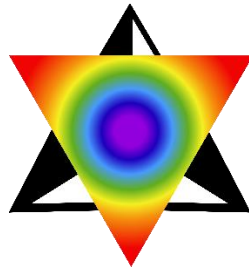


# Ray of Divinity



## Why MASSAGE is one of the keys to success –

Maybe you don't want to hear it, or you think you are too busy to read something about Massage,

BUT...

To take time out in between a busy schedule is a secret key of most entrepreneurs, but maybe it is also the hardest to do.

Imagine you are in the middle of a good business deal and you are close to break through but you also feel that your energy level needs a recharge. Most people think that the time to relax is after you closed the deal and first comes business then relaxation...your adrenalin is ready to pop and your sweat level diabolical...anyway the last hurdle yet needs to be taken, but something is holding it off...THEN it is time to take the time out for a massage! The flow of energy increases and after the short time out (which you deserve!) you will see, the business deal goes much smoother...

*MASSAGE is a key of maintaining abundant emotional and physical health, exactly that what you need to function in the world of business.*

### **Facts about, why Massage improves overall wellbeing:**

- Reduces pain
- Improves relaxation
- More flexibility (range of motion)
- Strengthen immune system through increase of cytotoxic capacity, the active level of the body's natural killer cells
- Relieves headaches and migraines
- Better sleep
- Less stress

- More tolerant against confrontations
- Lowers blood pressure
- Better overall blood circulation
- Lower anxieties
- Decrease back and leg pains
- Improves sleep quality
- Decrease level of stress hormones (norepinephrine)
- Increases level of feel-good hormones (serotonin and dopamine)
- Balancing life-style
- Relieves stress in lowering your heart rate, your cortisol and insulin levels
- Encourage relaxation as an RRR: Relax-Reset-Repeat (long term)
- Improves posture
- Improves Circulation/improves body functions internally and externally
- Relaxes muscles
- Improves flexibility & range of motion (keeps joints more fluid)
- Promotes deeper and easier breathing
- Relieves the pressure in pain
- Enhances postoperative rehabilitations, helps to pump more oxygen and nutrients into tissues and vital organs
- Improves rehabilitation after injury, individual massage program can accelerate the recovery process, as well as help you to relax and stay motivated.

With ongoing massage, the muscles are loosened, and relaxed joints have greater freedom and pressure points are relieved.

Massage releases blockages in certain areas.

Massage lifts depression: by lowering the cortisol level (the body's response to stress) as much as 50%, it also enhances good mood by increasing serotonin and dopamine (neurotransmitter).

*Is the fact list and the pointers above not enough encouragement to just get relaxed by a nice massage???*

Take time out, some massages do not need more than 10-20 minutes.

The TAO and their belief in massage and its function is ancient. They call massage THE ENERGY MEDICINE OF THE FUTURE.

The Chi-Self Massage is a 5000year old technique, a rejuvenating energy of the main channel inside of the body, the chi flow.

It clears blockages from the meridians, the smaller channels throughout our physical body.

Besides other central massage points, they call the central point in the middle of our palms, the major point of energy chi. From that point energy can travel in and out. Massaging that point brings energy into the bone structure, into the major organs and vessels. The palms are also the place from which the life force can be send out to heal others or oneself. The centre of the palm is called Pericardium point, the main place of energy concentration and transmission.

(Major points at which Chi (life force energy) can be absorbed, condensed and transformed into fresh new life force energy are: palms, sole of feet, mid-eyebrow point and crown (top of our head)).

The quick mental massage just with yourself: focus on a special point, for instance a muscle of pain, and you automatically activate the Chi energy in that place.

To learn more about Tao, go [here](#), you will be amazed.

Massages can be done in many different ways, from many different cultural influences with many different techniques. Important is the environment, the feel - good factor for each individual. Best vibrational energy to get a massage is in the morning, but massages can be done at any time of the day.

Interesting guidelines can be also found in acupressure massage points, similar to the points in acupuncture. I highly advise you to check out [this page](#) about acupuncture.

Another very nice method to get a relaxing or enhancing massage is the Jacuzzi Massage. The water lets you feel light and warm and your whole body is involved and gets moved. I found a nice spa website. For a relaxing look [visit](#) this page to get the feeling of a hot tub.

Reflexology is wonderful to feel grounded afterwards and to move the earth energy back up into the whole body. Each pressure point in reflexology has a connection to inner organs and glands, as well as to move the blood back up into the meridians/channels. Follow [this link](#), to take a look how reflexology works.

Everyone wants to arrive at a certain point in business or private and it would be even better when it goes rather faster than slower. But we all know that this scenario is sometimes not the possible occurrence.

*Patience* is a word some people, not only business people find very hard to comprehend. For some people it doesn't even is in their word memory.

P-A-T-I-E-N-C-E, believe me it is a very hard thing to grasp and an even harder thing to actually do, but it is very important to try and to experience. Massage is a good

factor to turn patience into enjoyment time. Take time out, move for a while into the slow lane, change the gear down, let go and relax.

Bear in mind, a relaxed mind is a clever mind, massage your body and soul, relax your thoughts and be fully present in your business.