

Empowering Lifestyle Made Easy

with Helen Brougham



CLARITY | SELF-CONFIDENCE | MASTERY | FREEDOM YOUR WAY | LIFE FULFILLMENT

Massage – What Do You Get?

Podcast #4

Welcome to the *Empowered Lifestyle* podcast! We are talking about things for Mums; what's dear to Mum's heart, how to help Mums to step into empowering themselves first, their life, and how they can be with their children and make a huge difference. And we'll be talking to other experts.

Now here's today's episode:

What can you get out of having a massage? What are the results?

We don't always know the results of how a massage is or how it is afterwards. So I'm going to talk a little bit about that for you so you get a glimpse into how that can be for you. But until you really have your very own massage, and there is not 1 or 2, even though you'll know exactly how it feels then. It's over time that so much in our bodies change when you take the stress out of the muscles. It's really such a lovely surprise. What I found when I had my first massage, was that I felt like the weight had come off of my shoulders.

I felt so much more relaxed. What else for me was that I felt really light in myself as in I was kinda floaty; I felt like I didn't have a care in the world. It was like it was just such an easy place to be. When you have a lot of confusion going on, the little voice in your head keeps saying this and keeps saying that, and worrying about this and worrying about that.

Well, after that first time I had my massage, I didn't actually have any of that talk going on in my head. It was silent and it felt really nice. I really got that the fight going on was such a hard thing to put up with. But when I didn't hear it anymore, I felt that calmness.

You know that heaviness you get on your heart? Well that heaviness was so relaxed, I felt like I could sort of take a deep breath and feel calm in myself even in my chest. Because I had an all-over massage, there wasn't one area that was more relaxed than another. I didn't have another sore area but I felt really relaxed and tingly and really peaceful all over. It just took my whole mind down to such a peaceful level. There are these things that you can take that are addictive that can give you that feeling, but if all you had to do was have a massage and get a better result, an easier result, and not effective after in a negative way, then it was a beautiful way to go.

Because I've had so many massages over my life, depending on how hard I worked, as to whether I needed it **once a week, once a fortnight or once a month**. I've found that if I've gone much more past two weeks that I started to struggle with that balance of feeling really well all the time and not feeling fatigued. Now feeling that noise in my head. I really zoomed it along and everything came really quickly and easily to me that I was working on at the time.

Even now, because I work full time, **I keep my massages up** so that I don't get so tense, and this is for my work side of things. It keeps my fingers well, because if they get sore, because I use my own hands all the time, and it keeps my shoulder muscles all loose because it is a full on job. But a very enjoyable job! So I don't really see it as work; I do it more because I just love being a massage therapist.

What I've found also is that with my clients that would come back and say,

"You know, I could be with my mum, even when she was nagging me." She had more patience for her and she wouldn't snap at her, so that was good for their relationship.

It was good that she got to see that when she was stressed, she tended not to have so much patience. That's what I found with my mums that have been coming. They've found so much more patience. I can listen to my kids.

I'm finding that when I'm stressed **but I've had my massage**, it is so much quieter. I'll ask them to do something and I'll go on and do it. I found that it's much easier to pop into bed. I'd go off to bed, and because I wasn't stressed or being excited all the time, then I started to teach them how they could do a little for their children when it was time to go off to bed.

I taught them the tricks and had them massage their feet, for example, and that when they went off to bed they went off to sleep. Then in turn their bodies started to de-stress too so they would get up much easier in the morning, wouldn't fight with you, and they'd be so much calmer.

They would just do things much easier. Getting them out the door to school and they weren't yawning as they went out the door, they were actually fresh, and they actually had all their shoes and socks on, their hair done and ready to go out the door. Mums have told me this over the years that when they've had a massage, the children were much better – because she was so much better. I've known that myself how well that works.

It has been really wonderful to hear about that. The other thing is that when you've had a massage and you've got like arm aches or elbows or carpal tunnel type pains, these are all muscle tightness.

Looking at the repetition of being on the computer all day or moving that mouse around, the muscles become overloaded over time.

We're just like a piece of machinery; if you don't keep the machinery in good working order, then the muscles get tighter and tighter, and they will put the scenario on again. I've also found, and the mums have said this, that if they would come and have a massage, that it wasn't only the children that became more calm, that even when her husband or partner would come home, that they would be much more relaxed when they got home. Because the home environment was a lot more relaxed, things flowed.

Now for business women, what I've found is that they've felt that they had more control in their working day. They felt much more empowered, that they've had some energy left to come home with and that they were creating a lot more in the business they were in.

Throughout the day it would be very busy but they felt like **they were a lot more confident,** a lot more relaxed. They were thinking of things clearly, and when they needed to create with whatever they were doing, they felt this information just really came much easier. **They could communicate at a much easier level.** They really felt like it made a big difference on their aches and pains and their performance went up really easily. So that was really wonderful to see how their performance was going.

You know if you got a headache, your performance goes right down because the muscles are so tight they are pulling up into your neck and your head. We've even got muscles in the back of our eyes and if they get tired they don't see properly so you can lose your vision. If those muscles in your head and neck get really tight, you might notice that one minute you're fine and the next minute you got to wear your glasses.

We are all made of muscles and you've only got to really have one or two to start feeling big changes in how you're feeling. **The more you have, the better you feel.** You think, "All I wanted when I first started having massage, I'll get addicted and I'll have to have lots of massages." Well it's actually quite the opposite.

You want a lot of massages in the beginning because you're so overloaded, but as you get more massages unlocking all those tension areas, then you'll have one week where you're feeling great. You think, "Well, I can probably go to 2" and you'll get to your 2 weeks and you'll go, "Oh I need that tension released in the muscles," so you do that for 3 or 4 weeks; whatever it takes for you.

Then you'll get to a point – and I've been there quite a few times – that you'll be like, "Oh! (big sigh), there was a lot of changes in that massage." That's when you know you're actually starting to top up and your stress level is much lower, that you are just flowing along and that's really nice.

So I really encourage to start having massage because that way you'll quickly grow, you'll quickly shift your stress, you'll quickly move all your pains out. Then you can start to be in this happy place, where you're feeling great all the time. When you do, it's like you really flow after that. Things really come in, and that's really wonderful.

I think this is how it really can help everybody. Because not everybody knows about massage and so I'm here to tell you – **start having massages!** Leave a question on Facebook and let me know how you're going, because whatever happens for you it's like you can share that so that other people – not only me telling you – because I know that you've got other people that can share with you, and you tell what did you get from your massage? And how did it work for you? This is what we're all about. It's finding those things that work, so that you can all go the same way. And we're always with you as we're going along.

So I'll look forward to any comments you have on the **private Facebook page**. You need to put a subscription in so that you can get the subscription of the radio show each week that will be great too.

Alright, thank you very much and we look forward to hearing from you next week.

Thank you!