

Body Mechanix Therapeutic Massage

creating health and well-being



www.bodymechanixmassage.com

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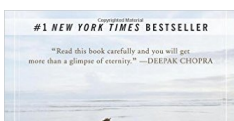
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The Untethered Soul



January 19, 2016

Greetings!

Happy happy New Year. And what a good one it has been so far.

So, way way back in 2015 I did my newsletter series on Wellness. You know, nutrition, exercise, healthy recipes, healthy lifestyle changes. Now this year I will be doing an interview with a professional in the health arena. Each month will feature a different professional.

If you are one of those professionals or know someone who is and would like to be considered for being interviewed for this series, please let me know.

I hope you will enjoy this series and get something good and interesting out of it.

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](#).

My

Recommendations

[Chiropractor](#)

[Top Shelf Supplements](#)

[Dog Grooming](#)

[Organization to donate to](#)

[Natural Hormones](#)

[Get Fit at Home](#)

[Life Coach](#)

[Yoga](#)

Business Hours

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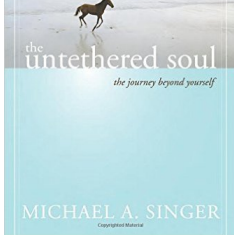
Melody's Hours

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.



What would it be like to free yourself from limitations and soar beyond your boundaries? What can you do each day to discover inner peace and serenity? The Untethered Soul-now a #1 New York Times bestseller-offers simple yet profound answers to these questions.

Whether this is your first exploration of inner space, or you've devoted your life to the inward journey, this book will transform your relationship with yourself and the world around you. You'll discover what you can do to put an end to the habitual thoughts and emotions that limit your consciousness. By tapping into traditions of meditation and mindfulness, author and spiritual teacher Michael A. Singer shows how the development of consciousness can enable us all to dwell in the present moment and let go of painful thoughts and memories that keep us from achieving happiness and self-realization.

Copublished with the Institute of Noetic Sciences (IONS) The Untethered Soul begins by walking

you through your relationship with your thoughts and emotions, helping you uncover the source and fluctuations of your inner energy. It then delves into what you can

Interview Series

Interview with a Life Coach



Francine Carter
LCSW, CPC, ELI-MP, PCC

What is your definition of a life coach?

Coaches know that all of our clients have their solutions. The coach's role/process is to ask questions, to be curious, to listen deeply, and to help decrease or eliminate any obstacles you are unaware, at first, you are placing in your way. We call you on it in a nicely challenging way. We help you bring the solution out and act upon it.

How is this different from a counselor or a psychologist?

Therapy works with people who have things to heal from the past. So, taking them from a dysfunctional level to a functional level. Coaching starts from the functional and help them get to the optimal level. Both are needed in this world and sometimes, for some, at the same time.

So from an educational standpoint, the different levels are...

A psychiatrist is a medical doctor and can prescribe medication. Next, psychologists can do therapy and psychological testing. Therapist/Social Worker/Counselor's provide direct therapy utilizing the best mode of therapy with the presenting issue or diagnosis.

Where did you go to school?

I went to the Institute for Professional Excellence in Coaching (iPEC). They have schools all over the US and now internationally. I graduated in 2005 and now mentor their students and facilitate the class, Therapy & Coaching: Differences and Need of Both.

How long did it take you?

It was about nine months, three modules in person, numerous tele-classes, coach practice, mentor coaching and books. It was pretty intensive and comparable to some masters programs.

So going into this you had a masters in social work?

Yes. A bachelor's and a master's in social work so I already had a

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

do to free yourself from the habitual thoughts, emotions, and energy patterns that limit your consciousness. Finally, with perfect clarity, this book opens the door to a life lived in the freedom of your innermost being. The Untethered Soul has already touched the lives of countless readers, and is now available in a special hardcover gift edition with ribbon bookmark-the perfect gift for yourself, a loved one, or anyone who wants a keepsake edition of this remarkable book.

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 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.

lot of the human behavior factors. Coaching is a different process and a different mindset yet having both is an absolute asset for me and for my clients.

Did you get a certification or a license?

I received my Certified Professional Coach (CPC) designation from iPEC. I am also a Professional Certified Coach (PCC) through the International Coach Federation, which is our professional association. In our profession there are three levels, ACC (accredited certified coach), PCC (professional certified coach), and MCC (masters certified coach). I'm now working toward my MCC which is the highest level with very strict requirements.

