

# **The Beauty and Sacredness of TOUCH!**

**Everyone needs to relax, to escape the tyranny of time. Sitting with our breath, watching the movement of clouds, watching the sun set or rise, watching the day turn to night ~ these are all ways we can use to still the mind, to regain a sense of our own wholeness in the innocence of the moment. As children we climb trees and run around barefoot. We are at home with ourselves and in touch with our basic nature. As we grow older we spend more and more time living purely in our heads. As couples we at times feel distant from each other. We become too busy with life ~ children, work and endless obligations. We long to feel connected!**

**Now is the time to redress the balance and return to each other by discovering the *gentle art of touch*. Touch is a common language, one that we can use to heal or reassure, to relieve pain or soothe away tension ~ above all to convey the fact that we care. Like a clearing in a forest, touch offers us breathing space in which to relax and reconnect with our partner. A time to just “be” with each other. To listen, offer our attention and show that we care.**

**Massage can play an essential role in the vitality of a couples relationship. When receiving a massage, we become open and responsive. Joy and playfulness can intensify your pleasure in relationships as well as in life. When giving a massage, we express our love and care through our hands. Massage is a creative art through which both giver and receiver explore and discover themselves and each other.**

**I welcome you to join me in a day filled with rest, rejuvenation and time to reconnect with your partner. Allow your body to breathe, relax and receive your partners gift of touch.**

**Have Fun !**

*“If all else fails, Love them with your touch”.*  
*~ Kathy Ginn*