

## Clearing the Clutter

### The Psychology of Place Inside and Out

Shirley Vanderbilt

What's cluttering your life? Is it the stuff in the corner of the bedroom, or the stuff in the corner of your mind? What are you tolerating that keeps you from expressing your true self? Authors Bruce and Lou Stewart say that clutter--both in our environment and our mind--is stagnating, blocking the free-flow of energy, or chi, in our homes and lives. Whether we're detouring around a box in the living room or repeating a negative pattern in our head, it's time to clear the path.

In their new book, "Your Way Home--The Psychology of Place Inside and Out," the Stewarts present a unique approach to clutter-clearing by combining Lou's expertise in feng shui

bring balance between the inner and outer sanctums by clarifying our core, or essential self, and allowing our environment to reflect and support our core values.

#### Making the Connection

When the Stewarts first blended their feng shui and NLP skills together in workshop presentations, they noticed it was easier for people to clear their environment when they were connected to their core.

"It really is a cycle," Lou says. "The environment and our core are reflections of one another. When we know our core, it's much easier to

*If it doesn't  
nourish your  
soul, get rid of  
it.*



Clearing space--inside and out--can help us get in touch with our core selves.

with Bruce's mastery of neurolinguistic programming (NLP). While feng shui has to do with external placement and structure, NLP is a psychological approach that addresses our internal structure of mind, body, emotion, and spirit. With feng shui, we can free energy flow by rearranging the room; with NLP tools, we can do the same thing with our mind. The goal is to

understand our environment." But it's a chicken and egg thing, actually. Either one can work as a start.

Also a bodyworker, Lou says, "What feng shui and NLP do for the body's environment is so similar to what a massage will do for the body, flushing

Continued on page 2

#### Office Hours and Contact

**Ohana Therapeutic Massage**  
**218-263-1501**  
**Fall Hours**  
**Mon. thru Thurs. 9am-6pm**  
**Friday 9am-2pm**  
**Sat. 10/15 & 10/29 9am-12pm**

#### In this Issue

**Clearing the Clutter**  
**What is Hot Stone Massage?**  
**Don't Get Sick!**

Continued from page 1

the system of blockages. When I go through a person's home or office, what I'm doing is very similar to when I first put my hands on a client." In the process of combing through to find blockages in the environment, she will ask the client about particular objects. "Nine out of 10 times it is incongruent with who they want to be right now. They've gotten numb to it, and it sticks out just like a knot in a muscle. The energy is different."

NLP recognizes that each of us has developed our own individual style of communicating and processing information which results in the patterning in our brain and the ways in which we express ourselves through language and body movement. Sometimes our set patterns do not support who we are at our essential core, but we can change that. Through the core work of NLP exercises, Bruce says, you can discover what you truly identify with and have a better understanding of yourself. At that point, you may find that your goals for your life have changed. It's this clarity of sense of self that is essential to creating an environment that supports and nourishes who you are and what you value in life.

You don't have to be trained in feng shui or have a personal consultant to implement the concepts of this ancient art, nor is an NLP practitioner required to help you find your core. Throughout their book, the Stewarts offer practical exercises for applying the principles of NLP and feng shui to begin the clearing process. "In feng shui, when the chi of an environment is balanced, it allows the movement of the occupant to be well supported, just like when circulation is pumping well and is unclogged," Lou says. "With NLP, it's the same thing -- running through patterns in the mind, flushing out old phobias and patterns that are either negative or destructive."

## Ready to Start?

If you're ready to start clearing out the clutter, there are some simple ways to begin. The Stewarts define clutter as "anything you no longer use, love, or need." So if you don't use it, but still love it, keep it. Keep your target areas small, and limit the time you spend at the task to avoid feeling overwhelmed. And as you examine your "stuff,"

consider how it fits with your core, your essential self. Does it support who you are at this moment, or is it a reflection of something in the past you're ready to release? Is the item pleasing to your senses? What fits with your individual way of experiencing the world?

"If you're particularly visual and like arts and crafts, you feel more comfortable with that around," Bruce says. "Someone who is very kinesthetic may not care how it looks but will want the chair to be comfortable."

Once the path is cleared, you can use the principles of feng shui to further enhance harmony and positive flow in your life. But the process involves more than hanging a mirror or installing a water fountain. As with NLP, it has to do with our core self and our intention. "Where attention goes, the energy flows. That's what it boils down to," Lou says.

"As we focus our intentions, then our conscious and subconscious mind can connect, and when they connect with our body and our emotions and our spiritual core, then the intention is strengthened significantly." Think of it as a vinyl record with no grooves. "There's no music," she adds. "What our intentions do is they create that pathway on the record. So then we have the choice: Are we going to make it a smooth groove or a bumpy groove? Intention is our tool."