Do you have to have any State or National certifications?

We are not mandated to have any of that right now. However, those of us that really believe in the profession are associated with the ICF (professional organization) and making sure we are hitting on all of our core competencies.

In 2015 all my newsletters revolved around health, nutrition, exercise, and other things. So, I feel that life coaching is a huge part of that total health. How do you feel going to a life coach could help with your overall health?

Life coaching assists with getting to your core. The core of what you think that makes you feel and then act upon it. Take exercise for instance, you want to exercise yet you don't. You want to eat well yet you don't. You want to get a massage, yet you don't. You want more time for you yet you don't take it. It comes down to what we think about our health. How many times do people say, "I would love to get a massage but that's selfish." And that's where a life coach can really help you in how you are thinking about what you say you want yet don't quite get there.

So my tagline could be yours as well. "You must first care for yourself in order to care for others."

Absolutely! We help at the core of why you think and feel you are not worth it and ask questions about the possible blocks or obstacles you are putting in your own way.

I know that when I started here over five years ago I came for one purpose and it took us almost the entire five years to circle back around to it. So...when you are working with someone, what processes are you using? How did you know I needed to deal with all those other things before I could deal with the main issue?

What everybody seems to want is a quick fix but they have to remember they've been thinking this way or that way for a very long time. As humans we tend to a natural resistance and/or fear of seeing our true selves. There are going to be trials and errors.

They will be going back to their defaults. So the process is really following what the client wants, needs, says while being curious and challenging them along their journey. Everyone is different and has their own journey.

So the first thing you had me do was come up with my Gremlin. Do you do that with everybody? Because that was huge for me.

Yes. Everybody...from the executives I work with to the teenagers, they have a Gremlin. I don't care who you are or how

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)

Laura's Specialty Service

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



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

much money you are making or any other variables. EVERYONE has a Gremlin, that little voice in your head telling you how much you are not able or worth it or to do that which is not in your best interest. This is the core work. If we don't know what our Gremlin and what is saying to stop us then we are unconsciously going to keep doing the same thing the same way and expect something different...the definition of insanity. The Gremlin carries the assumptions we make, the interpretations and those limiting beliefs.

And recognizing when our Gremlin is at work. I look at it as an octopus on my left shoulder, so I know when my left shoulder is hurting the Gremlin is at it.

Yes. Knowing it, naming it, recognizing what it tells you to do is all about living more consciously. Take me, I've been wearing my Wonder Woman bracelet the last couple of days to remind myself I don't have to be Wonder Woman, my Gremlin. She tells me to save the world at my expense. Starting with the Gremlin, getting to the inner stuff and knowing it gives you the power to shift. .

So the next thing you had me do was take a test and you gave me a book to go with it about the different levels of energy.

Because along with the Gremlin we energetically lead, I know it sounds "new age" to some yet so powerful when you open your mind to it. Our limiting beliefs, our assumptions, our interpretations and our Gremlin directly influence how we lead our lives. For instance, do you hear yourself say or think "woe is me", the Level 1 Victim or are you able to say or think, "I am the director of my life, we are all connected" as in Level 7 . Or all the way up to feeling we are in Woodstock, the level 7 energy, where everything is so wonderful and life is connected to life. Kind of Woodstock"ish" yet we can have those thoughts. Or as I usually say, "me on ¾ bottle of wine".

And then you wake up face down in the mud with a hangover?

(She laughs hysterically!) Yes. And then you are in the victim stage again, "why did I do that". So you work through the levels, identify when so you can consciously shift yourself from one to the other.

Overall, with all of your clients, what is your philosophy?

The three T's: Truth, Transparency and Transformation
Truth - if you allow yourself to be completely honest about who, what, how and even why you think, feel and act like you do...and can be

Transparent - Say it to yourself and to your accountability partner, your coach. Now you have something to really work with so your ...

Transformation can actually take place.

So in the last couple of months I have started experiencing this. I have felt an inner strength I've never felt before. So my question is, if someone has never experienced it how do they know what it feels like to get there? So how can you portray to them what it feels like if they don't know what it feels like?

