

1: Spiritual Life Coach: Owl Wisdom Intuitions

Intuitions is known for their unique approach on therapeutic massage. Their techniques include a variety of modalities that are not common among other practicing Massage Therapist. Intuitions modalities include Deep Tissue, Ashiatsu and Thai yoga.

When listening to a piece of music, the listener does not merely hear a sequence of sounds but also unconsciously organizes them into structures. The rules represent psychological principles of organization. GTTM adopts from generative linguistics several methodological idealizations, one of which will impinge on the analysis of the Schumann song: At points in the analysis, it will be useful instead to take a quasi-processing perspective. Well-formedness rules describe possible structures within a given component. Preference rules select from possible structures. Stability conditions apply to events within this segmental time-span reduction, which represents levels of event importance in the rhythmic structure. The time-span reduction is input to a second kind of event hierarchy, prolongational reduction, which describes patterns of tension and relaxation among events. In *wunderschönen Monat Mai*. The beginning and ending imply F minor, but this tonic never arrives and the song does not resolve. The grouping brackets parse the phrase into two halves. The metrical grid represents strong and weak beats by a dot notation. Notice that the grouping boundaries are slightly out of phase with the time spans between beats, showing an upbeat of one note to bar 1 and three notes to bar 3. Figure shows a rhythmic analysis of the first stanza, ignoring beats beneath the bar level. Throughout the song, two-bar groups combine to form four-bar groups, but behind this simple pattern lies a complication. The two-bar group in bars repeats sequentially in bars 11-12. Yet bars also form a two-bar group, echoing bars with the bass line D-C and a progression into the dominant of F minor. Thus bar 12 both ends one group and begins another, producing an overlap. The figure also displays two plausible hypermetrical interpretations. On the other hand, the relative harmonic stability of even-numbered bars, together with the crescendos into bars 10 and 12 and the longer harmonic duration in those bars supports interpretation B. For some Fred Lerdahl a Bars: The grouping structure above the four-bar level is ambiguous. Initially bars seem to comprise a three-part section marked A1, B1, and C1 in figure 7. Bars 1-4 repeat in bars 5-8, so by this rationale bars form a parallel section, A2-B2. Bars 12 and 23 are counted twice because of the overlaps. But this leaves 43 bars hanging. The problem is that the A phrase can be either a beginning A1 or an ending A2. A2 functions as both at once. Its first impression is of a second beginning parallel to A1, but the *ritardando* notated throughout 42 see figure has the effect of winding down B1-C1 and foreshadowing the closing role of A. Figure b offers a symmetrical grouping in which 42 explicitly - doubles as beginning and ending. At the eight-bar level, the *ritardando* is strictly speaking, at the surface C1-A2 and C2: This interpretation is supported by details at the four-bar level. Bar 5 repeats and tonally reinterprets bars 1 and 3 with their first-inversion B minor chords and suspended C major chords, thus binding 41 and 81 together. The overlap in bar 12 similarly joins c1 and A2. The link between 81 and C2, by contrast, is weak, because 81 cadences. The analysis in figure b suggests a revision to permit complete low-level groups but not parts of groups to be treated as overlaps. Alternatively, the single-event restriction could be maintained and the grouping analysis seen as evolving over time. If metrical and grouping segments conflict at intermediate levels, adjustments are made to prevent violations of grouping boundaries. Within each time span, the time-span reduction component selects the most stable event, level by level from the bottom up. Once the phrase level is reached, cadences full or half are marked [c] and preserved up to the highest level for which they function. Paired with each [c] is a structural beginning, optionally marked [b], which is the most stable event before [c] in that unit. Figure illustrates schematically with four four-bar phrases grouped symmetrically into two eight-bar paired phrases and one sixteen-bar group. The trajectory from [b] to [c] takes place in each four-bar phrase. At the eight-bar level, [b] starting the first phrase goes to [c] Fred Lerdahl Figure At the sixteen-bar level, all that remains are [b] launching the group and [c] ending it. Figure shows a time-span reduction of bars on the interpretation that the global tonic is F minor. Level f reduces the 16-note musical surface to 8 notes. Level e in turn eliminates embellishing events at level f to yield a quarter-note sequence. Level d continues the process to the half-note

