

divine wellness and massage

Divine Wellness and Massage: Unwind Your Mind, Body, and Soul

Are you feeling stressed, tense, or simply overwhelmed by the demands of daily life? Do you crave a sanctuary where you can escape the chaos and reconnect with your inner peace? Then you've come to the right place. This comprehensive guide delves into the world of divine wellness and massage, exploring its transformative benefits and how it can help you achieve a state of blissful serenity. We'll uncover the secrets behind this holistic approach to well-being, detailing the types of massage available, the science behind its effectiveness, and how to find the perfect massage therapist to meet your individual needs. Prepare to embark on a journey to ultimate relaxation and rejuvenation.

Understanding the Divine Connection Between Wellness and Massage

The term "divine wellness" speaks to a deeper connection – a holistic approach that transcends the purely physical. It acknowledges the interconnectedness of mind, body, and spirit. Massage, in this context, isn't just about kneading muscles; it's a powerful tool for unlocking inner peace and promoting overall well-being. It's about nurturing your entire being, fostering a sense of balance, and allowing your body's natural healing mechanisms to thrive.

Imagine the feeling of warm oil gliding across your skin, melting away tension with each gentle stroke. Picture the release of endorphins, washing over you with a wave of calm. This is the essence of divine wellness and massage – a profound experience that nourishes both your physical and emotional health.

Types of Massage for Divine Wellness

The beauty of massage lies in its versatility. Different techniques cater to various needs and preferences, offering a personalized path to relaxation and rejuvenation. Let's explore some popular options:

Swedish Massage: This classic technique uses long, flowing strokes, kneading, and circular movements to promote relaxation and relieve muscle tension. It's a great starting point for those new to massage.

Deep Tissue Massage: Ideal for chronic pain and muscle stiffness, deep tissue massage targets deeper layers of muscle and connective tissue. It can be more intense than Swedish massage but incredibly effective for releasing persistent tension.

Hot Stone Massage: Smooth, heated stones are placed on your body, releasing muscle tension and promoting deep relaxation. The warmth penetrates deeply, enhancing blood circulation and easing stiffness.

Aromatherapy Massage: This therapeutic massage incorporates essential oils, chosen for their specific therapeutic properties. Lavender for relaxation, peppermint for energy, and chamomile for calming – the possibilities are endless. The scents enhance the relaxation experience and provide additional therapeutic benefits.

Prenatal Massage: Specifically designed for expectant mothers, prenatal massage addresses the unique physical and emotional changes of pregnancy. It helps alleviate back pain, reduce swelling, and promote relaxation.

The Science Behind Divine Wellness and Massage

The benefits of massage aren't just anecdotal; they're backed by scientific research. Massage therapy has been shown to:

Reduce stress and anxiety: Massage stimulates the release of endorphins, natural mood boosters that reduce stress hormones like cortisol.

Improve sleep quality: By reducing stress and promoting relaxation, massage can significantly improve sleep quality and duration.

Increase circulation: The manipulation of muscles and soft tissues enhances blood flow, delivering oxygen and nutrients throughout the body.

Reduce muscle pain and stiffness: Massage therapy effectively alleviates muscle pain and stiffness by releasing tension and promoting healing.

Boost the immune system: Studies suggest that massage can boost the immune system by increasing the number of white blood cells.

Finding Your Perfect Divine Wellness and Massage Experience

Choosing the right massage therapist is crucial to achieving the desired results. Consider the following factors:

Experience and qualifications: Look for a licensed and experienced therapist with a proven track record.

Specializations: Choose a therapist who specializes in the type of massage that best suits your needs.

Reviews and testimonials: Check online reviews and testimonials to get a sense of other clients' experiences.

Comfort and trust: It's essential to feel comfortable and trust your therapist. A good rapport is crucial for a truly relaxing and beneficial experience.

Hygiene and cleanliness: Ensure the massage environment is clean, hygienic, and relaxing.

Beyond the Massage Table: Cultivating Divine Wellness

Divine wellness extends beyond the massage table. It's a lifestyle choice that encompasses various aspects of self-care:

Mindfulness and meditation: Incorporating mindfulness practices into your daily routine can significantly reduce stress and promote inner peace.

Healthy diet and exercise: Nourishing your body with healthy foods and regular exercise strengthens your physical and mental well-being.

Sufficient sleep: Prioritizing sleep allows your body to repair and rejuvenate, contributing to overall wellness.

Connecting with nature: Spending time in nature has a profound impact on reducing stress and promoting relaxation.

Conclusion

Divine wellness and massage offer a powerful pathway to achieving a state of profound relaxation and rejuvenation. By understanding the different types of massage available, the science behind its benefits, and the importance of choosing a qualified therapist, you can embark on a journey towards a more balanced, harmonious, and fulfilling life. Embrace the power of touch and unlock your inner peace.

