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## In This Issue

[Grateful Happiness](#)

[Text Alerts](#)

[MPS Pain Therapy](#)

[Wellness Series](#)

[Understanding Nutrition](#)

[What Is Your Happy?](#)

[My Recommendations](#)

[Business Hours](#)

[Schedule Appointment](#)

[Who Works Here](#)

[Purchase Gift Cards](#)

[Massage Packages](#)

[Testimonials](#)

[December Specials](#)

## Grateful Happiness

This month I am including two books because I could not decide. This one is a good, short read that can

change your life.

December 2 , 2015

## Greetings!

This month the topic is happiness. I know...you are asking...what does happiness have to do with a series about nutrition. Well, it does and as you read on it will make sense. Trust me.

I am also running a few Christmas specials so don't miss out on those.

If I don't see you or talk to you this month, please have a happy month. Enjoy your Christmas and relax into the New Year.

## MASSAGE PACKAGE

**Purchase six hours for the price of five for \$300.00. This makes each hour cost only \$50.00.**

**Or purchase three hours for \$160.00. This makes each hour cost \$53.33.**

*The package has no expiration date. It can be shared and/or gifted, or completely transferred to another person. However, they are non-refundable.*

**To purchase a package simply text me at 317-716-4646 and I'll get back with you or call 317-539-4652 (office) or go online by [clicking here](#).**

## Wellness Series

### Understanding Nutrition

## My

### Recommendations

[Chiropractor](#)

[Top Shelf Supplements](#)

[Dog Grooming](#)

[Organization to donate to](#)

[Natural Hormones](#)

[Get Fit at Home](#)

[Life Coach](#)

[Yoga](#)

## Business Hours

### [Schedule Appointment](#)

## Melody's Hours

Monday - 10:00 - 6:00

Tuesday - 1:00 - 7:00

Wednesday - (Every other

week) 2:00 - 8:00. The opposite week I work from home for the clients in the Danville area.



Life in the modern world can be at best busy and at worst frantic and frustrating.

With so many things pulling our attention in so many different directions, it can be hard to take time to breath, let alone make sense of it all.

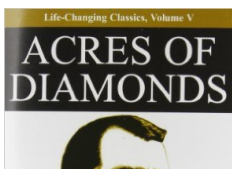
Grateful Happiness will give you real and easy ways in teach you how to stop, relax and 'smell the roses' around you.

Learn how to:

- \* Be Grateful and Happy
- \* Let Go of The Past
- \* Live in The Moment
- \* Ignore the Small Stuff
- \* Take Time To Enjoy Your Life
- \* Learn About The Law of Attraction
- \* Set Your Soul Free
- \* Practical Tips on How To Stay In Your New Happy State

To purchase on Amazon [click here.](#)

This second book is an old one. I just discovered it a couple of weeks ago. In short, it's about a guy that travels the world looking for diamonds (which he never finds) only to find out they were always in his own back yard.



So here we are wrapping up the final newsletter of this series and this year. I have loved finding ways to write about nutrition and health this year. The feedback and the information I have received back from you has been incredible. Thank you for supporting us. Thank you for actually taking the time to read these. Thank you for being a part of my life.

If you would like access to any of the past months I have added them to my website. You can find them by [clicking here.](#)

2016 will bring new topics. If there is anything in particular you would like to read, please let me know.

### What Is Your Happy?

**Definition of happy:** (Miriam-Webster dictionary)

*"feeling of pleasure and enjoyment because of your life, situation, etc."*

*"showing or causing feelings of pleasure and enjoyment."*

*"pleased or glad about a particular situation, event, etc."*

*"favored by luck or fortune."*

So I ask. What is your happy? Is it waking up early to enjoy the sunrise or is it laying in bed cuddled into your nice warm blankets as long as you possibly can?

Is it cuddling with your favorite dog? Or is it a cat for you? Or do you love your pet birds like one of your children?

For you is it listening to some good old rock and roll or are Native American flutes more your style?