level and level c to the two-bar level. Two-bar groupings are shown beneath level c. The overlap in bar 12 is represented by two events, a D major arrival for the previous phrase and a C dominant 7th for the ensuing phrase. Levels b and a eliminate less structural events at the four- and eight-bar levels. The dominant Tths of F minor dominate the entire structure because they act as the structural beginning and cadence of the largest groups. Prolongational analysis is represented by a tree structure in which right branching signifies a tensing motion and left branching a relaxing motion. L0a, dominating event, tenses into subordinate event y; in figure b, subordinate x relaxes into dominating y. The tree notation is an adaptation from syntactic trees in linguistics, but without syntactic categories" Prolongational trees are often accompanied by a formally equivalent notation in slurs. The slurs coordinate with branch- ings. Dashed slurs are reserved for repetitions. A prolongational analysis derives from global to local levels of its associated time-span reduction via the interaction principle illustrated in.: In a, y is subordinate to x, and the progression from x to y is a tensing motion. In b, x is subordinate to y, and the progression from x to y is a relaxing motion. Time-span Prolongational reductional reductional levels levels Figure As shown by the solid arrows, events at time-span level a find the most stable available connection at prolongational level a,2nd so on to levels b, c, etc. This mapping amounts to a claim that, at a given level, the most stable events in the rhythmic structure are the events that project patterns of tension and relaxation at that level. If, however, an identical event appears at the immediately smaller level, it is elevated to the larger level for connection. This exception, shown by the dashed arrows, reflects the perceptual force of literal repetition. Figure 1, displays a prolongational analysis of bars derived from the time-span reduction in figure Deivational levels are labeled by letters in the tree. The slurs in the upper system represent local prolongational connections Observe that the various first-inversion B minor chords do not connect to one another but resolve locally to the dominant 7th of F minor in bars 1,3, and 14 and to the dominant 7th of A major in bars 5 and 7 This detail illustrates a fundamental feature of tonal music, the interplay between salience and stability. A prolongational analysis selects stability over salience. The lower system in figure L2 removes repetitions to bring out the basic harmonic and linear motion. The C 7 chords dominate the struc- ture. As half cadences they point to F minor as the global tonic. At level b, the first dominant 7th progresses to the local tonic of A major, which then elaborates into the region of B minor. The sequenced modulation to D major emerges at level c. The dashed branch to the D major chord in bar 12 receives a double branch because of the grouping overlap dis- cussed earlier. Its second branch reflects a reinterpretation of that event as the predominant of F minor At the bottom of figure These symbols represent not chords per se but their prolongational role: The prolongational and functional analysis of most phrases takes the form of figure L7. Whatever else happens in the phrase, this pattern usually occurs, for it efficiently projects a tensing-relaxing pattern. In a half cadence, the final T is omitted from the schema, and occasionally the opening T is absent. Another variant is the absence of S. This normative branching and functional schema also takes place at grouping levels larger than the phrase. The analysis in figure L2 achieves a version of normative prolonga- tional structure but with an unorthodox functional progression. The flaming prolongation is not T to T but D to D, and the primary departure in bar 6 is at a smaller level,T of a related key. At a global level only S to D in bars is standard. This unusual realization of normative structure weakens the sense of F minor as global tonic. The theory derives the alternative global tonic of A major if only one change is made in the time-span reduction-by not labeling the c 7 chord in bar 2 and its repetitions as haH-cadential. The revised time- span reduction in figure 1. Its justification is that bars 1-2 do not firmly establish F minor. S DSN Figure As a result, the hier- archical relationship between the inverted B minor chord and the now tonally more distant C 7th chord reverses. This change can be traced by comparing bars at levels c and d in figures 1. In the former figure at level c, the C 7 chord wins; in the latter, the B minor chord wins. The prolongational effect is of the B minor chord making a feint away from the A major cadence before resolving. Figure shows the prolongational and functional analysis derived from the time-span reduction in figure An S-functioning B minor chord prolongs from bar 1 to bar 5, and the A major arrival in bar 6 acts as the true structural beginning of the song.

2: Relaxation – Body Mind Repair Myotherapy, Massage & Yoga

Intuitions of tonal tension and relaxation correspond to distances in relation to a given reference point (the tonic). Computational methods for both sequential and hierarchical tension are developed and illustrated in a Mozart sonata.

I loved knowing that my hands were a powerful tool to make someone feel better. Massage therapy has been a wonderful blessing in my life and has helped me to really tap in and understand the human body. I grew up in Northern California and went to college in Santa Cruz, a progressive community where alternative healing therapies were plentiful. Being a tall person I struggled with posture and I felt that standing up straight was uncomfortable. A friend recommended that I go to yoga and after one class I was deeply astounded at how the body worked in relationship with gravity. I felt as if I had been shackled to the Earth with the chains of weakness and misalignment. My body felt disorganized. I received my first massage at a health fair where I felt my body awaken, giving me a greater capacity for expression, fulfillment and connection with others. It was then I began my journey as a massage therapist with a passion for deep bodywork inspired by my yoga practice. I have a deep understanding of the connections of mind, body, and spirit and bring over a decade of personal experience and dedicated study in the healing arts including yoga, dance, meditation, energy work, and private studies in music production. The core of my work facilitates the awareness of the mind-body connection, helping to bring forth more love, presence, success and ease. Jonathan is a rare talent. He has such a thorough understanding of the human body and does not underestimate the impact of the body-mind connection when it comes to pain and healing. He has all three and then some. In addition, his naturally calm and positive demeanor is simply a pleasure to be around. I would recommend him highly. Jonathan is incredibly talented and well versed in his craft. He not only understands the art of massage from a relaxation standpoint, but also understands the science of the human body. He knows when and how to shift between tension release and a more serious approach that seems almost like physical therapy. If you have the chance to engage his services, you will not be disappointed. Jonathan is by far the best massage therapist I have ever had! If there is such a thing as an artistic masseuse, he is it! Jonathan is very creative with his strong hands. No two massages are ever the same. I look forward to my 90 minute massage every 2 weeks. I specialize in stretching, John F. My passion for the body started at an early age as an athlete. Why was I getting injured? Where was my weakness? Why am I dealing with discomfort everyday? Where were my compensation patterns? My interest first led me down the path of Physical Therapy but quickly changed; that is when Massage Therapy crossed my path. Focusing on the body as a whole- now that was a fit for me. Since graduating in , I have worked with chronic and acute pain helping to alleviate discomfort in my clients bodies to enable a higher quality of life. THAT is my overall goal each session; I hope to facilitate just that- the highest quality of life one can have. I want to bring a sense of calm to the stresses of life and look forward to meeting each new client that comes in! Alyssa Funk I became interested in massage therapy throughout my 15 years of dance. I had developed problems with my ankles after doing ballet for so long, and during a routine I had fell and fractured one pretty bad. It was amazing to see how quickly the body could regenerate itself with just a healing touch. Since then, I was hooked! I graduated from the Pennsylvania School of Massage Therapy in and have been practicing ever since. I am also going to start my Ashiatsu training for , and I am very excited begin incorporating that incredible technique into my massages! I am always seeking out alternative therapies and new non invasive ways to help treat certain issues. I see people struggle with chronic injuries everyday, and I want them to find relief without having to take pain medication or turn to surgery. That is why it is my passion to get to know each person I see, and create a specific treatment plan that will fit their individual needs. I truly can say that I love what I do, and I strive to help whoever I can. Are bodies are our sanctuary, and they need to be taken care of, and this is where I come in! She is truly a master at her profession and I have recommended numerous clients.