It's measurements. You have to measure what they are feeling at the moment. How much of a fog are you potentially feeling? What are you really working toward? We may not be able to get that at

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 bodymechanicmassage@yahoo.com. And thank you for your help.

25 Reasons to Get a Massage

Just in case you NEED a reason for a massage so you can feel good about getting one...I am listing 25 of them.

1. Relieve stress
2. Boost immunity
3. Reduce anxiety
4. Manage low back pain
5. Help fibromyalgia pain
6. Reduce muscle tension
7. Enhance exercise performance
8. Relieve tension headaches
9. Sleep better
10. Ease symptoms of depression
11. Improve cardiovascular health
12. Reduce pain of

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.

Come get Guasha'd

I have many a client who swear by Guasha. I have many who feel like I haven't worked on them if I haven't done some scraping. Personally, I absolutely love doing it. Sometimes, the results are less than pretty, but oh so effective!

This picture is after a very light 15 seconds of scraping.



This picture is after a little more intense 3-4 minutes of scraping.



the first because they don't know. They don't know what it potentially feels like. So there is the process that we coaches use in helping to dig, in helping to guide in some respects with the questions but always where you want to go. Sometimes people get it quicker with a piece of their life and some people take longer. Everybody's journey is different. And what I have found is that the people who have never been open...ever, the first time they sit down with me and they feel the non-judgement, they walk out and say "Wow, I can say anything. Wow, I didn't even know that about myself." And then they start feeling that and that's what I tell them to magnify that by about 1,000.

For you is there a difference between older child, middle child, youngest child, male or female, the era they were born in?

Those are stereotypes. Those are research studies that have been done. They can come into play but what it really comes down to is that each of us is so unique because of all of our experiences being absolutely different. Even if we had the same experiences in the same house, the interpretation is going to be different. So it really is just about honing in on that one person. And some people think because they are the middle child they were slighted. Maybe they were, maybe they were not because maybe they are just thinking they were because of their interpretation. Either way, what is your thought about being "the middle child" helping or hindering you? It is like watching The Brady Bunch and thinking everyone else lives like that, acts like that, has a family like that, etc.

If you could give me the most important message you want the people reading this newsletter to know what would it be?

Be truthful and good to yourself.

If someone comes to you and it's not your expertise do you have a network of coaches that you can refer them to?

Yes. If they don't match with me. If our personalities don't match. If my niche doesn't match...I refer on.

If someone has a health problem that is keeping them from happiness do you refer to other professionals?

I don't necessarily guide them there but we talk about what they are willing to do. What are the other resources? What's stopping you from going to that hormone doctor? What's stopping you from going to a massage therapist? What's stopping you from going to the doctor because of that big old lump on your neck? The simple things but people are too afraid of it. As a coach we'll help people identify what's going on, what they really want and what their options are and then it's up to them to make the decision.

What is one concept that you can share about making a positive life change for the better?

Taking Action. I don't care how big the step. It can be the smallest step but if you've made the movement it's better than doing nothing. Take the Action!

For more information about Francine Carter, visit her website by [clicking here](#).

- osteoarthritis
13. Decrease stress in cancer patients
14. Improve balance in older adults
15. Decrease rheumatoid arthritis pain
16. Temper effects of dementia
17. Promote relaxation
18. Lower blood pressure
19. Decrease symptoms of carpal tunnel syndrome
20. Help chronic neck pain
21. Lower joint replacement pain
22. Increase range of motion
23. Decrease migraine frequency
24. Improve quality of life in hospice care
25. Reduce chemotherapy related nausea

Essential Oils

We now use only Young Living Essential oils.

It is important for us to use only the highest quality, purest form of oils on our clients so we have taken this step to ensure this.

If you have any questions about oils, want more information on how to use them, or want to purchase any for use at home, just let either Laura or I know and we will be happy to help you out with it.



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,

It is really not *that* painful.
But...it does release
toxins, relaxes the muscle,
increases blood flow, and
best of all, it releases
those feel good hormones.

If you want to get
Guasha'd just schedule an
appointment and let us
know when you come in
that you are interested.

Schedule by [clicking
here](#) or text me at 317-
716-4646.

Melody Herrin
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114 E. Kentucky St.
Clayton, IN 46118

Text | [Link](#)