

Turning Outward
dede dancing, LMT
November 2011

There are rhythms to our lives that some people get a handle on early...and some of us (me) come to understand later.

This time of year is a good one for gathering your tribe together, sharing food, fun and the stories of the year. Sports events, music events, theater, harvest parties...all are fabulous right now. The weather invites us to appreciate every moment of sunshine and warmth.

We have time for one another in ways we won't again till spring. I hope we all will take that time and give it our best.

Teaching a class about relieving pain with massage therapy has reminded me how much damage people can do to themselves with pain relieving medications. I'm not talking about the often unhealthy side effects of these drugs this time. I'm talking about the way the medications, and the commercial advertising about them, encourage people to do things that are not good for them. Pain is there for a reason. Your body is talking to you. If you tell your body to shut up, what kind of relationship is that?

If you listen to the message—are there ways you can move or breathe that make the pain go away for a little while? Can you make that last a little longer each time? Would some meditation or exercise help? How about drinking more water. Have you tried some massage?

If I had a formula for bypassing trouble, I would not pass it around. Trouble creates a capacity to handle it. I don't embrace trouble; that's as bad as treating it as an enemy. But I do say I meet it as a friend, for you'll see a lot of it and had better be on speaking terms with it. —Oliver Wendell Holmes

Remember our special—available till December 28th:
Buy 3 massages...Get 30 minutes free.

Happy Thanksgiving!