3: Stress Management

For many of us, relaxation means zoning out in front of the TV at the end of a stressful day. But this does little to reduce the damaging effects of stress. To effectively combat stress, we need to activate the body's natural relaxation response. You can do this by practicing relaxation techniques.

The Mental Health Benefits of Exercise: For Depression, Anxiety, and Stress As with meditation, mindful exercise requires being fully engaged in the present moment—paying attention to how your body feels right now, rather than your daily worries or concerns. And when your mind wanders to other thoughts, gently return your focus to your breathing and movement.

Visualization Visualization, or guided imagery, is a variation on traditional meditation that involves imagining a scene in which you feel at peace, free to let go of all tension and anxiety. You can practice visualization on your own or with a therapist or an app or audio download of a therapist guiding you through the imagery. Practicing visualization Close your eyes and imagine your restful place. Picture it as vividly as you can—everything you can see, hear, smell, taste, and feel. Visualization works best if you incorporate as many sensory details as possible. For example, if you are thinking about a dock on a quiet lake: See the sun setting over the water Hear the birds singing Feel the cool water on your bare feet Taste the fresh, clean air Enjoy the feeling of your worries drifting away as you slowly explore your restful place. When you are ready, gently open your eyes and come back to the present. You may also experience feelings of heaviness in your limbs, muscle twitches, or yawning. Again, these are normal responses. As well as reducing anxiety and stress, yoga can also improve flexibility, strength, balance, and stamina. What type of yoga is best for stress? Although almost all yoga classes end in a relaxation pose, classes that emphasize slow, steady movement, deep breathing, and gentle stretching are best for stress relief. Satyananda is a traditional form of yoga. It features gentle poses, deep relaxation, and meditation, making it suitable for beginners as well as anyone primarily looking for stress reduction. Hatha yoga is also reasonably gentle way to relieve stress and is suitable for beginners. Alternately, look for labels like gentle, for stress relief, or for beginners when selecting a yoga class. Power yoga, with its intense poses and focus on fitness, is better suited to those looking for stimulation as well as relaxation. Tai chi is a self-paced, non-competitive series of slow, flowing body movements. By focusing your mind on the movements and your breathing, you keep your attention on the present, which clears the mind and leads to a relaxed state. Tai chi is a safe, low-impact option for people of all ages and fitness levels, including older adults and those recovering from injuries. What you may not be aware of is that you can experience many of the same benefits at home or work by practicing self-massage—or trading massages with a loved one. Try taking a few minutes to massage yourself at your desk between tasks, on the couch at the end of a hectic day, or in bed to help you unwind before sleep. To enhance relaxation, you can use aromatic oil, scented lotion, or combine self-message with mindfulness or deep breathing techniques. A five-minute self-massage to relieve stress A combination of strokes works well to relieve muscle tension. Try gentle chops with the edge of your hands or tapping with fingers or cupped palms. Put fingertip pressure on muscle knots. Knead across muscles, and try long, light, gliding strokes. You can apply these strokes to any part of the body that falls easily within your reach. For a short session like this, try focusing on your neck and head: Start by kneading the muscles at the back of your neck and shoulders. Make a loose fist and drum swiftly up and down the sides and back of your neck. Next, use your thumbs to work tiny circles around the base of your skull. Slowly massage the rest of your scalp with your fingertips. Then tap your fingers against your scalp, moving from the front to the back and then over the sides. Now massage your face. Make a series of tiny circles with your thumbs or fingertips. Pay particular attention to your temples, forehead, and jaw muscles. Use your middle fingers to massage the bridge of your nose and work outward over your eyebrows to your temples. Finally, close your eyes. Cup your hands loosely over your face and inhale and exhale easily for a short while. Most stress experts recommend setting aside at least 10 to 20 minutes a day for your relaxation practice. Set aside time in your daily schedule. If possible, schedule a set time once or twice a day for your practice. Try meditating while commuting on the bus or train, taking a yoga or tai chi break at lunchtime, or practicing mindful walking while exercising your dog. Make use

of smartphone apps and other aids. Many people find that smartphone apps or audio downloads can be useful in guiding them through different relaxation practices, establishing a regular routine, and keeping track of progress. These techniques are so relaxing that they can make you very sleepy. Avoid practicing close to bedtime or after a heavy meal or alcohol. Expect ups and downs. Sometimes it can take time and practice to start reaping the full rewards of relaxation techniques such as meditation. The more you stick with it, the sooner the results will come. Just get started again and slowly build up to your old momentum. Recommended reading *Stress Management*: Lawrence Robinson, Robert Segal, M.

