

Independence— Freely Moving Through Summer Days  
July 2012  
dede dancing, LMT



Three times in my adult life I have cared for, then buried a beloved friend.

My dear friend Geno Grobstein passed from this life at home in bed with his darling wife in the early morning hours of June 8<sup>th</sup>.

He argued and played with pancreatic cancer for over 2 ½ years.

Geno's was one of the most independent voices in my life. Bravely, sometimes belligerently, he called 'em as he saw 'em with a humorous and care-free attitude.

In his honor I challenge us all to live as comfortably and joyfully as we can. No matter what's going on around us. Really try to love our lives.

Another good friend of mine says, "If you're not having enough fun—change your standards." An example of this would be to raise your standard on comfort and joy, and lower your standard on projecting a professional image.

Changing standards like that requires some flexibility. In the heat of summer, days are long, our muscles warm and flexible. It is a good time to practice increasing flexibility throughout our bodies and lives.

I notice when I walk through town—people holding themselves quite stiffly as they move around, frowns furrowing their faces. It is so easy to get lost in thoughts and worries that make us frown—easy to lose moments in the rivers of our lives, which wash by us unattended, as we view and review past and future moments.

Our skeletons provide the stiffness our body requires to move around and do what we do. More than 206 independent bones are held together and pulled this way and that by flexible tissues. A woman I work with on the massage table was experiencing inflexibility and pain in her foot that was keeping her from her daily run. We discovered a line of tender, tight fibers through her lower leg and thigh, released those and voila! No more pain and stiffness.

This July let's find the flexibility in those tissues and the independence in those bones!