

. Alan and Mary -- Massage course asides

- Acceptance -- unconditional acceptance of a circumstance against which one has been fighting – often triggers off a change for the better of that circumstance.
- Affirmations – a powerful source of self-assistance
- Agnihotra – healing with – This ancient tradition from Sanskrit times, resurrected in the twentieth century, literally means cleansing with fire. It has a proven track record for achieving miracles in the fields of agriculture, health, society. Effect is similar to BD.
- Beings of Light – Calling on. Assistance to humans from Beings of Light is available for the asking.
- Communicating with nature. To communicate with nature , all that it is necessary to do is:
 - to address that aspect of nature by its name – or – picture it clearly in your mind.
 - to express genuine appreciation of the contribution of that aspect to the universe
 - to express the means by which the individual will honour that aspect
 - and to request that that aspect respect the human being's desires for how that aspect should relate to human activity.

- Fear – We live in a society dominated by fear. We each have the freedom to be motivated by Love, not fear.
- Fingers as channels of light – This is achieved by the individual dedicating and picturing his/her fingers to act as channels of healing and purification for the Universal Light Energy.
- Healing colours – some colours have a particularly healing effect on specific parts of the human body. Blue for throat and chest. rose pink for abdomen. Gold for family relationships. White for head and teeth. If in doubt, use white light.
- Healing teams – Requests for help from healing teams only require purity of intent.
- Help – availability – 'Ask and ye shall receive help'.
- Insects – see communicating with Nature.
- Intention – power of – another powerful tool.
- Love – Unconditional love is the essence of who we are. To express it verbally and in action is the most healing thing we can do.
- MAP program – a Machel Small-Wright / Perelandra creation – draws in assistance from The White Brotherhood, Higher Self, Pan,
- Massage as a developed habit – the habit of regularly giving and receiving massage is vitalising for both parties.
- Morning sequence – beginning one's day after having meditated, exercised, lit

- or visualised -- an Agnihotra fire, drunk water – is a good habit to get into.
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- Neutralising/purifying food, environment. Calling on and visualising the Beings of Light is one of a number of ways of achieving such purification
- Nutrition – simplifying, reducing quantities, minimising the mixtures of food types. Avoid commercial processing and adding in of salt and sugar and additives aimed at increasing the shelf life of the items – and minimise domestic processing.
- Sun – 20 minutes of sunshine on the body – preferably without clothes – gives the body all the Vitamin D ??? it needs.
- Sunrise and sunset.-- magic of.Agnihotra is based on the exact times of sunrise and sunset, at which times powerful energies are released into the biosphere which can then be utilised to aid mankind and the whole of the planet.
- Thanks – giving of – a great way of opening oneself to the bounty of the Universe
- Tibetan exercises for Eternal Youth – Stripped to basics, these are 5 yoga exercises in a specific sequence which, if done daily, are reputed to keep the chakras spinning and thus underpinning the efforts of the body to be healthy.
- Trust in the Universe – being onside with the Universe begins with having trust in the Universe to take care of one.
- Water – there is no substitute for pure water to facilitate the operation of the

lymph system and thereby keep the body from accumulating harmful toxins.

- Walking – the most ancient exercise and the one least harmful to the body.
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Emotional Freedom Technique (EFT)

- EFT is a branch of Neuro Lingual Programming by which old unwanted habits can be rapidly changed permanently – by repeating an affirmation while tapping on acupuncture points.

Sequence of movement in the Peloha Method;-

By retaining a set progression, there is less chance of omitting parts of the whole.

Apart from this aspect, there is no significance in doing one part before another – if you find you have missed part, simply go back to it.

Legs – simply reverse polarity by changing from Right hand or Left foot chakra whilst holding thigh above hip joint, then bringing right hand to thigh whilst left hand holds patient's left foot chakra.

Focus – your energy runs from your Right hand to your Left and clears any energy blocks between them.

Result – Easing of pains; feeling of wellbeing.

Hot water bottle - for some patients, particularly in colder times or rooms, a hot water bottle under the covering towels can add greatly to the patient's comfort.

When not to massage – on open burns/sores

-- bruises and fractures

--when massage could cause a blood clot to move.

I Am That I Am is the basic affirmation to prepare the practitioner for the massage.

Enthusiasm is the basic approach to the Peloha massage, in the sense of bringing the Divine into everything that we do.

Height of massage table, if it can be adjusted to the correct height for the practitioner, makes the procedure less tiring.

Kitchen table, in an emergency, can be an effective substitute for a massage table, as can cushions on floor.