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going rate, give an amazing massage, build your practice, and any free time you have, give massage for free to someone who would not be able to get one otherwise. This will come back to you tenfold—and we will all be better for it. We all have to work hard to be successful, and that gives us the right to be compensated for it. The design of Massage Envy is high volume, low prices and cheap labor. Sounds more like Wal-Mart, not a place of therapy. Working for this kind of money will decrease the quality of the massage and the ultimate perceived value of massage therapy in general to the client.

Renee Bonjolo  
Rhinebeck, New York

### The key to healing mysteries

After 20 years as a bodyworker and personal trainer, I feel a profound sense of duty to teach individuals about the therapeutic and healing power of touch. I belong to the Upledger [Institute's] International Alliance of Healthcare Practitioners (IAHP), a worldwide organization that unites practitioners of body and mind healthcare therapies. When we work together we demonstrate how the therapeutic power of touch can strengthen the immune system, calm the nervous system, and release the body's natural healing capabilities. Understanding how to tap into this inner wisdom is my lifelong goal.

Imagine how excited I was to participate in a series of classes through the Upledger Institute that taught Lymph Drainage Therapy (LDT) ("The Circulation Between Cerebrospinal Fluid, Cerebral Interstitial Fluid and Lymph, by Bruno Chikly, May/June and July/August). In essence, LDT works to re-circulate body fluids, stimulate the functioning of the immune system, and promote a state of relaxation and balance within the autonomic nervous system.

Lymph Drainage Therapy was created Bruno Chikly, M.D., D.O. (hon), out of his award-winning research on the lymphatic system. His textbook, *Silent Waves: Theory and Practice of Lymph Drainage Therapy*, convinced me to take the course.

A teacher once told me that when I could understand the body at a cellular level, I would have a key to unlock the mysteries of the healing mechanism. Chikly's book is this key. The LDT curriculum offers several levels of training plus a certification process that includes both a written and practical exam. I believe this is the level of advanced training that is needed to truly demonstrate the therapeutic and healing power of touch.

Since beginning these classes, my palliative skills have significantly increased. Being able to feel the lymph flow requires presence and intention. Each person I touch is sacred to me. They come to me to help them listen to their inner wisdom, which intuitively wants balance and wellness. Every LDT

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session is a learning experience for myself and the client.

I truly believe the therapeutic power of touch can defend and fortify the systems of the body against disease. The basis of my work and calling is to touch people's lives. This will always be an honor and a privilege.

Beverly Gray  
Arab, Alabama

## How times change


The profession of massage sure has changed over the past 26 years since I was first licensed in the state of Hawaii after studying Hawaiian lomi-lomi in 1978 with my mentor, Aunty Margaret Machado. Back then, our instruction focused on feeling the body for muscle spasms and giving comfort with a loving touch. Athletes, tourists and senior citizens all presented their own unique body types and needs, which were each addressed with a conscious intention to sooth and heal.

I always found more than enough business referrals by simply leaving my brochures in the local health-food stores, yoga and exercise studios and with my favorite chiropractors and beauty shops. The first 15 or 20 years of my career seemed to be about promoting massage and its healthy benefits to people who had never experienced a professional therapeutic-massage treatment, nor had they ever even met a massage therapist in person! Most of my first-time clients became friends and long-time clients who helped me build my business through their generous referrals. Today's massage client is no longer the innocent first-timer. Instead, many are downright angry with themselves for having spent huge amounts of money on "certified professionals" only to receive a mediocre treatment that may have felt good at the time but had no lasting value. Many of these same people were disappointed with expensive spa treatments that featured pampering and fluff—with a glass of wine as part of the package!

I have [also] noticed a difference in the new professional massage therapist compared to those of us from the "old school." Today's new, certified professionals are better schooled in their anatomy and related sciences; they can pass the tests to prove their competency to be nationally certified; and they are well-schooled to prepare billing statements for the insurance industry. [But] I am sad to observe that some of them lack skill and experience in the hands-on techniques of therapeutic massage.

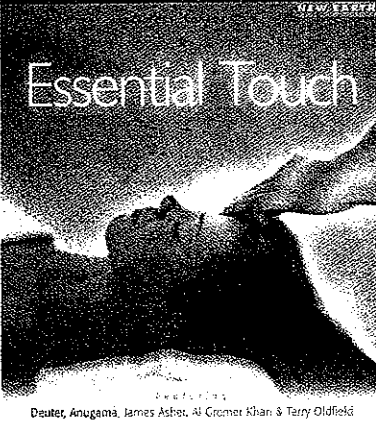
My teacher worked beside me and showed me how to apply my hands to do healing work. She was a master with many years of therapeutic practice before she began her teaching career. People came to her from all over the world for her healing touch. Today I know of several massage schools founded by businesspeople who have no experience in the massage profession. They hire teachers who are certified and who have jumped through the paperwork hoops but these same teachers may or may not

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**ESSENTIAL TOUCH**

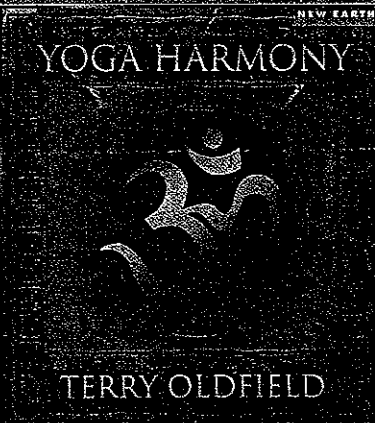
Delicate, melodious, and soulful music from Deuter, Anugama, James Asher, Terry Oldfield, and Al Cromer Khan helps to facilitate healing with the application of touch. Specially designed for massage practitioners, this is music to aid the process of wholeness and health.

Running time: 66:42

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**YOGA HARMONY**

**TERRY OLDFIELD**



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**SEA & SILENCE**


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