FAQs

1. How often should I get a massage for optimal benefits? The frequency depends on your individual needs and goals. Some people benefit from weekly massages, while others find monthly sessions sufficient. Discuss your needs with your therapist to determine the optimal schedule.
1. Is massage therapy covered by insurance? Coverage varies depending on your insurance provider and the reason for the massage. Some insurance plans cover massage therapy for medical reasons, such as injury rehabilitation. Check with your insurance provider for details.
1. Are there any contraindications to massage therapy? Yes, certain medical conditions may make massage therapy unsuitable. It's essential to inform your therapist about any health conditions before your session.

1. What should I wear to a massage session? You'll typically be asked to undress to your comfort level, and you'll be draped with sheets during the massage. Your therapist will guide you through the process.

1. How can I find a reputable massage therapist in my area? Online directories, professional organizations, and word-of-mouth recommendations are excellent resources for finding a qualified and reputable massage therapist.

divine wellness and massage: Spa , 2004

divine wellness and massage: When I Loved Myself Enough Kim McMillen, Alison McMillen, 2001-11-10 When I Loved Myself Enough began as one woman's gift to the world, hand-made by Kim McMillen. Book by book, reader by reader, When I Loved Myself Enough was passed along from friend to friend, shared by parents with their children, and given as a gift at special occasions. As word spread, it's heartfelt honesty and universal truths won it a growing following. It brings to life simple, profound, and undeniable truths: our time on earth is limited, we are never alone, and loving others always begins with loving ourselves. The best way to experience the peace and quiet joy of When I Loved Myself Enough is to: *Read the book in order from page to page *Read to the very end You will see the simple, illuminating power of this special book.

divine wellness and massage: Sacred Woman Queen Afua, 2012-06-20 The twentieth anniversary edition of a transformative blueprint for ancestral healing—featuring new material and gateways, from the renowned herbalist, natural health expert, and healer of women's bodies and souls "This book was one of the first that helped me start practices as a young woman that focused on my body and spirit as one."—Jada Pinkett Smith Through extraordinary meditations, affirmations, holistic healing plant-based medicine, KMT temple teachings, and The Rites of Passage guidance, Queen Afua teaches us how to love and rejoice in our bodies by spiritualizing the words we speak, the foods we eat, the relationships we attract, the spaces we live and work in, and the transcendent woman spirit we manifest. With love, wisdom, and passion, Queen Afua guides us to accept our mission and our mantle as Sacred Women—to heal ourselves, the generations of women in our families, our communities, and our world.

divine wellness and massage: Gourmet Pearl Violette Metzelthin, Ruth Reichl, 2002

divine wellness and massage: Vegetarian Times , 1994-03 To do what no other magazine does: Deliver simple, delicious food, plus expert health and lifestyle information, that's exclusively vegetarian but wrapped in a fresh, stylish mainstream package that's inviting to all. Because while vegetarians are a great, vital, passionate niche, their healthy way of eating and the earth-friendly values it inspires appeals to an increasingly large group of Americans. VT's goal: To embrace both.

divine wellness and massage: Top 100 Juices Sarah Owen, 2016-09-22 Do you feel overweight? Tired? Stressed-out? The remedy could be in a simple glass of juice. Jam-packed with nutrients, juices and smoothies possess amazing therapeutic properties, which help with detoxifying, energizing, immunity-boosting and stress-relieving, and can enable you to lose weight, protect against the effects of ageing, and enhance your energy and vitality. This collection incorporates everything from the humble apple to more exotic ingredients such as goji berry. Each entry gives the low-down on the health benefits of a particular juice, as well as nutritional information, practical tips and, of course, a perfect recipe - from the age-defying apple, blackcurrant and acai berry juice to the stress-relieving banana, coconut milk and lemongrass smoothie, you'll discover new and exciting ways to enjoy the wonderful advantages of juicing.

divine wellness and massage: Perfectly Imperfect Baron Baptiste, 2016 NEW YORK TIMES, WALL STREET JOURNAL, AND USA TODAY BESTSELLER This book will shine new light on your journey, ignite your practice with new power, inspire new possibilities for growth, and infuse your life with the grace and confidence you seek. --Baron Baptiste A little over a decade ago, Baron Baptiste published his seminal book, *Journey into Power*. The first of its kind, it introduced the world to Baptiste Yoga, his signature method that marries a lifetime of studying with some of the world's most renowned yoga masters with his uniquely powerful approach to inner and outer transformation. Since then, yoga has steadily moved into the mainstream in our culture, and Baron's unique contribution has played a key role. As millions of participants incorporate yoga into their daily lives, Baron's teachings have evolved to bring them even deeper into their own transformative possibilities. *Perfectly Imperfect: The Art and Soul of Yoga Practice* takes readers beyond the foundations of the practice by speaking to everything that happens in their bodies and minds after they get into a yoga pose. That is where the true transformation occurs, and where much rich spiritual and emotional growth is available. Readers will learn how to move through their lives with grace and flow, begin again when a situation becomes difficult, be a yes for their innermost desires, give up what they must, follow their intuition, and find their truth north. With his signature blend of boldness, insightfulness, humor, and warmth, Baron offers what is destined to be an instant classic in the yoga and meditation world. With *Perfectly Imperfect*, he proves once again to be a true yoga master for the modern world.

