

# The Massage Monthly

September 2019 Member, Associated Bodywork & Massage Professionals

## 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

*"Kind words can be short and easy to speak, but their echoes are truly endless."*

-Mother Teresa



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

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#### Office Hours and Contact

**Ohana Therapeutic Massage**  
218-263-1501  
**September Hours**  
Mon, Wed & Thurs: 9am-6pm  
Tues: 9am-2:30pm; Friday: 9am-2pm  
Saturday: 9/21: 9am-1pm

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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.

# Why Buy Organic?

## Is the Higher Price Worth It?

While shopping in your grocery store's produce section, you may notice the organically grown apples are pocked and not as big and perfectly round as the conventional produce, but they are more expensive. What's the difference, and which do you choose? Your decision may significantly impact not only your health but the health of the planet and the economy.

### DEFINING "ORGANIC"

Organic foods are derived from sustainable farming practices that maintain and replenish soil fertility without the use of toxic pesticides and fertilizers. These foods are minimally processed and do not include artificial ingredients or preservatives. On the other hand, conventional farms often rely heavily on pesticides, genetic modification, synthetic hormones, and antibiotics.

### DOES IT REALLY MATTER?

To understand the fallout of conventional farming is to realize the

argument for organics. Bob Scowcroft, executive director of the Organic Farming Research Foundation, touches on the devastating consequences of pesticides. "DDT nearly eliminated the American eagle by affecting their ability to reproduce" he says. "Since World War II, we've introduced more than 9,000 chemicals into the environment. And we don't know the full impact on humans and different sized humans," he adds, alluding to studies revealing damaging effects on children.

When you buy organically certified foods, you're ensured they are free of pesticides, hormones, antibiotics, and genetic DNA modification.

"Organics are better for the environment, and it's an investment in the revitalization of rural America," Scowcroft says. Organic farms are usually smaller, family-owned farms contributing to the economy of struggling rural America, he explains. The organic choice may be a little more

expensive, but it's an investment in your health and the future.



Organic foods are free of pesticide residue.

# Flax Facts

## Reap the Health Benefits of This Little Seed

Flaxseed, the humble little brown seed with a nutty flavor, is a powerhouse in the nutrition world. It's able to reduce blood pressure, decrease risk of heart attacks and stroke, improve skin quality, help control blood sugar levels, reduce cholesterol, and even prevent breast and colon cancer--all in a single seed!

But what makes flax so powerful? Flaxseed contains high concentrations of alpha linoleic acid, a form of omega-3 fatty acids, which serve as the basic building blocks of cell walls. Additionally, flax is high in lignans, powerful antioxidants known for alleviating menopausal symptoms and fighting breast cancer. There are three forms of flaxseed, making it easy to incorporate into your diet.

### FLAX OIL

While available in capsule form to be taken as a supplement, flax oil is best consumed as a food to get the most benefits from it. Many nutritionists often recommend purchasing the oil in small quantities, storing it in the refrigerator, and consuming a daily intake of two tablespoons. You can add a tablespoon to your morning smoothie or substitute flax oil in the vinaigrette dressing for your salad.

Flax oil breaks down to trans fats when heated, so it should never be used in cooking. While lower in lignans than other forms of flax, the oil is sometimes processed to preserve the lignans. Check the label for details.

### FLAXSEEDS

Whole seeds are sure to have all the nutritional benefits of flax. Simply add

these to your granola or salads for a nutty flavor. If a little tough on the teeth, grind them in a coffee grinder and sprinkle on foods. One note: raw, whole flaxseeds contain chemicals that can affect thyroid function. To get around this, simply toast the seeds in the oven for twenty minutes at 250 degrees, or limit your consumption of raw seeds to three to four tablespoons a day.

### FLAX MEAL

Ground flax meal is another option to get the powerful nutritional value of flax. Add a tablespoon of it to your smoothies for extra fiber, or stir it into your oatmeal in the morning.

*"When we seek to discover the best in others, we somehow bring out the best in ourselves."*

NORMAL WINTER HOURS:

Monday: 9am - 6pm  
Tuesday: 9am - 2:30pm  
Wednesday: 9am - 6pm  
Thursday: 9am - 6pm  
Friday: 9am - 2pm  
Saturday Sept 21st: 9am - 1pm

SPECIAL SEPTEMBER HOURS:

Mon, Sept 2nd: Closed  
Tues Sept 3rd: Closed  
Wed, Sept 4th: 2:30pm - 6pm by appt only  
Fri, Sept 6th: Closed  
Mon, Sept 9th: Closed

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## Helping you Heal yourself

208 E Howard St  
Hibbing, MN 55746



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