

Body, Mind & Spirit



OREGON SCHOOL of MASSAGE

Nourishing Touch For Couples

BY JULIE GLASSER AND ANTHONY MANSOLINO

"Can you teach my husband to massage my shoulders?"
 "My girlfriend tries to massage my back, but her hands get tired after five minutes!"
 "Wow! I wish I could receive massages more often, but I can't afford it."

These are statements we often hear from our massage clients. People become enthusiastic about the results they feel when they receive massages. One client told us of how massage has enriched her relationship with her husband:

"I have always received professional massages once or twice a year. One year, I bought my husband a massage gift certificate for his birthday. After he received his first massage, he came home beaming! He suggested we take a class

together to learn how to do massage at home. That was two years ago, and now when one of us is really stressed out, we have another way to help each other out."

Regular massage increases circulation, reduces stress related headaches, and can make people feel healthier. When people receive massage through times of acute pain, chronic discomfort or distress, they often experience prolonged relief. It is no wonder people want to know how to incorporate massage into their lives every day. They want the people closest to them to give them regular "spot" treatments at home.

If done correctly, even a five minute massage can provide incredible results.

We offer classes for couples who want to learn more about massaging each other. In this class couples

are shown a few simple methods that will enable them to do massage at home. Since most people do not have a professional massage table, we teach methods for massaging loved ones in a chair, on the floor, or even on a couch or bed. We also teach basic relaxation and information about the muscle structure and body systems.

Massage is a caring and loving bond for any two people to share. Learning massage techniques enables a person to interact with people they love in a different way. Sharing your skills by massaging others can fill your life with satisfying and rewarding experiences.

For more information about Nourishing Touch for Couples, call the Oregon School of Massage at (503) 244-3420. The next class is Saturday, May 9 from 10 AM to 5 PM. (\$100 per couple)

1010 AM INSPIRING RADIO TALK SHOW

HOST: JEAN BOUCHER SUNDAYS AT 4pm - 6pm.

This show is about moving stories and challenges, experiencing pain and dealing with relationships, plus books which will change your life.

The following excerpt is from a previous radio show session with Terry Braverman as the guest. Terry Braverman is the author of "When The Going Gets Tough, The Tough Lighten Up!"

Jean Boucher: Terry Braverman is a recovering stand up comedian (still in recovery), professional speaker and seminar leader. He has also been on Comedy Central and The Improv.

Terry Braverman: When I was 13, I discovered my talent for humor and comedy. I used it mostly to protect myself by making the tough kids laugh. It was more a defense mechanism. As I grew up and became mature, I started to see humor in a different light, not so much as trying to be funny. Spontaneity and humor pulls me

back into my power because when I start laughing at my circumstances, it puts me back into the moment. That gives me power over my circumstances.



The latin word for humor is umare. It means to be fluid like in water.

Humor is a way of reframing a reality or circumstance in a positive light. I began to see it was more important to have fun than it

was to be funny. Fun is very inclusive.

When I do a show and people laugh together, it creates bonds.

Jean Boucher: You write about Norman Cousins.

Terry Braverman: He was the one who really brought laughter as a healer into the mainstream. He was afflicted with a life threatening illness that had never been cured before. It was a collagen disease destroying his spinal column and when he went into the hospital, doctors told him he had maybe 6-8 months to live. Norman Cousins said, "Hey, if I've only got 6-8 months to live, I'm going to die laughing. He asked friends and family to bring in something amusing whether it was a comedy video of the Marx brothers or a humorous book, a funny audiotape - anything that might provoke a laughing response from him. And after only three weeks of being on this comedy diet, his disease went into remission. The doctors were absolutely blown away."

A Chimpanzee At Stanford

One day I was walking through the Stanford University campus with a friend when I saw a crowd of people with cameras and video equipment on a little hillside.

They were clustered around a pair of chimpanzees - a male running loose and a female on a chain about twenty-five feet long.

It turned out the male was from Marine World and the female was being studied for something or other at Stanford. The spectators were scientists

and publicity people trying to get them to mate.

The male was eager. He grunted and grabbed the female's chain and tugged.

She whimpered and backed away. He pulled again. She pulled back. Watching the chimps' faces, I (a woman) began to feel sympathy for the female.