divine wellness and massage: Chi Nei Tsang Mantak Chia, 2006-12-26 An ancient Taoist system for detoxifying and rejuvenating the internal organs • Presents techniques to clear blockages in the body's energy flow • Includes illustrated exercises to relieve common ailments, revitalize the organs, and enable readers to take charge of their own health and well-being • Focuses on the navel center, where negative emotions, stress, and illness accumulate The techniques of Chi Nei Tsang evolved in Asia during an era when few physicians were available and people had to know how to heal themselves. Many people today have symptoms that modern medicine is not able to cure because a physical source for the problem is not easily found. The energies of negative emotions, stress, and tension--all common in modern life--and the weight of past illness accumulate in the abdominal center, causing energy blockages and congestion. When this occurs, all vital functions stagnate and myriad problems arise. By practicing the techniques of Chi Nei Tsang, this stagnation is removed and the vital organs surrounding the navel center are detoxified and rejuvenated. Master Chia teaches readers how to avoid absorbing negative energies from others and take full charge of their health through the self-healing techniques of Chi Nei Tsang. He offers fully illustrated exercises that show how to detoxify the internal organs and clear the energy (chi) channels throughout the body. He also presents methods for balancing emotions, managing stress, and observing the body in order to recognize, ameliorate, and prevent maladies before they become a problem.

divine wellness and massage: The Gut Wellness Guide Allison Post, Stephen Cavaliere, 2018-08-07 A user-friendly guide for anyone grappling with chronic pain, fatigue, gas, bloating, and other common disorders associated with the gut Addressing a wide range of conditions—including digestive problems, anxiety, and depression—this easy-to-use guide presents simple ways to relieve the stress related to some of today's most pressing health problems. Authors Allison Post and Stephen Cavaliere explain the devastating impact that imbalances of gut microbiota and the microbiome can have on digestion, and they demonstrate proven techniques to reconnect with our bodies and reclaim our health. *The Gut Wellness Guide* expands upon the method previously introduced in the authors' first book, *Unwinding the Belly*. *Unwinding* is a clear and accessible way to connect the "gut brain" to the "main brain" and to relax, tune into your body, and create a customized action plan to heal.

divine wellness and massage: Health and Wellness Gordon Edlin, 2014

divine wellness and massage: Wellness Escapes Lonely Planet, 2018-11-01 Discover the world's most energising, inspiring and relaxing wellbeing retreats. From yoga, t'ai chi and

meditation to mindfulness, spa treatments and creative writing, we present our favourite retreats and spas around the world to help replenish the mind, body and soul. Wellness Escapes includes nearly 200 destinations and is organised into five themes: Calm, Active, Healthy, Inspired and Indulged – making it easy to find the perfect getaway whether you're in the mood for a seaweed bath in Ireland or surfing in Morocco, meditation in Bali or a Finnish sauna. We tell you what makes each retreat so special, what you can do, what's on its doorstep, and provide booking details to help you find out more or book a visit. Throughout, our wellness authors reveal the health benefits of each activity, while you'll also find out about the world's top ten wellness festivals, yoga and meditation techniques, and healthy smoothie recipes to try at home. About Lonely Planet: Lonely Planet is a leading travel media company and the world's number one travel guidebook brand, providing both inspiring and trustworthy information for every kind of traveller since 1973. Over the past four decades, we've printed over 145 million guidebooks and grown a dedicated, passionate global community of travellers. You'll also find our content online, on mobile, video and in 14 languages, 12 international magazines, armchair and lifestyle books, ebooks, and more. Important Notice: The digital edition of this book may not contain all of the images found in the physical edition.

divine wellness and massage: Flora Lissette Perry, Kathryn Boyle, 2020-11

divine wellness and massage: Autism and the God Connection William Stillman, 2006-04-01 Everyone who seeks a more compassionate and wise life will benefit from this wonderful, insightful, and beautiful book. — Gary Zukav, author of *The Seat of the Soul* One in 68 US children have an autism spectrum disorder, and with countless parenting books helping families care for children with special needs, *Autism and the God Connection* is the crucial, spiritual look at understanding a child with autism. Helping parents realize their child's unique spirit and reaffirm that every one of us is a blessing, this is an inspirational resource to discovering the intellect, beauty, and complexities of children with autism. Through countless interviews, William Stillman documents extraordinary examples of spiritual giftedness, and boldly challenges our traditionally held beliefs about people with disabilities. Readers will discover hope, comfort, inspiration, and love through these affirming anecdotes of ordinary families.