4: Effective Stress Management - InnerTours

10 Relaxation Techniques That Zap Stress Fast. By Jeannette Moninger. From the WebMD Archives. Relax. You deserve it, it's good for you, and it takes less time than you think. Video Transcript.

Signature Therapeutic Massage A full body massage combined with a blend of various techniques to create an integrative massage that meets the needs of the client at that particular time. This is a great one to start out with. Together we will use our intuitions to find the best modality that you enjoy most.

Swedish Massage The most commonly offered and best-known type of massage, this therapy uses firm but gentle pressure to promote relaxation, ease muscle tension and create other health benefits.

Relaxation Therapy This says it all - it is intended to help you relax. Lots of gentle to medium pressure effleurage long, flower strokes are used. Perfect for someone who just wants to unwind. As a BMR therapist I sensitively apply gentle pressure and stretch that is gradually increased over time as the body relaxes and releases. In addition to the rhythmic movements used in traditional massage, BMR incorporates sustained pressure and stretch to guarded and restricted regions of the body for three to five minutes, sometimes longer which is often necessary for a complete release of protective tension, body armor, and suppressed body memory to occur. BMR is transformative, therapeutic bodywork that combines multiple techniques into one comprehensive approach that supports the body to release habitual protective tensions, body armor and suppressed memory including emotion from past experiences. The combination of these oils, and the application of moist warm heat to the spine and back, allows the oils to penetrate your body rapidly and begin their therapeutic process on a cellular level. It is extremely relaxing and is perfect for the person who does not like friction on the skin. These energy centers are referred to as chakras. Thru massage and energy work I assist you in becoming more balanced and in tune with your life force, thus relieving any energy blockages you may have.

Geriatric Therapy Seniors have special needs. Their skin is more delicate and so are their muscles. In addition, many have osteoporosis and other medical concerns that call for a gentle touch. Also, special attention is given to assisting with getting on and off the table as well as speaking up to address hearing difficulties.

Sports Massage A blend of gliding, kneading, passive stretching, compression, and deep tissue work to ease muscle soreness, return muscles to their normal resting length, and increase flexibility, thereby maximizing your workout. This is beneficial before and after sporting events as well as during training. Whether you are a pro or a weekend warrior, it is important to use this method to prevent injury as well as to improve your competitive edge.

Reflexology To some it is just wonderful hand and foot relaxation, which is fine. In ancient history it was said that by pressing on certain points in the hands and feet, one could improve the functions of the organs that correspond to these points. The same is applied today.

Myofascial Therapy Myofascial release is a form of soft tissue therapy used to treat somatic dysfunction and accompanying pain and restriction of motion. This is accomplished by relaxing contracted muscles, increasing circulation, increasing venous and lymphatic drainage, and stimulating the stretch reflex of muscles and overlying fascia.

Craniosacral Therapy While you are face up, I uses specific hand placements held for 5 minutes each to bring about deep relaxation, relieve headaches, pain from TMJ, and low back pain.

Prenatal and Postpartum Massage This massage is perfect to help relieve the sore muscles and fatigue that are experienced during and after pregnancy. The skin is nourished with a specially formulated body butter that helps rebuild collagen and connective tissue to help skin have a better chance of stretching without marks. This service is available after the completion of the 1st trimester. The relationship between a parent and baby is enhanced and strengthened through the nurturing touch of infant massage.

A Corporate chair massage is performed fully clothed in a private or semi-private setting by a state certified massage therapist. A special state-of-the-art massage chair is utilized to target the neck, shoulders, back, arms, and hands. Chair massages usually last between 10 and 30 minutes 15 minutes being the norm.

5: Our Staff Â« Intuitions Massage

Progressive Muscle Relaxation (PMR) is a relaxing and effective technique for reducing overall body tension as well as psychological stress. This simple technique involves the tensing and relaxing of all of the major muscles in your body in order from your head to your feet.