Suddenly the female chimp yanked her chain out of the male's grasp.

To my amazement, she walked through the crowd,

straight over to me, and took my hand.

Then she led me across the circle to the only other two women in the crowd, and she joined hands with one of them.

The three of us stood together in a circle. I remember the feeling of that rough palm against mine.

The little chimp had recognized us and reached out across all the years of evolution to form her own support group.

Quoted for Fran Peavey, author of Heart Politics

The Spinal Column

BY BILLIE FLOWERS, D.C.

Q: Nothing else has ever really helped my allergies. What can Chiropractic possibly do?

A: First take a look at the word itself. "Allergy" is a shortened form of "altered energy." Way back when patients first complained of allergic symptoms, it was obvious to the physician who coined the term that somehow, the body's energy con-

figuration had shifted and caused the problem. Chiropractors now know that the central nervous system controls the body's flow of energy. We also know that when the spinal column is out of alignment, it interferes with the central nervous system's flow of energy.

When those nerves leading to the eyes or nose or throat are being interfered with, "altered energy"

symptoms result. By correcting the source of the problem, not just the symptoms, Chiropractic can often provide complete, lasting relief. Without drugs or drowsiness. For help with your allergy-related problems or answers to any questions you might have about your health, you will find that Chiropractic is often the answer. Call us for an appointment today.

1010 AM
THE VOICE

1010 AM
THE VOICE

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THE VOICE

A WAKEUP CALL

What happened to me was that even through books, seminars and churches, there was no change; I had to have a wakeup call. Then I realized that I was more than just a body: I WAS A SOUL!

"You only get out of life what you put into it!"
Ralph Waldo Emerson

Sundays at 6 PM. Call with your questions and comments
(503) 235-1010 1-800-636-1011 Airtouch #1010

UPCOMING GUESTS

Singer Mark Olmstead talks about his new CD, "Soul Reason".
 Dr. Brian Breiling discusses how light therapy can help you get through depression during the holidays.
 Renee Piane covers getting back into relationships after a breakup or loss.
 Minister Michael Morin with Living Enrichment Center who hosted a radio show for 20 years.
 Beth Harding discusses her seminar, "Stress for Success".
 Derrick Foxworth, commander of the Portland Police's Northeast Precinct.
 Barry Spilchuck, co-author of "Chicken Soup for the Soul".
 Alan Cohen, author of "Dare to be Yourself and More."
 Wayne Dyer, author of "Sacred Self".
 Mary Manin Morrissey, senior minister at the Living Enrichment Center and author of "Building Your Field of Dreams."

Spring Career Fest!

Wednesday, May 6, 1998
 Cascade Campus
 11a.m. - 6p.m.

Come to the Portland Community College Career and Job Information Fair and visit with over 100 employers.

There will be live entertainment, keynote speakers, employer presentations and job opportunities!

This event is **FREE** and will take place outside on the Borthwick Mall area.

**Bring Your Resumes!
 SEE YOU THERE!**

PCC Community College
 Cascade Campus
 705 N. Killingsworth

Here are a few of the employers who will be there!

- Bi-Mart Corp, City of Portland - Bureau of Environmental Science, Doubletree Hotels, Liberty Northwest Companies, Tektronix, United Parcel Service (UPS), Fred Meyer, Kaiser Permanente, Legacy Health Systems, Oregon Lottery, Portland General Electric, Safeway, Inc.

OREGON SCHOOL of MASSAGE

Massage as a Career!

Learn about the Career Options as a Licensed Massage Technician

Free Training Previews:

- May 4, Monday at 7pm
- May 22, Friday at 9am
- June 8, Monday at 7pm
- June 25, Thursday at 7pm

Call for a Reservation for Training Preview
Begin Classes June 22 or Sept 28!

Flexible Class Schedule & Payment Plan

Classes for Everyone!

- **Couple's Massage**
Nourishing Touch for Couples
Sat, May 9, 10am- 5pm
(\$100 per couple)
- **Shiatsu Basics**
Oriental Massage
May 30 - 31, (\$75)
Sat /Sun, 9am-4pm

Call for a free Catalogue

9500 SW Barbur Blvd, Suite #100 • Portland, OR 97219 • (503) 244-3420