divine wellness and massage: Remote Healing Maria Sagi, 2020-07-07 A practical guide to the Sagi method of healing across space and time • Shows that we can interact with the Akashic information field to diagnose and treat illnesses nonlocally and that the effects are controllable and verifiable • Details techniques for diagnosing and transferring healing information at a distance, using geometric symbols to treat acute infections and reduce pain, and integrating information medicine with homeopathy and chakra therapy • Shares the author's development of her method, including stories of successful remote healings and her interactions with pioneers such as Erich Körbler Remote healing is healing over space and time. Often called "nonlocal healing," it is no longer a magical occurrence or a mysterious technique reserved for powerful shamans. Remote healing has moved from magic to science, and it can be learned. In this practical guide to the Sagi method of information medicine, Maria Sagi, Ph.D., reveals that nonlocal healing is a quantum science that works through the transmission of information and that its effects can be controlled and verified. Drawing on the Akashic information field of Ervin Laszlo, she explains that the universe is not a mechanical system composed of matter—it operates like an overarching network that runs on and is connected by information. Cosmic information "in-forms" and underlies the whole physical world, including the human body. Sharing stories of successful remote healings she facilitated and her interactions with pioneers Erich Körbler, Gordon Flint, and Franz Stern, Sagi shows that we can access the Akashic information field to diagnose illnesses, treat symptoms, and heal the causes of disease, whether we are in the same room as our patient or on the other side of the earth. Moving beyond the theoretical to the practical, Sagi explains how to diagnose and treat someone with information and how to attune to the information emanating from the patient. She shares techniques for transferring healing information across space and time by using geometric symbols to treat acute illnesses and infections and reduce pain. The author also explores how to integrate information

medicine with homeopathy and how to diagnose through photographs, through the chakras, and through morphic patterns in the Akashic information field. Opening up a new dimension in the art and science of healing, Maria Sagi demonstrates that by working with the Akashic information field we can trigger the body's self-healing mechanisms and restore order to a person's energy and information systems.

divine wellness and massage: *The Secret of Life Wellness* Inna Segal, 2013 In a book that makes Ralph Waldo Emerson's ideas accessible to modern readers, the author delineates the American thinker's main advice for living a more fulfilling life and explains how this wisdom has inspired the modern New Thought movement.

divine wellness and massage: *Spa Management* , 2007

divine wellness and massage: *Perfect Health* Deepak Chopra, 1990 The author's Quantum Healing: Exploring the Frontiers of Mind/Body Medicine, aimed to show how health and sickness are controlled by awareness at the level of quantum physics, where mind and body are one. Now Dr Chopra has written a practical guide to harnessing that healing power of the mind, a book based on the principles of Ayurveda, a 5000-year-old system of mind/body medicine that has recently been rediscovered. The book provides a step-by-step programme of mind/body medicine tailored to the individual's need. The result is a plan for re-establishing the body's essential balance with nature.

divine wellness and massage: *Aromatherapy Anointing Oils* Joni Keim Loughran, Ruah Bull, 2001 A compendium of essential oils and their spiritual significance. It is a guide to making your own blends, complete with recipes. Anointing is simply defined as applying oils to the body. Anointing oils from a variety of plant sources has been used for centuries for purposes of protection, healing, devotion or recognition. Whatever the purpose, anointing is a powerful, affirming act of faith and trust. This book discusses all aspects of anointing and shows how it can facilitate physical, psychological and spiritual changes. Topics include carrier oils, creating sacred space, celebrations and occasions, and recipes.

divine wellness and massage: *Wellness* Geetha Patel, 2016-01-04 This book is the product of the author's curiosity regarding the secrets behind good health and well being of a person even after the age of seventy. She was inspired by her neighbor's zest for life and her positive attitude during her advanced years. This prompted her to interview many seniors in Canada and in India to find out the secret to their well being and she found six most common elements. Even though the book starts with these, it also reveals interesting natural remedies used to cure some unique and simple ailments, the medicinal value of some herbs and spices, beauty and hair treatments and face masks used when Geetha was growing up, and then concludes with some healthy vegetarian and non-vegetarian recipes. A fascinating component of this book is the real life stories from the author's experiences. Useful for young and old, men and women.

divine wellness and massage: *Essential Oils in Spiritual Practice* Candice Covington, 2017-11-21 Using essential oils to influence your energetic make-up and karmic patterns • Details how to identify which tattvas--the Five Great Elements--are dominant in your energetic make-up • Explores the energetic signatures of the essential oils associated with each tattva and chakra, including their archetypes, sacred geometry, sacred sounds, and colors • Explains how to identify your personal vibrational signature, purify your energy body, impart vibrational properties to jewelry, and work with yantras and mantras The tattvas, the Five Great Elements--earth, water, fire, air/wind, and ether/space--create and sustain not only the universe but also all of its inhabitants. Each of us has a unique combination of these elemental energies behind our personal characteristics--everything from the color of our eyes to our behaviors and emotional temperament. What tattvas are dominant in your make-up can also be influenced by your surroundings and by karma. Essential oils, in addition to working biologically and chemically, also work at the energetic level, making them ideal for working with the tattvas. Teaching you how to use essential oils to affect the very fabric of your being, Candice Covington details how the Tattvas Method of essential oils allow you to access the deepest, most hidden aspects of Self, those beyond the reach of the mind, the very energetic causation patterns that set all behaviors and thoughts into motion. She

reveals how the tattvas are the energy that animate each chakra and how we can use their archetypal energy to shape our inner life and align with our greater soul purpose. The author provides energetic profiles of each tattva, chakra, and essential oil, explains their relationships to one another, and details how to identify what tattva or chakra is dominant at any given time. Exploring the energetic signatures of the tattvic essential oils, she details their elemental make-up, animal and deity archetypes, sacred geometry symbols, sacred syllables, and colors. She reveals how to discover the energy patterns responsible for directing unhealthy life patterns and explains how to identify your personal vibrational signature, purify your energy body, and craft your own unique ritual practice with essential oils. Showing how essential oils are powerful vibrational tools for effecting change, the author reveals how they allow each of us to deliberately steer our own destiny, fulfill our personal dharma, and be all that our souls intended us to be.