The intuitive mind is a sacred gift and the rational mind is a faithful servant. We have created a society that honors the servant and has forgotten the gift. Intuition is the knowledge that comes to us out of blue. Intuition is the whisper of our inner still, small voice. It is a burst of genius, an inspired thought, a hunch, or a gut feeling. The intuitive function is a process of the right hemisphere of the brain. There are different ways people experience Intuition. To some it is experienced as a physical sensation such as tingling of the skin, a weight in the stomach, a headache, a change in heartbeat or respiration, goose bumps or a shiver, a darkening or dulling in of eyesight, or sympathy pains. When experiencing physical Intuition, people often use expressions such as "gut instinct" or "I feel it in my bones". Sometime intuition is experienced as a thought which comes out of nowhere, an intuitive leap. Sometimes it is a strange feeling, a sense of "wrongness" or even emotional distress. Some see visions of images that might be literal or symbolic. Visual intuition is particularly important to painters, sculptors, architects, and people like Albert Einstein who developed many of his theories by visualizing light beams and other images. Some hear a still small voice. It may appear as a gut feeling, a hunch, an image, a sound, a memory, or even an instant knowing. Our intellect is often so loud, this voice often gets drowned out so it is essential that we learn to access it and spend a few minutes each day devoted to listening to this voice. When you go about your day pay attention to what catches your eye or ear. If you are able, jot the thing that you notice down and look for patterns. What do I need to know? Then be open for the answer. Figure out how your intuitions speaks to you. Then listen to, trust and act on your intuitive inner guidance. This is an art and like any other art or discipline, becoming intuitive takes a certain amount of practice. How do you develop your intuition? The first step in developing practical intuition is to recognizing your intuition. Encourage your intuitive perceptions by inviting them. Get in the habit of daily asking the power of the universe to give you some guidance. Ask spirit to "open your eyes" to its signs and indicate the best way to proceed with a situation. Ask for Guidance Pay attention to and the signs, symbols and synchronicities you encounter in your daily life. I like to greet the morning with open eyes, open ears and an open heart seeking to hear the voice of my guides and see the magick at work in my daily life. Sense the changes or response of your body. Pay close attention to all parts of your body until you notice reactions happening there. Then continue to strengthen your awareness of these areas and learn what the feelings mean. Listen to your body. An ache, tightening or pulling away is an indicator of things not being right or a "no", while expansion, tingling and relaxation is usually yes. Meditate It quiets the mind and increases your vibration, both necessary for increased intuition. Then wait quietly to see what emerges. I practice daily meditation to connect with my higher self, spirit guides and to open my heart to the sacred. The practice of Meditation and learning to work with your Chakras will greatly improve your efforts. Here is an easy exercise. Sit in a quiet room and allow your mind to become as blank. Relax as you slowly and deeply inhale, then exhale. Visualize a giant blank screen as you breathe. As you relax see the curtain before the screen draw back. Now mentally ask a question. Take note of any images or sounds or feelings you experience. Keep a journal of your findings and note any reoccurring patterns. Patterns are one way to decipher our intuitive voice. When I was younger I experience a pain in my left arm right above my elbow that always meant "No" now I hear words and small phrases inside my mind. Listen To Your Dreams Ask a question about something before going to sleep. Pay attention to the first thought in your head right after waking up. Pay attention to your dreams. Dreams are your intuition at work and the first step is dream recall or remembering your dreams. If you have difficulty remembering your dreams, as you close your eyes each night, affirm that you WILL remember. Repeat your affirmation out loud several times as you drift to sleep. Take notes the moment you wake up. Reread your notes later in the day to help bring as much of your dream memories as possible into your normal waking awareness. As you remember your dreams more, make special note of the symbols that

appear in them: Write down the symbols that seem to you to be the most powerful, those that evoke the strongest feelings, and those that keep reappearing in your dreams. Deciphering intuitive messages While Yes and No answers are simple to apply. Discovering the meaning of a single word or phrase can be a challenge. While I was looking for that book I found another book I forgot I had about angelic experiences and the things I read there in those pages were exactly what I had been experience that week. It was an incredible affirmation, as if the universe was proclaiming that I was on the right path. Get familiar with the ways your intuition works. It is important to become familiar with the sensations your intuitive nudges create in your body. When you are tuning in are you noticing any aches? Any sense of lightness? When you think of one choice or another, how does your gut feel? Do you get any sensations of tightness, queasiness, or excitement? Practice Makes Perfect and here are some specific exercises to increase your confidence in your ability to tap into psychic guidance. Relaxation Exercise Sit up straight and take a few slow deep breaths. Feel the muscles in your forehead relax, relax your cheek muscles, relax your muscles jaw and let it hang, relax the back of your neck. Feel the tension drain down your shoulders as you release your upper arm muscles allowing them to drop down, relax your lower arms and feel the tension releasing out your fingers. Relax your chest and upper back, as you do this release a sigh with the exhale. Feel the tension draining as you relax the muscles in your lower back and your stomach. Relax your upper thighs and allow the tension to drain down your legs. Relax the calves, the upper foot and the soles of your feet. Feel the tension draining out of your feet and into the floor. Now take a slow deep breath and ask your question out loud. Wait quietly for a few minutes if your answer does not come then be receptive throughout the day. It might even come to you in your dreams that night. Clearing Exercise Sit up straight and take a few slow deep breaths. Ask your guides or spirit to be present and give you an obvious sign so that you may know the answer. Now visualize a golden light beaming above you filling your crown chakra. See this cool clear light swirling down your throat past your heart into your stomach Now visualize the golden light expanding throughout your body to the tips of your finger down to the tips of your toes until it expands past the boundaries of your body to rejuvenate your glowing aura. Hold this image for a few breaths knowing that all negativity has been cleared away and replaced with light. If you like this, you might like these.

6: Tonal Tension and Attraction : Tonal Pitch Space - oi

Relaxation techniques are a great way to help with stress management. Relaxation isn't only about peace of mind or enjoying a hobby. Relaxation is a process that decreases the effects of stress on your mind and body. Relaxation techniques can help you cope with everyday stress and with stress.

