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The Message of Massage

By Terry Bryant, MoonEssence Inc.

Massage therapists already know that the skin is our largest single organ by size, covering up to 20 square feet for a large person. We need skin to keep the outside out and the inside in. Our outer skin absorbs environmental stuff as well as expelling excessive substances, such as last night's garlic, through our sweat glands. Our skin also absorbs good oils, such as carrier and essential oils. Massage therapists use oils on our skin to achieve a desired end — such as relaxation, invigoration, or exhilaration.

Even if you're not a masseuse or aroma-therapist, you can still send a message to your loved one through the use of certain massage and essential oil blends.

Let's say that your significant other comes home after a long stressful day -- maybe working as a retail clerk at the after-Christmas sale. Do you think his or her skin is saying, "Hey, I'm a bundle of tied-up-

nerves under here!" It is. Can you help your loved one relax? You betcha!

Try this. Create your own massage oil with extra virgin olive oil, grape seed oil, essential oil of Lavender flower and Ylang Ylang. Use it over the obvious pressure areas, such as the shoulders. Olive oil rejuvenates the skin and provides pain relieving and body-toning elements. It also softens and moisturizes. Grape seed oil tightens and tones the skin and is purported to have regenerative and restructuring virtues. The lightest of oils, it is high in omega-6 and vitamin E and it absorbs immediately into the skin, whereas olive oil takes several minutes to penetrate the skin. Together, they make a good combo.

Essential oil of lavender flower (*Lavandula angustifolia*) and Ylang Ylang (*Cananga odorata var. genuina*) are great for treating depression, headache, hypertension and other stress-related conditions. Your loved one will appreciate your

personal attention.

Here's another scenario: Valentine's Day. Want an aphrodisiac massage oil which contains constituents with erogenous effects? A mixture of extra virgin olive oil and apricot kernel oil is good for all skin types and may even soothe inflammation. Add rose or jasmine absolute and the herbaceous-smelling essential oil of rosemary, which is reputed to be an aphrodisiac. Napoleon is said to have used more than sixty bottles of rosemary cologne each month! Jasmine can induce a feeling of optimism, confidence and euphoria. Rose oil is one of the most interesting of the aphrodisiac oils. Its sweet, mellow fragrance owes much to the inclusion of phenylethyl alcohol, which may have an erogenous effect through a naturally-occurring opiate produced in the brain when we are in love. With a little practice, you can send your message through massage without saying a word.

Author To Speak On Immortality Of The Body

The whole topic of health has become much too complicated," says James G. Meade, Ph.D., author of *The Answer to Cancer*. Meade will speak Monday, February 6th, at 7 PM at the Petaluma Maharishi Enlightenment Center, 709 Petaluma Blvd North. His topic is "Immortality of the Body Made Simple, Or At Least Strong Immunity and Your Best Shot at Avoiding Cancer and Heart Attack". Admission is free.

"There are so many competing health recommendations these days that people just throw up their hands and do what they've always done. I'd like to change that," Meade says. "As far as I know, I've written the first-ever funny cancer book. And it's dirt simple, too. It's full of time-honored techniques for strengthening immunity,

driving off stress, and sending vitality surging through the body. Most of them are free."

Currently Peace Palace Director for Santa Rosa in an organization called The Global Country of World Peace, Meade says that one of his heroes is the late, great Santa Rosa icon Charles M. Schulz. "The guy became a billionaire, and what did he do? He drew cartoons. That man got it right, as far as I'm concerned. His work was full of truth, too. He's a model for the rest of us on how to live and, for that matter, how to be healthy.

"Being a rotten person makes you sick, according to the ancient schools of medicine," Meade says.

Meade will also discuss settling the mind into the boundless, his idiot-proof "don't die yet diet", Interleukin-2 and the lost art of sleep,

and the digestion debate and a simple tip to get it right.

Meade is himself the author of five books in the famed *Dummies* series. He's written 26 books altogether. His two Ph.D.s are in literature from Northwestern University and in World Peace from Maharishi Mahesh Yogi.

Yes, but "immortality of the body?" Isn't that a bit of an exaggeration?

"We're talking about a concept here," Meade says. "You can find the concept of immortality of the body in the ancient texts. I don't know of any American citizen who has achieved it, not staying alive for centuries or millennia. If any have achieved it, they like to keep a low profile. They don't want to be mobbed by curiosity seekers. That could be life-threatening."



James G. Meade, Ph.D.