divine wellness and massage: Advanced Thai Yoga Massage Kam Thye Chow, 2011-09-21 Expand your Thai yoga massage practice with advanced postures and energy work to treat stress, back pain, headaches, and several other common conditions • Includes step-by-step photographs for more than 50 advanced Thai yoga massage postures • Illustrates in full color the locations of the sen lines and explains their specific therapeutic qualities and connections to ayurveda and the 5 kosha bodies • Details successful treatment plans for 8 common ailments with custom 60-minute Thai yoga massage posture flows as well as ayurvedic and yoga recommendations for continued healing and prevention at home In the unique healing system of Thai yoga massage--based on yoga, ayurveda, and the martial arts--the practitioner uses his or her own hands, feet, arms, and legs to gently guide the recipient through a series of yoga postures while palming and thumbing along the body's energy pathways and pressure points, known in the Thai tradition as sen lines and in ayurveda as marma points. Providing a way to expand one's Thai yoga massage practice, this book includes step-by-step photos and guidelines for more than 50 advanced Thai yoga postures as well as successful treatment plans for 8 common ailments: stress, back pain, stiff neck and shoulders, arm and hand exhaustion, headaches, constipation, fibromyalgia, and anxiety/depression. Each treatment plan offers a customized one-hour Thai yoga massage posture flow specific to that ailment along with ayurvedic and yoga recommendations for continued healing and prevention after the massage session. This comprehensive guide also illustrates the exact location of the sen lines and marma points, detailing their therapeutic indications and connections to ayurveda and the five kosha bodies, as well as explaining how to incorporate them into sessions for deeper healing.

divine wellness and massage: I've Decided to Live 120 Years Ilchi Lee, 2017-11-06 The Ancient Secret to Longevity, Vitality, and Life Transformation

divine wellness and massage: Vaginal Massage Leonard McGill, 2015-11-04 A guide to vaginal massage for women to give to their men.

divine wellness and massage: Healing the Sick T. L. Osborn, 2018-12-18 Healing the Sick has been acclaimed around the world to be a modern-day classic on divine healing. Throughout his ministry, T.L. Osborn has personally witnessed the miraculous healings of multitudes of individuals who have heard and believed on the resurrection power of Jesus Christ.

divine wellness and massage: Root & Nourish Abbey Rodriguez, Jennifer Kurdyla, 2021-04-06 Embrace the ancient healing power of plants with more than 100 whole-food, plant-based, gluten-free herbal recipes, designed around the most common health concerns of modern women.

divine wellness and massage: "Wellness" Iris Efthymiou - Egleton, 2017-10-13 You probably think that the current very trendy concept of Wellness is a modern idea, but no its just a modern word! From antiquity, human societies have sought the secrets that lead to optimal Wellbeing (our overall physical and mental health). History shows clearly that the medical theories and practices of almost all the iconic figures of Ancient China, Egypt, Greece, Iran, and India shared basic common ground in preaching a holistic message for wellness. Even then people traveled for days to attend clinics - even then, news traveled globally! Today we must try to understand the holistic thinking of the past and use it as a base for further progress. Instead of ignoring historic achievements, we should revisit them before going forward at full speed! This book is an attempt to interpret and use

the links between what we now define as wellness and what, in the past was plain good health. So, I hope you will let this book take you on a journey through centuries to find the 'secrets' of our ancestors.

divine wellness and massage: Wellness East & West Kathleen F. Phalen, 2012-10-23 In *Wellness East & West: Achieving Optimum Health through Integrative Medicine*, Kathleen F. Phalen explores the blending of the most effective aspects of medical practices from both sides of the globe. And it is not in curing but rather in healing discovered through integrating these polar medical practices that leads those suffering to a more peaceful place, a place where the heart is healed. Phalen gives us case studies on survivors of AIDS and ovarian cancer. Yoga, guided imagery, and meditation are combined with a daily dose of medication or a weekly session of chemotherapy to provide healing beyond what western medicine alone can offer. Kathleen masterfully joins the hemispheres by revealing the herbs and diet to ease everything from the common cold to cancer. Practical as well as informative, Phalen urges us to be active participants in our own health care. Here you can learn how to take your superficial and deep pulse to discover the efficiency of your organs. To gain further insight into your condition, read the color of your tongue. Most importantly, return to the basics of looking, listening and feeling to lead you and your physician to diagnosis and treatment.