Are you happiest if you are the driver, in charge of the trip or are you more content with being the passenger so you can relax and let someone else hassle with the traffic?

Which do you enjoy more? A quick shower to get your day started or a nice long bubble bath at the end of a long day.

Can you find joy in sitting quietly with your own thoughts as your only company or are you happier surrounded by other people?

But here is the big question. The one I was asked a while back that made me look at each moment of each day very different. "Do you actually slow down enough to notice these happy moments?" If you fly through your day just trying to get everything done do you even pay attention to the happiness and joy and contentment that is built into every day?

These moments are what make up our life and our memories. My son is now 26 and living in Michigan so my time with him is very limited. But imagine this. He is two years old. It is a Saturday morning and we are able to sleep in a little. I wake up before he does and I quietly sit on the couch reading. Then I hear the shuffle of little feet coming toward me. His sleepy little eyes see me sitting

Danville area.

Thursday - 10:00 - 7:00

Friday - 10:00 - 5:00

### [Schedule Appointment](#)

#### Laura Rutter's Hours

Tuesday - 1:00 - 8:00

Wednesday - 1:00 - 8:00

Thursday - 10:00 - 5:00

Friday - 10:00 - 5:00

Saturday - (Every other week) 10:00 - 2:00

### Who Works Here

#### Melody Herrin

Owner

Certified Massage

Therapist

Certified Cupping Therapist

Reiki Master



Specializes in chronic pain using deep tissue, trigger point, cupping, guasha (scraping), stretching and anything else that works.

Monday - 10:00 - 6:00

Tuesday - 1:00 - 7:00

Wednesday - Varies

Thursday - 10:00 - 7:00

Friday - 10:00 - 5:00

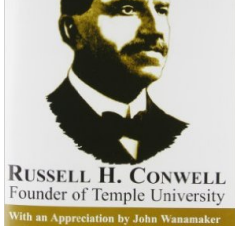
[To schedule click here](#)

#### Laura Rutter

Certified Massage

Therapist

Certified MPS Pain



Why was Russell Conwell, the founder of Temple University, referred to as the penniless millionaire? This, along with other questions, will be answered in this revolutionary book that contains Conwell's classic Acres of Diamonds message. You will discover how this lawyer, minister, writer, educator, and diplomat who represented the City of Brotherly Love left a legacy that is still changing countless lives today. His famous Acres of Diamonds message will also challenge you to seek opportunities to find true wealth right in your own backyard without getting sidetracked by selfishness and greed. The same principles that transformed Russell Conwell into one of the most charitable millionaires during his time, will also revolutionize your life as you read this timeless message contained in this book!

To purchase on Amazon [click here.](#)

## Text Alerts

Top three reasons to sign up for text alerts:

1. Be the first to know about last minute openings.
2. Receive discounts that no one else will get.
3. Receive a \$10.00 credit to your account.

on the couch and they light up with the unconditional love of a little boy. He jumps up beside me on the couch to cuddle. As we sit there watching Saturday morning cartoons I can still smell the little boy smell of his head cuddled under my chin. I can still feel the softness of his flannel pjs. I can still feel the contentment from that moment in time 24 years ago.

These little snippets of time make up our happy!

I used to think that to be "happy" everything in life had to be "perfect". But if you wait for perfection then you will never find that elusive happiness.

Sometimes it is the truly simple things that bring the most happiness and for each of us those moments of happiness are very different.

Paying attention to those little things is what it is all about. As I have conversations with clients, friends, and family, everyone has one thing in common. Everyone is super busy! There is no time to stop and smell the roses, or so our culture would have us believe. How much time does it really take to stop and notice how good they smell? Five seconds? Five seconds to implant a memory that will be there forever.

As we rush around through the day constantly thinking about what has to be done we truly miss what we are doing right then. Our mind is always focused on what needs to be done "next".

How often are you in a conversation and the other person is talking and you can't wait for them to finish so you can say what is on your mind? Are you really hearing what they say or are you focused on what you want to say?

