



# To Our Readers

A new decade, century and millennium are almost here! This moment of celebration and change is the perfect time to reflect on the wonderful ways in which healthy touch makes this a better world, and to dream of what the future might hold. And who better to reflect and dream than practitioners, educators and technique developers? In our special feature, "Massage in the New Millennium" (page 82), 46 people share their ideas and opinions on where the massage-and-bodywork field is now—and where it's heading. Their thoughts will motivate, challenge and inspire you. Our new-millennium coverage continues with "Stars of the Century," a look back at some of the people who made ground-breaking contributions to the field over the past 100 years.

Exciting changes are afoot here at the magazine, as well.

To usher in the new century, we created a new mission statement: "Massage Magazine's mission is to promote global well-being by educating, informing and inspiring practitioners of massage, bodywork and related healing arts." This new statement is the result of conversations with you, our readers, to find out exactly what you want from a massage publication. It will be used to help guide us in the content and look of our editorial material.

We have added two new features to the magazine: Business Wise, a business-advice column by Martin Ashley, author of *A Career At Your Fingertips*; and The Body Politic, which brings you the latest news about national, state and local laws.

We also welcome Kate Corkery Spencer, our new publisher. Kate has a background in publishing and reporting, and a strong interest in complementary health care. She looks forward to piloting *Massage Magazine* into the future.

Thank you for joining us on this journey!

*Karen Menehan*

## Massage Magazine

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*Massage Magazine's mission is to promote global well-being by educating, informing and inspiring practitioners of massage, bodywork and related healing arts.*

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# MASSAGE IN THE NEW MILLENNIUM

*46 notables  
share their  
insights on  
where the  
massage field  
has been,  
where it's  
going,  
and all points  
in-between.*



Envision a world in which: We reach touch and are touched every day in nurturing or skilled ways. We are comfortable doing this. We don't have fear. Touch is a natural behavior and experience. Since the vast majority of our population has come to experience the value of touch, we do not hesitate to schedule time and budget resources to ensure that we have extended sessions of skilled and nurturing touch from those individuals who have a passion to serve

others in this way. Touching has come to be seen as absolutely critical for those facing health challenges, and is even more available in clinical and hospital settings. Children and the aged also receive additional focus and support in receiving skilled and nurturing touch. Consequently, our society's overall health is significantly improved through increased vitality and decreased illness. We treat each other with more kindness and compassion.

To create this (r)evolutionary change, the professional associations of the skilled touch field will form a coalition to create a permanent public education campaign, utilizing the mass media, to promote the value of skilled and nurturing touch. Leading influences from education, politics, religion, health care, entertainment, sports, and business and industry will be utilized in this campaign.

—Don Schwartz, Ph.D., former executive director, The Trager Institute, Mill Valley, California





Ghandi reportedly said, "When [we] shall get together on the teachings laid down by Christ in his Sermon on the Mount, we shall have solved the problems of the whole world." But at what exact point does the breakdown occur within each of us that facilitates our detour, time and again, down the less-healthy path? The noise we allow in our own lives distracts us from discerning our own self-limiting beliefs, abuses and distortions of our God-given free will.

There is a raised consciousness on the part of some as to the need to go internally to address man's woes. What can help us each to cross that bridge between the external self and the internal? We know that massage detoxifies the tissues, supports the immune system and balances muscular health in the physical being. And we've discovered that massage also quiets the noise in the mind, releases repressed memories and nourishes suppressed emotions in the spiritual being.

The healing phenomenon of safe touch cannot help but support the journey of those individuals who choose to raise their consciousness to a higher level, as alluded to by Ghandi and the teachings of Christ. As we enter the new millennium, our profession is in a unique position to open doors to spiritual health and physical well-being through touching lives across the planet, one by one—our own and others'.

—L. Victoria Ross, director, Pfrimmer Institute for Corrective Muscle Therapy, Ltd., member of Massage Magazine's editorial advisory board, San Rafael, California



The future I see is one where children are raised in the paradigm that they are their own healers and are educated on how to understand and test their bodies' natural intelligence for methods of self-diagnosis and optimal treatment. Bodywork will be a part of each child's education so that they can prevent most injuries or illnesses, assist in their own rehabilitation and maintain high-level wellness.

This era of self-awareness and self-responsibility is dawning—recognizing and welcoming it is our first step toward making it a reality.

—Monica Roseberry, H.H.P.E., speaker/author, Walnut Creek, California