divine wellness and massage: I Am a Soul Champion Rachael White, 2016-09-13 It is not unusual for families to face health issues. Most will turn to conventional medicine to at least treat if not cure them. But what happens when those methods don't work? In fact, instead of getting better, they get worse. This is what happened to author Rachael White and her family. In her book, *I AM a Soul Champion: How to live a spiritually guided life through Manifestation, Intuition, Positivity and Archangel Aromatherapy* she provides an account of her extraordinary life changing journey to heal her family's so-called incurable illnesses. She shares the knowledge and wisdom she gained after she opened up to living a spiritually guided life. *I AM a Soul Champion* is a practical guide for using intuition, healing and manifesting along with archangel aromatherapy. The author has distilled the information into a combination of healing guides, teachings and easy-to-use daily practices and rituals. A soul champion is someone who understands that he or she is more than just mind and body. Rachael believes that everyone has the ability to access healing and guidance from angels and spiritual guides in order to heal, co-create, and manifest in every aspect of life. Are you ready to let go of ego-driven fear, negativity, mental and physical illness out of the driver's seat and let the soul be the champion driver of your life?

divine wellness and massage: Issues in Your Tissues Denise Labarre, Denise Labarre L M T, 2012 *Issues in Your Tissues* is a practical, easy-to-read guide to exploring the emotional holding that creates physical stress, pain and dis-ease. Full of stories, cartoons, exercises and clear descriptions, this book gives you the insight and tools you need to go into your body and get the healing answers you've been looking for. Our bodies continue to experience physical symptoms as long as we carry the emotional

divine wellness and massage: The Comfort Crisis Michael Easter, 2021-05-11 "If you've been looking for something different to level up your health, fitness, and personal growth, this is it."—Melissa Urban, Whole30 CEO and New York Times bestselling author of *The Book of Boundaries* "Michael Easter's genius is that he puts data around the edges of what we intuitively believe. His work has inspired many to change their lives for the better."—Dr. Peter Attia, #1 New York Times bestselling author of *Outlive* Discover the evolutionary mind and body benefits of living at the edges of your comfort zone and reconnecting with the wild—from the author of *Scarcity Brain*, coming in September! In many ways, we're more comfortable than ever before. But could our sheltered, temperature-controlled, overfed, underchallenged lives actually be the leading cause of many of our most urgent physical and mental health issues? In this gripping investigation, award-winning journalist Michael Easter seeks out off-the-grid visionaries, disruptive genius researchers, and mind-body conditioning trailblazers who are unlocking the life-enhancing secrets of a counterintuitive solution: discomfort. Easter's journey to understand our evolutionary need to be

challenged takes him to meet the NBA's top exercise scientist, who uses an ancient Japanese practice to build championship athletes; to the mystical country of Bhutan, where an Oxford economist and Buddhist leader are showing the world what death can teach us about happiness; to the outdoor lab of a young neuroscientist who's found that nature tests our physical and mental endurance in ways that expand creativity while taming burnout and anxiety; to the remote Alaskan backcountry on a demanding thirty-three-day hunting expedition to experience the rewilding secrets of one of the last rugged places on Earth; and more. Along the way, Easter uncovers a blueprint for leveraging the power of discomfort that will dramatically improve our health and happiness, and perhaps even help us understand what it means to be human. *The Comfort Crisis* is a bold call to break out of your comfort zone and explore the wild within yourself.

divine wellness and massage: *A Ghost of a Chance* Jane Hinchey, 2020-12-15 A bad day with coffee is better than a good day without it. Running a private investigation business in the seaside town of Firefly Bay should be a pretty easy job. One where I call the shots—figuratively speaking because to put clumsy little ole me in charge of a firearm is just asking for trouble. After a hectic few months, all I'm after is an easy day, where my cases add up to nothing more strenuous than deciding if tonight's takeout is pizza or tacos (or both). Should have known my day was going to go to hell in a handbasket when someone switched out my coffee for decaf (seriously, who does that?) and my main squeeze, Captain Cowboy Hot Pants, aka Detective Kade Galloway's ex-girlfriend and internal affairs investigator, Savannah McIntosh, turns up to work a case. Before I can say café latte, Galloway's dodging my calls, I've got a raccoon on my hands who's decided *mi casa es su casa*, my ghostly best friend has a crush to die for, and local teenager Kira Melendez has turned up missing. So much for an easy day. I have a sneaking suspicion my life is about to become a whole new level of crazy. Join Audrey Fitzgerald in the Ghost Detective series, a paranormal cozy mystery featuring a cat, a ghost, and a murder to solve.

