

# NEW DIRECTIONS

ISSUE 2

DECEMBER 2003

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## Moving To The Future

HAPPY NEW YEAR!!!!  
2004 is going to prove to be the most accomplished year yet for all.

In our last issue we told you that we are planning to provide a 245 hour Spa Program. It has happened. Our first Spa Class begins in February of this year. Call to sign up for a wonderful education in spa techniques, that will include Hot Stones, Aromatherapy and a variety of body wraps and mud treatments. Receive these treatments while you learn. The Intro to Massage is also being scheduled for this year.

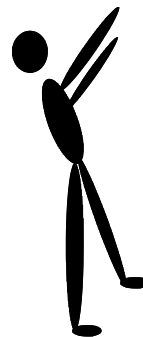
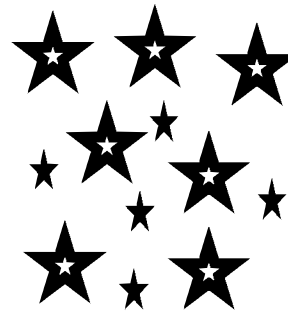
We also have recently moved our Wilmington, DE school to another location. It is now at the Independence Mall on Concord Pike. We have made it accessible to our Personal Training school. It give the

students of both courses the opportunity to practice on each other.

All of the schools in NJ, PA, DE and VA have gone to 600 hours. It incorporates a lot of information necessary to be successful in a variety of areas. Our residential schools in AK, and FL are remaining the 500 hours required by those states.

\*\*\*\*\*  
**National Massage Therapy Institute is now the official massage school for the Philadelphia Flyers and the Philadelphia Phantoms**

Our website:  
[www.healinghands.net](http://www.healinghands.net)



**REACH FOR THE STARS!**

## SPECIAL POINTS OF INTEREST:

- Graduate Corner
- News at a Glance

*“There are no mistakes, only lessons. All lessons are repeated until learned.”*

## “If Life is a game, These are the Rules: Ten Rules for Being Human”

Book Review by Luther  
By Cherie Carter-Scott, PhD.

These are stressful times fro many people. Modern day living and world events have imposed extraordinary stresses upon the average person, no

matter where they live in the world. These stresses and challenges our values, belief systems, survival, personal relationships and self-esteem.

Each country and part of the world has its own unique factors that cause

people to be stressed. However, some basic common factors have to do with management of two human emotional energies, experiences of joy and experiences of fear. Major experiences of fear include: Cont'd page 2

*If you have any comments, have an article you would like to be considered for publication, or have classified ad you would like to place, please contact me at [NMTIDOE@aol.com](mailto:NMTIDOE@aol.com) or through our website at [www.healinghands.net](http://www.healinghands.net)*

## “If Life is a Game” cont’d

Fear of abuse, Fear of abandonment, Fear of being a victim, Most other emotions you can name ( grief, shame, etc)

Life will present you with circumstances for you to learn (lessons) how to effectively deal with your fears. The lessons that people have to learn in any given lifetime include how to manage these basic emotions. Mismanagement of emotions leads to one not to live in the moment. Living in the moment is the best place for manifesting happiness of anything else you want out of life. The ability to be in the present moment is difficult to obtain because our belief systems are often in conflict with the goals and other realities we want to obtain. There are common lessons that everyone has to experience and learn.

These lessons have been described in many ways throughout the ages in many esoteric, religious and spiritual writings.

The book “Ten Rules for Being Human” summarized it for me some very basic concepts in a simple way. I believe that this book will help you deal with the following:

Identify the source of negative emotions

Point out areas of your life that need to be addressed at the core level

Identify what archetype (reason for living) is

Help you view life from a physical, emotional and spiritual awareness (mind, body, spirit)

Here are the lessons presented:

1. You will receive a body
2. You will be presented with lessons
3. There are no mistakes, only lessons
4. All Lesson are learned until re-peated
5. Learning does not end
6. There is no better than here
7. Others are only a mirror of you
8. What makes your life is up to you
9. All answers lie inside of you
10. You will forget all of this at birth

## TRY STONE THERAPY

Hot Stone Therapy, also considered Thermotherapy, uses both hot and cold stone to achieve a specific result. Hot/ Cold stone therapy is the rage in most spas all over.

There is also a variety of stone treatments available such as:

Deep Tissue

Meridian

Regular

Trigger Point

Chakra

Depending on your client and where you would like to put your focus. Basalt stone are the typical stone to use for the hot stone treatments.

You may use basalt stones or marble stones for the cold stone treatment, depending on what you have avail-

*“Creates Less Muscle  
Soreness After Deeper Work*

able to you.

Some of the benefits of Hot Stone therapy are:

Increases circulation

Aids elimination

Increases joint mobility

Stress reduction

Releases trigger points

There are many other benefits to this modality. If you haven’t tried it yet , I encourage you to get a Hot stone treatment so that you can tell others about it.