And now with the invention of smart phones, how often are you talking to someone while also reading texts on your phone? Are you really paying attention to that moment?

So about now you are asking how can this possibly have anything to do with nutrition and health? Well, I'll tell you how.

If you were to look back over the newsletters in this series, there have been many aspects that make up how healthy we are and it's not just about the food we put in our mouth.

To bring it all together, we know it takes a balance of many things in our life to bring us health. And guess what? It's hard to feel those moments of happiness if we are not feeling good.

I guarantee, if you didn't get enough sleep last night, you will just be trying to get through the day so you can go back to bed and hopefully get enough sleep that night. If that is the case are you really able to enjoy the day?

If you have a raging headache (maybe from too much stress), you WILL NOT be enjoying the day. Again...you will be just trying to make it through the day so you can collapse into bed and hopefully when you wake back up the headache will be gone.

If you have a rolling stomach and feel horrible from the unhealthy

Therapist



Certified in MPS Pain Therapy. (Microcurrent Point Stimulation) It's a safer, faster, and non-invasive alternative to acupuncture or trigger point needling.

Also specializes in chronic pain using deep tissue and trigger point.

Whether you have a pain you need worked out or you want to relax Laura does a tremendous massage.

Tuesday - 1:00 - 8:00  
Wednesday - 1:00 - 8:00  
Thursday - 10:00 - 5:00  
Friday - 10:00 - 5:00  
Saturday - 10:00 - 2:00  
(every other)

[To schedule click here](#)

## [Purchase Gift Cards](#)

### Massage Packages

Purchase 6 hours for the price of 5 hours  
**\$300.00**  
(\$50.00 an hour)

credit to your account as soon as you sign up.

To sign up text BODYRELAX to 24587. Be careful, your auto correct will try to change it to two words. Tell your phone you know better.

Upon sending the text, you should immediately receive a text back telling you of your \$10.00 credit. If you do not receive this text then something is not right.

If you have any problems feel free to text me at 317-716-4646.

### Laura's Specialty Service

I am thrilled to announce that Laura Rutter is certified in MPS Pain Therapy which stands for Microcurrent Point Stimulation.



food you just ate, you are not going to enjoy the moment. You are going to be focused on the upset stomach.

Are you getting what I'm saying? It's all one big loop.

You need good nutrition, healthy exercise, good emotional balance, plenty of quality sleep, times of quiet, and times with friends and family. As we also know after reading some of my blunders, too much of even a good thing can wreak havoc.

Some would say taking care of ourselves is "selfish". I would say it is necessary. I have this line on all my literature. "You must first care for yourself in order to care for others." It is so true.

If you don't fuel your body correctly, keep it tuned up, pay attention to the signals it is sending, then it will be difficult to care for others. It will also be difficult to find the simple joy in each day.

For me the things I do for self-care are many and varied. It goes without saying that I get regular massages. I honestly don't know how I lived most of my life without this. I do remember having horrible headaches for most of my adult life and now I rarely have a headache. Along with this I go to the chiropractor ([Dr. Mangas](#)) regularly. I go to my life coach ([Francine Carter](#)) once a month. A good balance of exercise which means running, weight training, and yoga ([Peace Through Yoga](#)). Of course, I get my hormones ([Dr. Dewester](#)) every three months. I regularly make donations to [Misty Eyes](#), an animal rescue organization. I take healthy supplements and eat the most nutritious food available. I spend at least 30 minutes a day meditating.

Those are the self-care things I do so that I can feel amazingly wonderful and am able to spend my days seriously enjoying each moment.

The main reason behind these newsletters is that my biggest wish in life is that everyone could feel as good as I do! It's possible for everyone.

But this is about YOU and YOUR happiness. I urge you to stop for just a moment right now and pick out the things in your life that bring you the most joy and then do more of it.

So we know the dictionary's definition of "happy".