Reducing anger and frustration Boosting confidence to handle problems To get the most benefit, use relaxation techniques along with other positive coping methods, such as thinking positively, finding humor, problem-solving, managing time, exercising, getting enough sleep, and reaching out to supportive family and friends. Types of relaxation techniques Health professionals such as complementary health practitioners, doctors and psychotherapists can teach various relaxation techniques. But if you prefer, you can also learn some relaxation techniques on your own. In general, relaxation techniques involve refocusing your attention on something calming and increasing awareness of your body. What matters is that you try to practice relaxation regularly to reap its benefits. Types of relaxation techniques include: Autogenic means something that comes from within you. In this relaxation technique, you use both visual imagery and body awareness to reduce stress. You repeat words or suggestions in your mind that may help you relax and reduce muscle tension. For example, you may imagine a peaceful setting and then focus on controlled, relaxing breathing, slowing your heart rate, or feeling different physical sensations, such as relaxing each arm or leg one by one. In this relaxation technique, you focus on slowly tensing and then relaxing each muscle group. This can help you focus on the difference between muscle tension and relaxation. You can become more aware of physical sensations. In one method of progressive muscle relaxation, you start by tensing and relaxing the muscles in your toes and progressively working your way up to your neck and head. You can also start with your head and neck and work down to your toes. Tense your muscles for about five seconds and then relax for 30 seconds, and repeat. In this relaxation technique, you may form mental images to take a visual journey to a peaceful, calming place or situation. To relax using visualization, try to incorporate as many senses as you can, including smell, sight, sound and touch. If you imagine relaxing at the ocean, for instance, think about the smell of salt water, the sound of crashing waves and the warmth of the sun on your body. You may want to close your eyes, sit in a quiet spot, loosen any tight clothing, and concentrate on your breathing. Aim to focus on the present and think positive thoughts. Other relaxation techniques may include:

7: Tonal Tension and Attraction - Oxford Scholarship

Relaxation Techniques for Stress Relief The body's natural relaxation response is a powerful antidote to stress. Relaxation techniques such as deep breathing, visualization, progressive muscle relaxation, meditation.

History[edit] The idea of relaxation in psychology was popularized by Dr. Edmund Jacobson in his published book *Progressive Relaxation*. It was a technical book intended for doctors and scientists. His book describes tensing and relaxing specific muscles at a time to achieve overall relaxation in the body. According to Jacobson, his research started in at Harvard University , and later moving on to Cornell and University of Chicago. His research was aimed at improving the general human well being. In , Johannes Schultz and Wolfgang Luthe developed a method of relaxation that emphasized using the power of suggestion, called autogenic training. In , Herbert Benson and Mirium Z. Klipper published a book called *The Relaxation Response* , which gives instructions on tying meditation techniques into daily activities the average person could do. In order to combat this stress, there have been a variety of methods developed that have been proven to reduce stress and its consequences in everyday life. The majority of techniques can be classified in to either Physical, Mental or Therapeutic techniques. Physical relaxation technique[edit] Breathing techniques is one of the easiest ways to reduce stress. It requires little effort and can be done anywhere at any time. Proper breathing techniques that incorporate deep abdominal breathing have been shown to reduce the physical symptoms of depression, anxiety and hypertension as well as everyday emotional symptoms of anger and nervousness. As the individual flexes and releases those muscles from top to bottom they will feel a deep sense of relaxation. Progressive muscle relaxation is a somewhat adapted version of the Jacobsonian Relaxation Technique developed in the s. However, it is a practice that is fairly new to North America and it is gaining attention quickly for the physical and psychological benefits it provides to your body. Studies have shown that in addition to reducing physiological and psychological stresses placed on your body, individuals who practice meditation have much fewer doctor visits for both physical and psychological illnesses. When performed correctly, hypnosis has the ability to put an individual in a deep state of relaxation. During this state the individual is vulnerable to suggestions stated by the person performing the hypnosis. Not only will the hypnotized individual be stress free and in a deep state of relaxation but it is thought that when the individual is out of hypnosis they will be less susceptible to the effects of stress as suggested by the person who performed the hypnosis on them. In addition to relaxation, hypnosis therapy is being used to treat a variety of conditions. Treatments for conditions using hypnosis that are currently being promoted by The Mayo Clinic are; smoking addiction therapy, pain control therapy, weight loss, coping with chemotherapy, asthma, and allergy relief. Professionals in the fields of psychology or counseling will have the ability to administer a variety of these techniques. If they feel it is appropriate they may prescribe medication to assist the patient with relaxation. Meditation[edit] Herbert Benson , a professor at the medical school at Harvard University , has proposed in his book *The Relaxation Response* a mechanism of the body that counters the fight-or-flight response. It increases the immune response, helps attention and decision making, and changes gene activities that are the opposite of those associated stress. A quiet environment to help focus A mental device to help keep attention constant a sound or word said repeatedly A positive attitude to avoid getting upset over failed attempts A comfortable position Autogenics[edit] Autogenics was invented by Dr. Johannes Heinrich Schultz in the s. The process of autogenics is by relaxing muscles deeply, and by doing so, the mind follows through and relaxes as well. There are six parts to autogenics training: Heaviness in parts of the body arms and legs feel heavy Warmth in parts of the body arms and legs feel warm Heartbeat heart is calm Warmth in the abdominal area Forehead is cool Progressive muscle relaxation[edit] Progressive muscle relaxation helps relax your muscles by tensing certain parts of the body such as the neck , and then releasing the tension in order to feel the muscles relaxing. This technique helps for people with anxiety because they are always tense throughout the day. It is an easy technique to understand and follow through with. Three categories that relaxation can help with are mental, physical, and physiological. Mental[edit] Mental health is very important and needs to be worked on every day. There is a higher mood and lower anxiety in those who practice

relaxation techniques. With reducing stress, a person can help reduce the negative things that stress can do to the body. Relaxation may help reduce insomnia in those who have sleeping disorders. Those with insomnia may even give up sleeping aids just by practicing relaxation techniques. Even though relaxation cannot get rid of chronic diseases, it may help dull of the symptoms one may have. Many cancer and AIDS patients are taught relaxation techniques. This will reduce the extra stress that these things can do to the body if they are over worked. Muscle tension will decrease. Metabolism can also decrease; this is mostly seen in hibernation and sleep and that gives the body extra time to rest and focus on other aspect that it needs to. People who practice relaxation have said to be able to tolerate pain better both mentally and physically. An individual will go from active and alert, which is the sympathetic, to parasympathetic which is rest and digest. Immune systems will increase with increased relaxation [6] which is why relaxation can be seen as part of treatment for AIDS and cancer patients.