## Massage for Swimmers by Joe Sharlip Part 2

As swimmers, recognize we all also have “ sport specific” issues to consider as well. In general, most swimmers have strong backs and shoulders, are balanced top relative to bottom, but the sport takes its toll on postural alignment. Kinesthetically, in one stroke, a Freestyler will: flex the wrist; flex and extend the elbow and shoulder; internally rotate the shoulder blade; both externally and internally rotate forearms while moving towards and then away from the body’s midline. In Breaststroke, the distinct movement of the legs and feet during the kick creates a whip-like motion and its own set of

problems. The strokes torture familiar upper body muscles like the Pec Major, Lats, Traps, and Rotator cuffs. In Breaststrokes’ legs, the Hamstrings and Adductor groups plus the Triceps Surae in the calf take a beating. The therapist must know the strokes, the muscles involved, and their corresponding actions to be fully effective. They must understand the basic principles of “Restorative and Event massage to provide the most appropriate treatment techniques given where you are in your training or competitive cycle.

So, if you’re in your taper or on deck and a massage therapist goes to deep into a muscle-tell them to ...”back off Jack”. And you as a massage therapist need to listen. You need to grasp the idea of sports massage for swimmers and do more good than harm. I can attest to being on deck and having a therapist go way too deep. There is nothing worse than a leg cramp that triggers right off the blocks as you hit the water.

## From Our Graduates and Employers

I just wanted to share with you some comments on a student of yours. I have going to this student for some time now and not only is he professional, educated, and sincere but his passion for his chosen career comes through with every massage. His techniques is tailored to fit the needs of the individual and answers any questions I may have prior to the massage. My congratulations on having succeeded in training this young man to love his work, and to share his passion with the rest of us.

The Day Spa and Salon

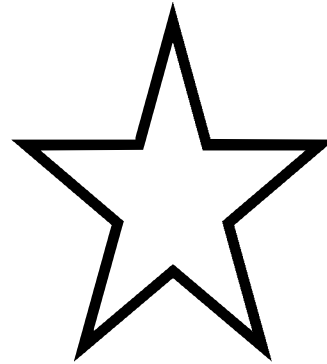
I have just successfully completed you massage program in Anchorage, AK. I wanted to write you directly to express my appreciation for providing us with knowledgeable, professional people that

get the job done. We were sure to know the muscles by the time we left. I am know very comfortable with A&P and kinesiology. I would recommend this course to others.

S. Matthews

I would like to take this opportunity to thank you and the Massage school in general for a wonderful experience. My sincerest thanks to my instructor. She has opened a new door in my life and for that I am truly grateful. Teaching is truly a gift Susan possesses and certainly her talent.

S.M.D.



### HERBS

Herbs have been used since that dawn of time for their medicinal properties. In fact, it is true to say that all modern medicines originate from herbs. Aspirin comes from White Willowbark. Herbs generally have less disadvantageous side effects than conventional medicines but are approximately 10% of the strength of conventional medicine.

They are commonly taken in three forms:

**Infusions:** the herb has hot water added to it and then it is taken as a drink.

For example: Herbal tea bags

**Decoctions:** the herb is boiled in water for about 15 minutes, strained and then taken as a drink.

**Tinctures:** the herb is placed in alcohol and kept in a sealed container for about 2 weeks. It is then decanted. The remaining liquor is much stronger than the 2 types above and is commonly

taken in quantities of 1-4 mls.

As with anything that you have not been trained for, please be careful until you know the affects, strengths, origins, and purposes of the herbs you may want to try.

### News

If you haven't done it yet, check out the laws that may come into effect soon for N.J. and P.A.

The law in PA will affect those who have gone to school and have taken less than 600 hours of education.

Hopefully all of you have been involved in voicing your opinions for each of these states laws.

Maryland has also passed a law that they will now only approve education from an accredited school.

Check out the Proposal for NJ at [www.legis.state.pa.us/2003\\_0/](http://www.legis.state.pa.us/2003_0/)

[State.nj.us/lps/ca/proposal/nurpro1020.htm](http://State.nj.us/lps/ca/proposal/nurpro1020.htm)

For PA:  
<http://>



[www.legis.state.pa.us/2003\\_0/](http://www.legis.state.pa.us/2003_0/)

[hb2078p2741.htm](http://hb2078p2741.htm)

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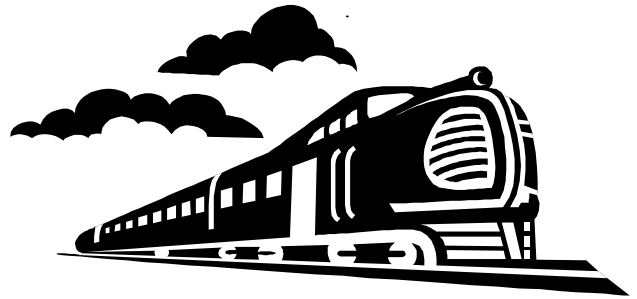
National Massage Therapy Institute

**ADDRESS**

**Thoughts and Attitudes**

Cultivating positive thought patterns is the key to health and happiness. When your thoughts are flowing freely, in harmony with nature, there is peace and happiness. All tensions, energy blocks and sickness begin in the mind, then filter down and manifest in the body. Fear, negative thoughts, anxiety and stress create all sickness by stopping the flow of life-force energy within the body. As you eliminate negative thought patterns, you increase your physical and mental well-being. A healthy body is the reflection of a healthy mind. The two are inseparable. You are what you think.

By Seidman Maruti (1999)  
A Guide to Polarity Therapy



**NOW ENROLLING  
for our New 245  
hour**

**SPA PROGRAM  
Includes Theory and  
Techniques of Spa  
employees**