

Kneaded News

January 2010 ~ Judy Richter, LMT ~ Pure Light Therapies

2010 – NEW BEGININGS

They say that whatever happens on New Year's Day sets the tone for the rest of the year. This year began with an interesting twist – someone backed their truck into my beloved little Honda and I didn't react, I remained calm. I knew at that moment all was well and would be ok. That little incident helped me realize that yes, someone up there is protecting me and the work that I have done on myself this past year is paying off. I have a long way to go, but the profound peace I feel helps me realize I am on the right path. And my car had only a little ding on the bumper, not even noticeable. Unfortunately not so for the other vehicle. We can all tap into that place of peace; it's there for the asking.

The biggest change is that I decided to focus my attention and energies on my private practice, which includes: Massage and Reiki clients, classes, spiritual groups and studying for my certification as a Cranial Sacral Practitioner. I have left Atlas Spine Center (formerly Pentz Health Service), where I worked as an Independent Contractor doing Massage for the past 7 1/2 years. I realized that as my hours increased at their clinic, I was spreading myself too thin and when they needed even more hours, I knew it was time to refocus. After all, who needs a tired massage therapist who wasn't getting enough rest? I may still fill in on occasion, but I will miss the regular contact with the staff and clients at the clinic. They have become like family. I feel like a kid waiting for Christmas - excited to see what gifts Santa will bring this year. What an adventure.

The New Year also brings a reminder to review the past year (and decade). Look for all the wonderful things that have happened, the new people that have come into your life, the growth opportunities you have encountered and make a time-line going back from December to the beginning of the year. List all the wonderful things that happened, recognize the beauty that surrounds you every day. Be grateful, positive, and loving to everyone and watch your life transform. Happy New Year ! ! !

ONGOING CLASSES AND ACTIVITIES

REIKI classes. REIKI is an ancient healing modality that works with your Chi energy to bring balance and healing. I believe that we all have the ability to awaken the healing abilities in ourselves and others. By adding this technique to our everyday living, it will enhance your life tremendously and the lives of those with whom you come into contact. Treat yourself to a full Reiki session sometime to experience the benefits. Next Reiki class series begins **February 21** with Level I; Level II, **March 21**; Level III/Master Class, **April 18**.

REIKI Shares – REIKI exchanges or “shares” are designed for energy workers of all types to share their gifts, meet others that share our path, and practice our energy skills. Reiki Shares are held the **third Tuesday of every month** at the Main St. office. We gather at 6:30 ~ Donations.

LIGHTEN UP - We are a group of “light” minded souls, sharing and seeking support from each other. This year we will be covering a variety of topics from Abundance to Yoga and as much as we can cover in between. Contact me by e-mail if you have a topic of preference. We meet monthly at 6:30 to network. The program starts at 7:00 pm. Next event is **January 22** with Carol Maun speaking on Vedic Astrology. She will follow this with a series of four two hour classes on Joytish beginning on February 6, 2 to 4 pm.

MEDITATION CLASS

We have begun a meditation series class with the next one scheduled for **January 15 at 7 pm @ Main St.** In these regular monthly classes we will learn techniques to help us quiet the mind chatter, learn different techniques, and learn about some supporting modalities to help in the process of meditation.

Check out class schedules on the website

VISION BOARD CLASS

We are offering a workshop on Sunday, **January 24 from 10:30 to 2:30** to assist you in recognizing your vision and create a Treasure Map or Vision Board to support you in the process. This class will be offered again in June. Check the web site for details or call.

HEALING CIRCLE

On **February 7th** we will be offering an Alternative Healing Event from noon to 5 pm at our Main St office. A sampling of different modalities such as Cranial Sacral, Chair and Thai Massages, Hypnotherapy, Spiritual Guidance, and other Alternative healing sessions will be available. Check our web site for more details. Proceeds from this event will support Friends for Life No Kill Shelter in Gilbert.

CONTEST

Winner of NPR quiz from the last newsletter was Joanne C. who knew that NPR stands for National Public Radio. The responses for their favorite show included, "Wait Wait Don't Tell Me", and "The Prairie Home Companion". NPR continues to be my favorite station.

The Contest for this newsletter is: **Do you Know...** Answer True/False for each question.

1. Muscles make up ½ of the weight of the body –
2. Muscles receive ¼ of the blood from the body except for during massage or exercise which they then receive ½ of the blood
3. Fibromyalgia patients receiving massage during a research study were relieved of some pain, were in better moods, and had less stress.

Call or e-mail your responses. All answers received prior to **January 25** will be put in for a drawing to win a one hour massage.