8: Relaxation (psychology) - Wikipedia

The Relaxation releases the deeper tension, allowing the mind to be able to focus & concentrate more rapidly in Meditation, which flows into a deeper and more meditative Hatha Yoga practice. The mind can focus deeper within the physical body, creating a greater awareness.

It happens all at once, unfolding in a way that no algorithm or prediction could ever hope to capture. And yet, on this planet, we still live out that unfolding in a way that involves plans: At a certain stage of consciousness, we realize that pursuing our goals and dreams can be done in a healthy way and an unhealthy way. When you try and try and grind and grind and keep planning, practicing, running around, and trying to anticipate every inconvenient, uncomfortable thing that will happen and then plan it away, your body quickly becomes exhausted. Has this ever happened to you? You really, really, really, really want something to happen in your life: And what happens, more often than not, when these desires are pursued with reckless, overdriven abandon? Oftentimes, an illness manifests in your life, and your body forces you to slow down, be immobilized for a few days, and take care of yourself. Of course, there are many reasons that illness manifests in a human being. This simply happens to be one of them, and I have observed it in my own life many times. Whenever you notice yourself rushing towards a goal, notice that in that moment of rushing, you are not aware of how shallowly you are breathing. And when you notice how shallowly you are breathing, your breath begins to deepen. In each deep, conscious breath, more usable oxygen enters your body, giving you more nourishment and energy to participate in your goals in a more relaxed way that is much more open to unexpected change. Why do we rush towards the finish line of our lives? Why do we pursue our goals at breakneck speeds, like our success is a race against the cosmic clock? We were born into a world in which frantic, fear-based energy is considered normal, and where we are taught to believe that our value lies solely in what we have accomplished. This is all a manifestation of the overstimulated condition of the collective consciousness of which we are all a part of. Do you want to be a revolutionary today? All you need to do to start a revolution in this frantic world is take deep, slow, peaceful breaths, and then move through your day anchored in your deep breathing, while the rest of the world runs around in a tizzy, completely unaware that everything they are looking for can only be found when life slows down to a more loving, conscious speed. Try this, either silently or out loud, to anchor the energy of this message and apply it your life immediately: When I feel stressed, tense, out of sorts, mixed up, frantic, rushed, or any other form of dis-ease, that is a clear sign from the universe that I could afford to slow down my breathing. When I feel like everything I have planned must occur in exactly the way I think it should, or at the exact time I think it should, this is a gentle sign from the universe that I could afford to slow down my breathing. I deserve love, peace, and relaxation in every moment. And when I take the time to slow down, deepen my breath, and connect with my body in a more conscientious way, the love, peace, and relaxation that I so deeply deserve can become my natural way of operating, rather than something to reward myself with when I have completed all of my errands. I accept that the fulfillment of my goals will not bring me relaxation, love, and peace. I accept that when I am relaxed, loving, and peaceful, the fulfillment of my goals will be an effortless, synchronistic adventure, one conscious breath at a time. And so I am free to enjoy. And so I am loved. And so it is.

9: relaxation | Wyn Evans

Sometimes the good feeling is a quality of relaxation around intuition. However, sometimes--and this is why we practice--our egos don't like what our intuitions tell us. The intuition may tell us that we have to endure some difficulty or pain, and our ego may get really triggered.

You can find several of those posts in the following compilation to help you in your development of your intuition: As many of you know, your divine knowing is way better at finding the most truthful path through a situation than that old, rusty ego self full of its illusions, lies, and fears. In times of emergency, disaster, or otherwise higher stress moment, the stakes are often extremely high sometimes impacting your long-term health or safety. Clearly, making an intuitive decision is ideal. But how do you do this when you are really stressed, upset, or even terrified? Slowing Down First Firstly, slowing down is important. I mean in all the rest of your life before it. Even if you are super busy, there are spaces to be found to breathe a little deeper and a little slower. Because many times our lives are artificially fast. We believe a situation is more stressful than it actually is and that a decision is needed sooner than it is. In so many cases, people are not liking things about themselves that they blame on the external world. Dealing with that pain inside changes your experience of the job. Maybe you even find out you like it. But you can probably tolerate it more the more at peace you are with yourself, and then you can take time planning out a next step into a career more to your liking. In this way, slowing down and focusing on your inner work removes the need for many fast decisions and takes the stress out of the situation. But there are plenty of things for which we can plan. If you live in an area prone to earthquakes, then you need to have some plans for what to do when one happens. Since so many of my readers live in California, you may want to check out what the Centers for Disease Control and Prevention in the U.S. This pre-planning helps to prepare your mind and offer some level of clarity if something like an earthquake, flood, fire, or other natural disaster hits. There are certain physiological things that we can plan for too. We can plan for death, which is more than just writing a will and saying what to do with your body. This too prepares you mentally for potential physical emergencies, and if you have a genetic predisposition towards certain diseases, this can also be factored in to your preparation. Practicing with small moments and small decisions helps you to get a sense of what your clarity is like. Sometimes it does, but that is often a function of our ego selves liking the intuition. Sometimes the good feeling is a quality of relaxation around intuition. The intuition may tell us that we have to endure some difficulty or pain, and our ego may get really triggered. For them, their intuitions are probably telling them to leave and face the uncertainty of leaving the semi-security of a familiar job or relationship. Either way, intuition leads you where you need to travel in this lifetime, and getting used to listening to and acting on difficult intuitions for your ego is important work and preparation for really challenging situations. Clarity in Extreme Stress Interestingly enough, sometimes extreme stress can bring extreme clarity for some people. Interestingly, this leaves nothing but a present moment focus and a clear intuition for some people. Then it becomes obvious to go left when you need to turn left or whom to ask for help. It just gets clear what you need to do. It still may not be easy what you need to do, but the steps reveal themselves as you take them. If this has ever happened for you, you can use that past experience to help you further develop your intuition in far more relaxed moments. See if you can find that quality of focusing intensely on the present moment and going step-by-step through something. See where it takes you. You can do this wandering around a street fair just to see to what events and conversations your intuition takes you. This is another way to practice with your intuition. When you are in the moment of extreme stress, you do what you have to do, but as you come out of it, a lot of the ego fears tend to come back. And the more upheaval there has been, the more you need to keep tuning in to your intuition to manage the fallout after an event. So if you were so fortunate as to have razor sharp intuitions during the height of the crisis, the challenge for you may be to continue to tune in to that clarity through the fallout period when all the ego preferences and ideas come charging back. It is difficult to generalize for all the high stress and extreme stress situations that can bombard a human being. The following steps are sort of linear, but I trust that you will use them appropriately for your situation. If you are physically threatened, getting safe is key. Ideally, you tune into

