

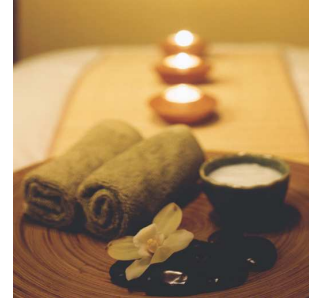
Issue 5

Emotion release during massage

What is emotional release?

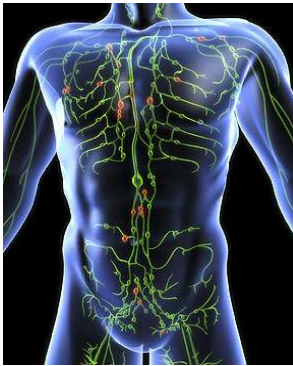
Massage is a healing touch that relaxes and releases. Emotional releases can take many forms. When you receive a massage, the muscles and tissues release on an emotional level in much the same way they release physical tension.

This letting go manifests in many forms -- an audible sigh, laughter, muscle twitching or even tears. This emotional release is a common occurrence during a massage.



How does bodywork help release our feelings?

Muscle tension is one of the most frequent ways we hold emotion. By relaxing muscles massage can help relieve tension from chronic stress. Massage frees the pattern where the unconscious feeling is being held. Once the tension is gone, the unconscious mind loses its grasp and an emotion may emerge.



People who hold excessive tension often have hypersensitive nervous systems. Supportive touch offered by a trained massage therapist can calm the nervous system, which changes the mind-body pattern. This calming effect creates freedom for feelings to come forth and be released in a safe, supportive, non-judgemental environment.

Should I tell the therapist what I am feeling?

Some emotional releases are associated with specific traumatic events. What's important to know is that your body is offering you an opportunity to grow and change beyond habitual patterns. During a massage the client should pay attention to his feelings and tell the therapist what's happening.

Remember that emotional release during bodywork is not unusual and is actually a natural and beneficial part of the cleansing, rejuvenating process of massage. After a few moments, you may choose to continue the massage, or request the therapist work more slowly or only on certain areas. But if you decide not to go on, that's okay, too.

How can the therapist help you?

The therapist can support you through the release process. By simply maintaining a grounding touch and listening, the therapist is there to support you as you release a feeling that no longer serves you. If you feel supported and safe, you're able to let go of the emotion.

In massage the client should welcome that release, accept it as your body's way of finding balance and leading you to a higher state of health, both emotionally and physically. If you find yourself on the massage table laughing or crying, you are in a true state of body-mind connection. Relax, breathe deeply and allow your body and mind to free itself of the past.

A question that usually comes to our mind is “what *type* of massage is right for me?” This will be our topic in the next issue.