What is your definition? What moments in your life add up to happiness? It really is worth the effort to pay attention.

*To live in quietness is the most perfect state,  
This is the place where I am able to create.  
In our world this is a difficult place to stay,  
We are told we must be busy and productive all day.  
So how can you maintain this perfect place of grace,  
Where you live inside a massively warm embrace?  
This is the place all the great masters seek,  
With each one developing their own technique.  
Right now it would be difficult to live in a monastery.  
And is that what it would take for self-discovery?  
Do I need to go to some distant and foreign land.*

Purchase 3 hours  
for \$160.00  
(\$53.33 an hour)

### Testimonials

I would like to add a section to my website for testimonials. When a new person visits the website trying to decide if they want to come here or not, testimonials would be invaluable, so please feel free to send me your testimonial so that I can add it to the website. You can do it by replying to this email or sending it to [bodymechanixmassage@yahoo.com](mailto:bodymechanixmassage@yahoo.com). And thank you for your help.

### December Specials

#### Gift Cards

Purchase a full massage package gift card and receive a free 30 minute gift card.

#### An Extra 15

For the entire month, purchase a 60 minute massage and receive an extra 15 minutes free. This must be paid for and used at time of service.

#### MPS Pain Therapy

Receive and pay for a 60 minute massage and receive a free 15 minute MPS Pain Therapy treatment.

*These specials cannot be combined with any other specials, discounts, gift cards, memberships, or*

MPS applies brief, concentrated DC microcurrent to specific treatment points (acupuncture & trigger) for the purpose of relaxing muscles, calming the nervous system and releasing endorphins, the body's natural painkillers. The Dolphin MPS device is engineered to detect and treat these active points with great scientific precision & potency, providing stimulation of all three systems at once - nervous, muscular and endocrine.

I will be sending out an email in a couple of days with a lot more detail about this device and the treatment. This is a very exciting service to bring for all of you.

You will find it on the schedule as:

MPS Pain Therapy. It is a 30 minute service. If you want a massage after treatment it will need to be scheduled separately.

*So that I can learn how to finally understand?  
Could I do it in my own house in my own way,  
Or do I need someone to tell me how to pray?  
Maybe I am living in quiet now as I write,  
Maybe for me this is the way to see the light.  
I believe if I spend each day doing this,  
That in this way I am following my bliss.  
Writing has always been where I go to contemplate,  
This is where all my great ideas begin to formulate.  
So what if writing poems is just not your thing,  
Maybe what you love the most is to sing.  
The key here is that you must find your cloud nine,  
And the rest of life just falls into line.  
What most do is try getting there thru coercion,  
Thinking happiness is achieved only with exertion.  
The true answer is to find total relaxation,  
And live in the wholeness of The Universe's vibration.  
It is both simple and difficult simultaneously,  
But you really can get there instantaneously.  
Finding the way to live in this promised land,  
Cannot be done by simply issuing a demand.  
Turn off the electronics that keep your attention,  
And you too can enter another dimension.  
Let your thoughts flow thru as nothing but mist,  
Because truth be told they don't really exist.  
This is how you know when you have reached that vibration,  
When your soul feels a sense of total elation.  
As soon as you think I have finally arrived,  
This elated feeling will have ceased to survive.  
It is because that thought consists of matter,  
And instantly it causes that vibration to shatter.  
Doing something you love takes you out of your head,  
And allows you to live from your heart instead.  
If you will just live from your heart 24/7,  
Then you will have just found your own piece of heaven.*

*By Melody Herrin*

I absolutely love getting feedback from all of you. A lot of times, the responses I receive help me formulate the next newsletter or helps me improve the newsletters of the future. So, please do not hesitate to give me your response.

Sincerely,

Melody Herrin  
Owner  
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317-539-4652 - office  
[www.bodymechanixmassage.com](http://www.bodymechanixmassage.com)  
bodymechanixmassage@yahoo.com

packages. Not valid for outcalls. Valid until 12/31/15,

Text | [Link](#)