Bodywork is the perfect complement for this process, helping to center, ground, and clear the body and mind. Clearing the clutter helps you excavate your true self and the person you want to become.

For more information on clearing the clutter, contact Lou and Bruce Stewart at [info@louandbruce.com](mailto:info@louandbruce.com) or visit their website at [www.louandbruce.com](http://www.louandbruce.com).



Using feng shui in your home can facilitate a tranquil environment and a calm mind.

# What is Hot Stone Massage?

*Jed Heneberry*

Stone massage is a luxurious experience in which the massage therapist uses warmed, smooth stones to provide bodywork, warming muscle tissue to reduce muscle tension and stiffness, and eliciting physical healing, mental relaxation, and a spiritual connection to earth energy

Photos frequently incorrectly portray the treatment with massage clients relaxing on a towel with stones placed artfully along their naked spines.

In reality, two insulating layers, a sheet and a thick bath towel, will be placed on your skin, and the stones will be placed upon it. Your massage therapist will be using stones heated to 130-140 degrees Fahrenheit. Stones should never rest directly on your skin; they will only touch your skin if the therapist is holding them to apply strokes.

## Should I Get One?

The heat of stone massage can be

especially beneficial for certain populations and something to avoid for others. Specific chronic muscular conditions like frozen shoulder or low-back pain benefit as the heat helps tissues relax during massage work. And, while stone massage is lauded for the relaxation it promotes, therapists can use it for targeted trigger-point work and myofascial release as well.

Those who should avoid hot stone massage include people with diabetes, neuropathy, rheumatoid arthritis, skin conditions covering large areas of the body, or local skin conditions such as sunburn, broken skin, localized swelling, or other soft-tissue injuries.

Following are some of the benefits associated with stone therapies:

- oReduces anxiety, pain, and stress.
- oPromotes mental and physical relaxation.
- oCreates a feeling of groundedness and balance.
- oEnhances connection to earth energy.

oPromotes local circulation in the area where it is applied.

oWarms soft-tissue structures so they are ready for firm work more quickly.



**Heated stones can provide a wealth of benefits**

---

# Don't Get Sick!

## Prevention is Key

*Leslie Roste*

Regardless of whether the threat is a simple cold or the flu, there are several things you can do to protect yourself from unnecessary downtime.

### Proper Hand Washing

This gets top billing because of its true effectiveness in preventing illness. The most important aspects of hand washing are the length of time (at least 30 seconds) and the amount of friction you use, not the water temperature. In fact, warm water is better than hot, as hot water dries the skin, leaving more microscopic openings on its surface. In cases where hand washing is not practical, keep hand sanitizer available. Alcohol-based hand sanitizers can also contribute to drying of the skin, so be diligent about moisturizing.

### Immunizations

Have you had all your shots? The most underimmunized group in America is women aged 30-55. Check with your physician to make sure you are up-to-date on everything from influenza to tetanus.

### Fluids and More Fluids

Staying well hydrated clearly benefits our skin, the largest organ of our immune system. The advice to stay adequately hydrated is even more important in the cold, dry months of winter.

### Eat Your Vitamins

A balanced diet, which includes all food groups, gives your immune system the resources it needs when it faces a challenge like the flu.

### Eight Hours of Sleep

Research continues to prove how vital

this is to every part of our well-being. It affects everything from our ability to resist illness to managing weight.

### Hands and Face

It is important to keep your hands away from your face--particularly the eyes, mouth, and nose, which are favorite points of entry for viruses. Start paying attention to how frequently you touch your face. Break the habit, and you could reduce your risk of colds and flu this season by more than 50 percent.

Leslie Roste has degrees in nursing and microbiology and is employed by King Research in Milwaukee, Wisconsin.

*Living in pain in scary. We're here to help.*

-Ohana Massage

#### WeGiveBack October Honorees

In October we honor Hospitality Workers. That means you hotel and restaurant workers! We choose to honor these people with 25 - FREE 30 minute massage appointments. From October 10th-October 24th those who work in Hospitality can receive a FREE 30 minute massage. For more details or to schedule your free 30 minute massage, please call us at 218-263-1501.

#### Upcoming events:

Iron Moon Festival - IronGate Plaza on October 8th from 10am-4pm

Fall into Love with Painting Class - Algonquin Club on October 11th starting at 6pm.

#### Fall Hours!

Monday 9am-6pm

Tuesday 9am-6pm

Wednesday 9am-6pm

Thursday 9am-6pm

Friday 9am-2pm

Saturday October 15th & 29th 9am-12pm.

## Ohana Therapeutic Massage

208 E Howard St  
Hibbing, MN 55746



Member, **Associated Bodywork & Massage Professionals**