.

**On-site Massage** (often called chair massage) – a type of massage administered while the client is clothed and seated in a specially-designed chair. It allows the massage therapist to massage the muscles of the back, neck, shoulders, arms and hands.

**Reflexology** – a technique that uses pressure to points on the feet, hands and ears thought to correspond, or "reflex," to all areas of the body.

**Shiatsu** (also called acupressure) – a Japanese system of applying finger pressure to specific points that lie along specific meridians.

**Sports Massage** – a kind of massage therapy that focuses on muscle systems relevant to a particular sport. It involves different massage approaches while an athlete is in training, during sports activity, and after a sports event.

**Swedish Massage** – a system of long strokes, kneading and friction techniques on the more superficial layers of the muscles, combined with active and passive movements of the joints. The four strokes of Swedish massage are effleurage, petrissage, friction and tapotement.

**Tandem** – a massage in which two therapists work on one client at the same time, sometimes called four hands massage.

**Tapotement** – a Swedish massage technique executed with cupped hands, fingers or the edge of the hand with short, alternating taps to the client.

**Thai Massage** – a technique in which the therapist uses his or her body to move the massage recipient into a series of poses, and includes muscle compression, joint mobilization and acupressure.

**Trigger Point Therapy** (also known as Myotherapy or Neuromuscular Therapy) – a method that applies concentrated finger pressure to trigger points to break cycles of spasm and pain.



## HOME & GARDEN

### Charwoman: Moving On

By Debra Villalobos

We decided to wage a campaign ... as the country was doing. Look for an office space, pay less rent, have a space aesthetically pleasing to show the art of those who are Horse Fly contributors.

Take the buckets, mop, rollers and paint pans to the car. At the new place, schlep them up the stairs. Don't forget the vacuum. Up, down, up, down. Walk the wood floors through new rooms imagining how it will look once cleaned, painted, and furnished.

Go to Taos Paint and select color for walls on which the artwork will hang. Choose stain for the floors. Drive back to McCarthy Plaza. Trudge the stairs again. Newness and change drives the charwoman on.

First, the walls are rolled with a soft gray. On knees or squatting, cut in color along the baseboard, the corners of floors with stain. Working through streaming daylight and into the evening. It becomes obvious that curtains are needed for two of the large four windows. Computers must be protected.

Go back to the paint store. Moving is expensive and bargain shopping necessary. Canvas is a great material for making curtains and slip-covers for cat-scratched chairs. Canvas drop cloths come in all sizes and cost much less than it does at art supply stores. Two runners, 4'x15', are only \$13.99 each. No hemming required, edges are finished. Tabs for hanging are made from wide twill ribbon found at the fabric store. Cost is 55 cents a yard.

The rods are important. "Big Box" has little to select from. Flimsy for hanging canvas and expensive. From the hardware store, purchase 1/2 inch metal conduit, 3/4 inch brackets so the rods will slip through. The guys in the yard cut it to length. Don't forget the spray paint.

After finishing the curtains and rods, (total of \$44.00 for two windows, 48"x72"), trudge back up the stairs at 100 S. Plaza. Remember to try and be gracious to the new neighbor who watches like a hawk, lest you block the walkway for even a moment. On weekends he parks at the closest meter all day. Unloading is difficult, another schlep up the stairs. Remember to pay the \$30.00 parking ticket. The car slightly blocked the alley. Remember, you are the newcomer to the neighborhood. Remember the Town needs the money for the new McCarthy bathrooms next to the Alley Cantina.



Moving day comes. Boxes packed with newspapers and computers are loaded into the back of a pick up truck. File cabinet drawers duct taped.

Two handcars borrowed, another rented, but briefly used. They don't run up the stairs. But then, neither do we.

Grunts from the guys burdened by heavy desks accompany the sweat rolling from their heads and dripping under their arms. Trip after trip, trudging, stumbling up the stairs. A computer-cord whiz hooks up wires and attachments to get us buzzing. The phone whizzes get us connected.

How fortuitous to have had the opportunity to move our Horse Fly offices to a new place, upstairs at McCarthy Plaza, just before our country elected a new president. Hope moves us forward for a better future: call it survival.

Moving, though stressful, brings change. Times, they are a changing.

In order for something to shift, there must be discomfort and a campaign waged. Moving a house, or an office, spurs one to clean out the old and paint new corners, get rid of the webs behind the furniture.

After watching the campaign of Mr. Hope, I have seen the fruit drop from the tree I thought impossible.

I will draw upon the charwoman in me and I will schlep the steps, behave graciously to my neighbor and look forward to the movement that will bring about change. I will love my country the way I was taught to. We have endured and we have rallied.

I will endure this Horse Fly. We ALL have to change.



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