

Greetings!

Shhhhhhhhhhh ~ Listen to the silence; for it has much to say.

As my newsletter lands in your lap, winter will soon be upon us. We soon will have a blanket of snow covering the ground. What can winter teach us about ourselves, and how does the season of winter relate to ethical development? A few words come to mind as I reflect on the above questions. **Stillness ~ Silence ~ Rest ~ Presence.** Winter invites us into the process of self-reflection.

**Can I sit in stillness? Do I listen to the silence? Do I give myself permission to rest?
How do my clients experience my presence?**

The vocation of massage therapy & bodywork requires constant renewal if you want to take joy in your work and grow in your service to others. When you learn to sit in **stillness** on a regular basis, call this meditation or prayer you begin to transform yourself from the inside out. As your transformation progresses your work becomes an expression of that transformation. It is important to remember; the client often chooses the relationship for healing instead of one's technique. When you can sit with yourself in stillness, you are better able to sit with your clients.

As you sit in stillness; what do you hear? Can you just sit and listen? **Listening** to the silence can be music to the ears. One of the beautiful gifts of winter is the quietness of the season. Imagine this; when each client comes to see you they are silently asking – do you see me ~ do you hear me ~ and do you care? Everyone longs to be seen and heard by someone with an open and caring heart. The long winter season gives us permission to slow down, pause and listen. As we practice listening to the sounds of winter, we can then sit and listen deeply to our clients. Listening deeply to someone is very different than carrying on a casual conversation with them. How do your clients know you see them and hear them?

Your clients come to you for many different reasons, often relief from pain and stress. You are simply **rest** stops in their routine of life. Since 2001 I have given myself permission to rest with a 10 day retreat of solitude and silence during the month of January. I cannot begin to share with you the experience of this time away. I can say this; “try it and I promise you will have your own experience.” We become massage therapists for reasons of the heart. But it is easy to lose heart as time goes by when you feel depleted and burdened. Winter brings us the gifts of cold weather and shorter days ~ a warm and cozy blanket to practice the discipline of rest ~ it can feel delicious!!

Being in the present moment is truly a disciplined practice. As you work with your clients bodies, you are passing on your presence awareness through your hands, your words, and your heart. Learning to be present without an agenda ~ who says the study and exploration of ethics is boring ... smile. Each day on my retreat I relish in watching the day turn to night. Nature never has an agenda. It just is. How do your clients experience your **presence**? How do you wish to have your clients experience you? Allow yourself to become curious, and then notice what happens next? Remember – the answers are always in the question. I was introduced to the work of Leonard Jacobson by a student of mine in one of my ethics workshops. He has a book titled: The Journey of Now. Perhaps a book to have in your lap while you cozy into the quietness of winter.

Allow the season of winter to be a gentle reminder. Nourish yourself with the gifts of this beautiful season. Invite winter to engage your Soul. For all of this ~ I love and am truly grateful for the season of winter!!

And as always ~ thank you for allowing me into your life!

**Warm Blessings,
Kathy Ginn L.M.T., NCTMB**

Upcoming NCBTMB approved provider courses:

Your Body as Beloved Partner

Feb. 7th – WI AMTA Educational Conference; Oconomowoc, WI

Ethics, Power & Heart

March 13th – Milwaukee School of Massage Therapy

March 25th – Prairie Creek Education Center, Sycamore, IL

April 1st – TIBIA Massage School; Madison, WI

June 24th – Prairie Creek Education Center, Sycamore, IL

Ethics as Soul Work

Nourishment ~ Rest ~ Renewal

May 13th & 14th – TIBIA Massage School

Feel free to contact Kathy regarding business development, mentoring or her 2011 course offerings. You may visit her website @ <http://www.ethicaldimensions.com>