

3 Insights to Help You appreciate yourself more



Being a massage therapist for nearly 10 years has changed how I see the world, other people and myself. I have worked on thousands of bodies. Every year, I work at a worldwide convention and massage person after person. Quite often we share no words between us because of language barriers, instead, we communicate through body language and non-verbal questions. Interestingly, we always manage to get through the session and finish with smiles and gratitude. The majority of the bodywork I do is locally on my clientele. I love working with the same people and building relationships. My clients are my teachers and I am grateful for the opportunity to massage them.

This article is an attempt to give you more insight on the human body so that you can be more LOVING and ACCEPTING of your body as it is NOW. Though we are all uniquely ourselves many things are the same from person to person. Here

are 3 insights from a body worker that might help you APPRECIATE yourself more:

1. Smooth skin is a myth: First of all, skin varies from person to person. For example, when someone says "that person has 'thick skin,'" it can be taken literally. Some skin is thick and some is thin, neither is good or bad. Skin can also stretch to accommodate you. Isn't that incredible?! Depending on your elasticity, which is mostly a genetic factor, it may or may not return to tautness. Do not stress about elasticity. Have you ever seen an elderly person with taut skin? Skin ages and loses elasticity, big deal. I have seen stretch marks on the thinnest of people and not any on the biggest people. Stretch marks are also mostly genetic. Having or not having stretch marks is no more or less rare, lucky, or beautiful. Along with having skin, come various textures such as: scars, moles, bumps, and hair. Also, within your own body, you may notice that some places are smooth skinned and others are not. This is no mistake, skin is smart! There is no benefit in appreciating the smoother skin and hating the more textured places because everyone would end up hating half of their skin! Love the skin you're in!

2. Bodies smell: Notice how I didn't add the word "badly" after bodies smell? Also, I didn't say a specific part of the body, because let's face it, everyone has a stinky bum after a long day. What I am mostly referring to is everyone has his/her own

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scent. This might sound weird, but I love to smell people, especially when they aren't wearing perfumes and colognes. Smell is a great indication of health, but remember that having a body includes smells so don't try to mask every smell that you have because it's truly enjoyable and beautiful. However, if your foot is rotting away and stinking like death, then you might want to do something about that!

3. Every BODY is different: I cannot say this enough. I have seen people who look very beautiful naked and horrible in clothes AND vice versa. Clothes are not made for every body type because that would be impossible since the combinations are endless. Bodies have a lot of qualities that make them distinct: bones, skin, muscles, fat, and structure. You do not have to look like anybody else. Your body is exclusively yours. When you see another person's body and admire it, stop there, just admire! Someone is looking at your body features and admiring them as well. It may be something as simple as the way your teeth brush up against your lips when you talk, or the tone of your skin, or the way your eyes crinkle when smiling. People admire each other because we realize the beauty in our differences. Notice yourself admiring someone else's individuality. Show yourself the same admiration! If you can't find admiration, choose compassion. Acknowledge that you are made differently than anyone else on the planet and that is worth something!

Start where you are, but know that you looking like you and not "her" or "him" is not a mistake, it's a beautiful miracle. As Joseph Campbell said, "The privilege of a lifetime is being who you are." I would like to add to that, the way you look (and smell)!

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