

Vibrational Healing and Massage Therapy

The relationship between Vibrational Healing and Massage Therapy resonate on the same frequency wave. This is why vibrational healing is so important for us to move into the state of being where we are supposed to be living in harmony with the Universe of Love, Light, Peace, Bliss and Gratitude. We first need to understand that the Universe is Energy and all Energy vibrates at different levels and frequency. Vibration has five dimensions which are existence, magnitude, depth, time and love. Here on Planet Earth we are in the 3rd dimension but the planet is progressing into the fourth and fifth. It is estimated that we are 60 percent in the 3rd dimension, 35 in the 4th and 5 in the in the 5th. Our goal is to shift with the planets ascension by raising our vibration/frequency level. We can do this by healing our bodies and clearing our physical, emotional and mental bodies so we can evolve into the fifth dimension by absorbing and emitting unconditional love, increasing our inner light quotient and forgive all infinitely and have no negative mental states.

Now let's look at the meanings behind the language for Vibrational Healing and Massage Therapy. The Merriam-Webster Dictionary defines vibration as a periodic motion of the particles of an elastic body or medium in alternately opposite directions from the position of equilibrium when that equilibrium has been disturbed (as when a stretched cord produces musical tones or molecules in the air transmit sounds to the ear). Vibration is also a characteristic emanation, aura, or spirit that infuses or vitalizes someone or something, can be instinctively sensed or experienced, and is a distinctive emotional atmosphere capable of being sensed. This means that our light body is emanating our aura and spirits soul/love/home note vibrational frequency through the universe.

Healing is the act or process of curing or of restoring to health; to heal means to make sound or whole. In order to heal we need to restore our full potential vibration and emanate our whole note soundly. This shows us that we are all healers just by existing as pure loving vibrational frequency. It's amazing that both definitions reference sound in their meanings but not surprising since all matter is uniquely and quintessentially rooted in sound.

Massage Therapy is the manipulation of soft tissue to increase circulation which involves using pressure, tension, motion or vibration. Massage Therapist Carmen Cicotti of Lopez Island, Washington said "massage itself is musical in nature, especially when you

incorporate rhythmic motions, such as tapotement, cross-fiber friction, rocking, effleurage and petrissage. Each of these approaches creates an intricately woven, delicate symphony that harmonizes with the client's breath." Tapotement is a rhythmic percussion, most frequently administered with the edge of the hand, a cupped hand or the tips of the fingers and is the most vibratory technique. There are five types which are Beating (closed fist lightly hitting area), Slapping (use of fingers to gently slap), Hacking (use the edge of hand on pinky finger side), Tapping (use just fingertips) and Cupping (make your hand look like a cup and gently tap area). It is primarily used to "wake up" the nervous system and also as a stimulating stroke which can release lymphatic build up in the back. It is the most vibratory technique in massage and is directly related to drumming since the action is like playing a drum and the word comes from the French word Tapoter meaning to tap or drum.

There is also a Modality called Vibrational Healing Massage Therapy and it was created by Patricia Cramer the founder of the World School of Massage here in San Francisco. It uses a fusion of energy healing, deep structural alignment bodywork, advanced body mechanics and the power of intention to help clear pain and emotional stress. She describes it as a synergistic and quantum fusion of the best of the world's most ancient and trusted healing therapies with modern energetic healing sciences including Breath and Breathwork, Tai Chi, Aikido, Polarity Therapy, Somatic and Pre-Natal Birth Psychology, Chakra and Subtle Body Anatomy, Kinesiology: Touch for Health, Athletics and Sports Massage, Neurolinguistics: The Language of Healing®, Subtle Energy: Laying on of Hands; Reiki, Cranial Sacral Balancing, Sound Healing and Music Therapy, Intuition and Biofeedback, Past Life Regression, Shiatsu and Acupressure Meridians, Mindfulness and Meditation, Emotional Release Techniques, Fluid Body Mechanics®, Quantum Mechanics and Vibrational Medicine, Movement Arts; Dance Rhythms, Trauma and Shock Release, Repatterning and Cellular Memory Epigenetics, Conscious Intention; The Law of Attraction, Health and Life Coaching and Lymphatic and Myofascial Massage. Vibration therapy aims to prevent bone loss by transmitting vibrations directly through the body.

There are two main types of vibration therapy: whole-body and localized. When the vibrations are transmitted to your body, they cause your muscles to contract and relax. During whole-body vibration therapy, your therapist will ask you to stand, sit, or lay on a

machine supported by a vibrating platform. For example, they may ask you to stand in a half-squat position with your knees bent. During localized vibration therapy, your therapist will place a hand-held vibrating device on certain parts of your body. For example, they may place it on your calf or thigh muscles. When the vibrations are transmitted to your body, they cause your muscles to contract and relax.

The direction and intensity of vibrations may determine how well vibration therapy works. Some machines produce only vertical vibrations. Others produce vibrations that go up and down, front and back, and sideways. Up and down vibrations are believed to be the most effective for producing rapid muscle contractions. Certain types of vibrations may also cause your body to produce more osteoblasts. These are cells that produce bone. According to the Journal of Athletic Training, whole-body vibration therapy may help prevent muscle soreness after exercise. Also, a study cited in NeuroRehabilitation suggests that vibration therapy may have short-term benefits for people with Parkinson's disease. For example, it may help decrease muscle tremors and rigidity. Vibration Therapy also helps increase bone density, muscle mass, improves circulation, reduces joint pain, reduces back pain, alleviates stress, and boosts metabolism. Vibrational Healing and Massage Therapy can also incorporate the use of Aromatherapy, which works at a very high frequency and aquatic massage which increases the vibrational frequency of the massage.

In conclusion these modalities are symbiotic methods to enhance our frequency/vibration to the highest potential of love.

<http://www.selftransform.net/DensitiesandDimensions.htm>

<https://play.google.com/store/apps/details?id=com.sunshine.advancedvibrationalhealing>

<http://www.worldschoolmassage.com/vibrational-healing-massage-therapy-main/>

<http://www.healthline.com/health/vibration-therapy#Overview1>

<https://acutonics.com/news/vibrational-healing-the-therapeutic-use-of-sound-and-music>