SELF HELP

I have been listening to a meditation CD almost every night since October. "The Secret Universal Mind Meditation," by Kelly Howell has made quite an impact on my confidence and I believe has helped in removing blocks where I was feeling "stuck". It has increased my energy level, I sleep better and dream more. It is part of the Brain Sync series, working with the left and right brain. My gift to me at Christmas was to move to level II, which I plan to listen to for another 6 weeks. Try it you'll like it!

RECOMMENDED READING

I have recently discovered the work of Byron Katie – an interesting way to look at relationships and to own our own "stuff". I have just begun to read her books but have watch two of her DVD's on Relationships and family issues and it presented me with a different perspective on healing what is.

The Intenders Handbook, by Tony Burroughs
I "found" a book on the Intention Process. It's a simple little book that is filled with great messages on how to bring into your life all that you desire. As soon as I found the booklet, I discovered a group in the area that meets every other week to support the process. I am hosting the Intenders Circle for January and February in the conference room at Main Street. We meet @ 7:15pm on, **1/14. 1/28. 2/11, and 2/25**. Please join us. It is a free event.

GREAT MUSIC

I was introduced to the Music of Scott August and Snam Kaur this year. Scott, who plays flute, will be at the Native music festival @ the Casa Grande Ruins the last weekend in January and Snam Kaur, who brings pure light through her music, has a number of CD's available. One of my favorites is "Feeling Good Today", her songs and mantras for children. My favorite track is, "The Sun Shines on Everyone...It Doesn't Make Choices." Check her out – she is a "do not miss" concert when she comes to the Valley. As always, Deva Premal and Karen Drucker still top my list for feel happy music.

HELPFUL HINTS

Keep your thoughts positive. Your thoughts take a snapshot of your mind and create what you are thinking – what better reason to always keep your thoughts positive and focused on what you want to bring into your life. You create your own reality.

Live in Gratitude – be grateful for everything and everyone in your life. I have a "That was Easy" button sitting on the dash of my car and whenever I find a parking spot, make a light or get to a place on time, I hit it. It is my reminder to the Universe that I am paying attention. Thanks Staples ☺

OFFICE LOCATION:

Pure Light Therapies
1616 E. Main Street Suite 218
between Gilbert and Stapley
Mesa, Arizona
480-964-1152

Trained and Certified In:

- ❖ Swedish Massage
- ❖ Therapeutic Massage
- ❖ Neuromuscular Therapy
- ❖ Fibromyalgia
- ❖ Carpal Tunnel
- ❖ Rock and Unlock
- ❖ Thoracic Outlet
- ❖ Release Rotator Cuff
- ❖ Neck Release
- ❖ Mother Touch (Pregnancy Massage)
- ❖ Infant Massage and Instruction
- ❖ Elder Touch
- ❖ Cayce/Reilly Massage
- ❖ Cranial Unwinding
- ❖ Quantum Touch
- ❖ Reiki
- ❖ Usui Reiki
- ❖ Violet Flame Reiki
- ❖ Mahatma Reiki

New Therapy Available

I am studying Cranial Unwinding and Polarity and expect that I will receive my certification in November of this year. It is a great modality and I am already adding some of the techniques to my practice.

WEB SITE

My web site administrator has asked for testimonials from clients or my students. She would like to add them to my web site. Any submissions would be greatly appreciated and can be mailed to my Main Street office and/or e-mailed. On the flip side if there is anything I can do to improve my therapy for you, please let me know. I am always looking for ways to meet the needs of my clients.

Thank you, I appreciate your feedback.

Blessings for a great 2010

HOURS ETC.

Hours are by Appointment only
Evening and Saturday appointments available
Out Calls are available for an additional fee
Gift Certificates available for purchase
Visa and Master Card Accepted

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Now offering Seated Chair massages at Main St. Great for a quick fix. Second and Fourth Mondays of every month from 11 am to 1 pm Call for appointment ~Walk- ins Welcome \$15 for 15 minutes

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Check my website for times and dates of all upcoming classes

www.PureLightTherapies.com

Join our Yahoo group to be notified of all events and classes

PureLightEvents@yahoo.com

Comments or questions may be directed to:

Judy Richter, Licensed Massage Therapist
Reiki Master/Teacher and Ordained Minister
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480-964-1152

Helping you heal your Body, Mind and Soul
with
Therapeutic Massage, Essential oils and Reiki

MY NEW YEARS GIFT FOR YOU

**\$15.00 Off
your next session**

Cannot be combined with other offers.
Offer Expires February 28, 2010