divine wellness and massage: Holistic Reflexology Ewald Kliegel, 2018-10-16 A guide to reflexology treatments combined with complementary therapies to restore energetic balance, relieve pain, and support healing • Provides more than 30 full-color maps of reflex zone systems from head to toe, including the ears, mouth, tongue, fingernails, and torso • Explains how to incorporate supportive therapies such as essential oils, crystal wand massage, and visualization to maximize healing • Examines the history and evolution of reflexology, revealing both its Eastern and Western roots, as well as recent international advancements Expanding the practice of reflexology beyond the feet and hands, Ewald Kliegel illustrates how to precisely and quickly treat different emotional and physical disorders with an integrated combination of reflexology and complementary therapies. Applying the fundamental principles of reflexology to the entire body, he provides more than 30 full-color maps of reflex zones from head to toe, including reflex zone systems of the ears, mouth, tongue, fingernails, and torso. The author details reflexology techniques for each reflex zone and discusses how to incorporate essential oils and gemstones during active touch and reflexology sessions, including the benefits of crystal massage for post-stroke recovery. Drawing on international advancements in reflexology, including the work of craniosacral reflexologist Martine Faure-Alderson, Russian researcher Alexander Kachan, Chinese biologist Zhang Yingquing, and Korean physician Tae Woo Yoo, Kliegel examines how to integrate Yin-Yang massage strokes, metacarpal reflexology techniques, Korean Hand treatments, and craniosacral massage principles into reflexology treatments to restore energetic balance, relieve pain, and support healing. He outlines specific treatment protocols, including holistic reflexology treatments for headache, digestive problems, and back pain. Providing step-by-step instructions for diagnostic testing, he also outlines supportive approaches such as visualization to balance the energies of the body and an active meditation to troubleshoot congested locales in the body. Examining the history and evolution of reflexology, the author reveals not only the ancient Eastern medical practices that played a role in reflexology's genesis, but also its ancient European roots. Providing a truly holistic and integrative approach to reflexology, Kliegel reveals many different hands-on paths to healing that embrace the energetic interconnections of mind and body.

divine wellness and massage: *Eat Your Way to Life and Health* Joseph Prince, 2019-10-01 Let the holy Communion revolutionize your life and health! Through engaging Bible-based teaching, Pastor Joseph Prince unpacks a revelation of the Communion that has never been more relevant than right now. Along with showing you why the holy Communion is God's ordained way to release life, health, and healing to us, Pastor Prince also tackles the tough questions: Is God punishing me with sickness and disease? Is it really God's will to heal me? Do I qualify for His healing power? What do I do when I don't see results? Can God heal my loved ones? The enemy wants you to believe that God doesn't care and that your situation is hopeless. But because of the cross, you can have full assurance in your heart that God wants you healed and whole. Learn how you can access His healing power with just the simple act of eating. In *Eat Your Way to Life and Health*, discover a God who loves you so much, His Son paid for your healing on Calvary's cross. Be deeply encouraged as you read powerful testimonies from people who have received healing through a revelation of the Communion, despite being told their conditions were terminal or incurable. Whatever circumstances you are confronted with today, God has a word for you: Don't give up. There is hope. He has made a way for you!

divine wellness and massage: The Uterine Health Companion Eve Agee, 2010-02-23 The uterus is a remarkable organ—it is our first home, contributes to women's sexual pleasure, houses some of the strongest muscles in the body, and even helps prevent heart disease and high blood pressure. However, in the West, the uterus has generally been viewed as insignificant beyond reproduction and rarely receives our attention except when it becomes problematic or when we focus on getting pregnant or giving birth. Even though health-promoting strategies for organs like the heart and lungs have become common knowledge, preventative measures for lifelong uterine health have been largely absent from Western medical care. Consequently, one-third of all women in the United States will have a hysterectomy--the highest rate in the world. In *The Uterine Health Companion*, anthropologist and holistic health expert Eve Agee reveals that women in many non-Western societies do not share our high rates of benign uterine problems or our negative attitudes about the uterus. Drawing on her research with women in the United States and abroad, Agee shows how traditional practices from other cultures can help create lasting health so that issues such as PMS, fibroids, and endometriosis do not have to be our destiny as women. Through poignant narratives as well as global insights, the book inspires us to develop new understandings about health and healing that affirm all women. *The Uterine Health Companion* demonstrates why the uterus matters and how we can take care of it, from menarche to menopause—and beyond. A comprehensive holistic plan including nutrition, exercise, and visualization guides us to promote uterine wellness and enhance conventional medical therapies. Chapters dedicated to specific uterine issues illustrate how to support our health through simple daily practices and fundamental attitude shifts in our relationship to our bodies. The book also includes strategies for women who have had hysterectomies. This empowering resource offers a prescriptive, balanced approach to developing and maintaining optimal uterine health, for every woman at any stage of life. Award-Winner, Health: Women's Health category, 2011 International Book Awards

divine wellness and massage: Wild Feminine Tami Lynn Kent, 2011-02-22 Ladies! Tap into the wisdom of your womanhood and learn through real stories, helpful visualizations, and creative exercises how the sacred pelvic bowl supports and informs your ability to be creative, self-heal, and feel empowered in your life. *Wild Feminine: Finding Power, Spirit, & Joy in the Female Body* offers a unique, holistic approach to reclaiming the power, spirit, and joy of the female body and the understanding of its connection to creative energy flow. By restoring the physical and energetic balance in the pelvic bowl, women can learn to care for themselves in a nourishing and respectful manner, heal spiritual fractures, and renew their relationship with the sacred feminine. In today's age of women needing to reclaim their feminine power and bodily autonomy, Tami Kent—founder of Holistic Pelvic Care™ and a women's health and physical therapist—provides a framework for healing the body and navigating the realms of the feminine spirit. Through pelvic bodywork, healing stories, visualizations, rituals, and creative exercises, women can explore the deep and natural

wisdom inherent in the female body. Wild Feminine reveals the amazing potential of the female body: the potential to create, to heal, and to transform energy at the core of all womanhood and radically shift your relationship with your body and spirit. Wild Feminine gives you the tools to awaken and retrieve your ancient wild self, restore your joy and creative energy, and reconnect to your sacred center.