your intuition to figure that out, but do the best you can. Then check in with your knowing once you are safe. So if there is a flood coming, get out of your house and find safety. Come Back to Your Breathing. Once safe, check in with your breathing. See if you can slow it down and deepen your breathing. Depending on the event that has come up or is in progress, your heart may be racing. All those amazing human biochemicals that come with and are basically what we call fear muddy the mind in a big way. See if you can breathe through some of them and focus your mind on the present moment and what is needed right now. Get as Relaxed as You Can. This step follows from step 2. Do whatever you can to be as relaxed as possible. You may also take a few minutes to meditate. As I said, every situation is different. If you are waiting for news in an emergency room, you probably have a ton of time this seems to be one of the truths of ERs: So you might as well meditate before the next exam or decision needs to be made. See What Needs to be Done Immediately. This is a step you may do multiple times, and it often is intertwined with step 1. But try not to plan too far in the future. Go With Your First Feeling. The more practiced you are with your intuition, the more you know when it is doing the talking versus when it is your ego. The first four steps hopefully will have guided you towards a level of clarity that can make hearing your intuition easier. They can help you relax further and talk you through options. In a major disaster, that may not be possible in your local area, so you may need to phone a friend. Learning to Ask for Help You may also need expert help depending on the decision-making that is required. For instance, if this is a medical emergency, talking through things with a doctor and asking lots of questions can be vital. This, once again, helps you to work through any fears of the unknown that are triggered. You may also talk to multiple doctors if this is a prolonged emergency such as diagnosing cancer and reviewing all options to heal it. Major health issues require a lot of time and care because sometimes the "cures" cause tons of problems themselves. Intuition can help you to make the best decisions for you. Intuition Is Not Superstition In this crazy Internet age we live in, there are a lot of superstitious notions about health and how life should go. Superstition inherently uses fear and makes a lot of predictions about the future. It can be a quiet voice that says this procedure is right for you or that idea is not right for you. Superstition will keep you scared and force you to hold onto certain beliefs and look for ways to prove them. And if you look hard enough for proof for something you believe, the ego will find something. The main point is to not give in to fear. That is the path of superstitious nonsense that will have you rejecting Western medicine entirely or doing other foolish things in a vain attempt to get safe without really understanding a situation. Remembering to listen to your intuition can be hard enough by itself much less doing it. So, I want to end this spiritual blog post with this: We are all human, and some of us have extraordinary stresses and situations that arise in our lives.

Articles of faith, 1930-1933 Corporate and public finance departments The pastors presence in celebration Cpt question paper june 2016 The Facility Managers Handbook Dakota sausage stuffer sausage and jerky hand book Through the Bible with preschoolers Edward Jessup of West Farms, Westchester Co. New York, and his descendants Transported by song Gdt 2009 applications book A prophet in Precision, N.H. Pensions and increase of pensions for certain soldiers and sailors of Civil War, etc. Dumbo: A tail tale 2006 mazda 6 repair manual Historiography: variations upon a theme Hopes and dreams sheet music Art and cities of Islam Best friends think alike Non destructive testing method and application A history of the physical education program at Florida State University, 1901-1978 Building contract dictionary Philosophical introduction to set theory A Culture of Everyday Credit Game of My Life San Francisco 49ers Beginnings of science, biologically and psychologically considered A letter written from the right honorable the Earle of Bedford to a lord of the House of Peers, of all th Economics and consumer behavior by angus deaton Food for a hungry world Pro/ENGINEER Wildfire MECHANICA Structure Tutorial Rethinking Homeostasis Aerosmith Big Ones Selected games (of William Steinitz People and communities in the Western world Easy violin sheet music popular songs Marketing planning strategy List of government medical colleges in andhra pradesh Hearing on Military Academy Appropriation Bill for FY1910-11 Dynamic noncooperative game theory second edition Changing to the metric system Thomas goes fishing