divine wellness and massage: New Age Journal , 1998

divine wellness and massage: **Jefa in Training** Ashley K. Stoyanov Ojeda , 2022-02-22 Step-by-Step Toolkit to Turn Your Passion Project into a Successful Business “...a much-needed guide for all of us who need a blueprint to becoming a successful entrepreneur.” —Eva Longoria, award-winning actress, producer, director, activist, philanthropist and CEO of UnbeliEVable Entertainment #1 New Release in Hispanic American Demographic Studies Women, now is the time to build your enterprise. Jefa in Training is the only Spanglish project-launching toolkit and female entrepreneur planner specially made for a new generation of boss women. A solopreneur and small business guide. A business startup planner and toolkit for women in leadership, business, and beyond, Jefa in Training offers women entrepreneurs the female empowerment needed to take a side hustle to the next level. Whether it's learning to define your brand, set up a beta test group, or draft an LLC operating agreement, this compendium of lessons, anecdotes, worksheets, templates, and quotes teaches the next generation of women in business how to work for yourself and turn your ideas into something much bigger. A Latina book by Latinas, for Latinas. Solopreneurs and creatives, you are invited to let go of your fears and finally launch your blog, project, or platform. Jefa in Training isn't your typical small business book. Part Latinx book, it is a conversation with a special tribe of Latina immigrants, Hispanic American generations, and women of color in financial, media, entrepreneurial, and creative spaces. Explore a more complex view of Latinidad, covering everything from imposter syndrome to micro-aggressions and bilingualism. Inside find: • Author's first-hand experiences • Guest stories from successful business-women in Latinx companies • Worksheets and more! If you're looking for Hispanic books, women entrepreneur books, women leadership books, or women of color gifts—like *Mind Your Business*, *The Memo*, *In the Company of Women*, or *De Colores Means All of Us*—then you'll love Jefa in Training.

divine wellness and massage: *'Inana Healing* Leilani Anderson, 2011-04-20 *'Inana Healing* provides fun and practical tools to activate your mind, body, and spirit toward a higher level of enjoyment and inspired program for living through Ancient Hawaiian Healing Tradition. This book invites health seekers to tell personal truths- making true magic in a healthy mind and body. *'Inana* teaches you to value your life by providing a glimpse into the Hawaiian Healing process- minus the fear, anxiety, and negative baggage that has exposed us to over time. Finally, the skills you will master in this book may inspire you to become a true asset in the field of human ecology.

divine wellness and massage: Healing with the Herbs of Life Lesley Tierra, 2003-08-25 If you have been daunted by complicated, esoteric herbal books in the past, *Healing with the Herbs of Life* offers clear and concise explanations of how and why herbs heal. It also provides step-by-step instructions for creating your own herbal remedies, therapeutic approaches you can use at home, and easy-to-follow guidelines for gathering, preparing, purchasing, and storing herbs. Previously published as *The Herbs of Life*, this completely revised and updated edition synthesizes the great herbal traditions of China and India with Western herbology to form a new kind of planetary herbal. · Features a new chapter on treating specific conditions, expanded chapters in Materia Medica and the energy of food, and revised chapters on living with the seasons and home therapies · With new information on herbal safety and drug/herb interactions. · The previous edition, *The Herbs of Life*, sold 45,000 copies.

divine wellness and massage: *Heal Yourself--Heal the World* Deborah King, 2017-10-10 Deborah King, spiritual leader and New York Times bestselling author of *Be Your Own Shaman*, inspires and teaches her proven method of LifeForce Energy Healing in this definitive and accessible book that will forever change the way you connect to your energy. What's standing between you and the life you were meant to lead? The answer lies in your energy field and how you manage it. When

our energy pathways are blocked by suppressed feelings, pain, and trauma, we weaken both our personal and universal energy fields, hindering our ability to live our best lives. LifeForce Energy has its origins in the living force that Hindus call prana, the Chinese call chi, and the Japanese call qi. This primal force is connected to your spirit as well as to your physical, emotional, and mental self. It is, in fact, the substance of spirit, what Master energy healer Deborah King calls “LifeForce energy.” Now, using the simple techniques and powerful teachings in Heal Yourself—Heal the World, you can finally clear past trauma from your energy field, connect with authentic emotions, and clear, charge, and re-balance your chakras. Within Heal Yourself—Heal the World you will be able to explore the origins and benefits of energy healing as well as learn self-healing practices and techniques, moving you from basic concepts to hands-on learning to, ultimately, whole world healing.

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