THE OLDEST PROFESSION



by Paul Armen Odian

One of my dearest massage friends, Judy Calvert, is the former co-publisher of "Massage Magazine." We casion she has said "You share a passion for massage know, massage is the oldest and concern for the industry and have been friends trary to what you may have for over twelve years. I can heard, this may very well be attest that she has a never true

ending supply of anecdotes, inspirational, and amusing massage stories.

On more than one ocprofession." Although con-

In my opinion, empasign as a mechanism for the the hands and brain than any survival of our kind. In some this ability is more developed. Everyone has the ability to feel and perhaps sense the feelings and needs of another. Someone once said that being empathic should be a pre-requisite for a massage practitioner. Some practitioners can feel every nuance of your muscle tissue and joints, always applying the perfect pressure. They seldom follow a fixed routine or modality, their work comes from within them and represents a natural ability that goes well beyond any teaching or credentials from the outside. In tune practitioners have an inner, innate wisdom that is triggered by the needs of another. That's why I often say my clients are my greatest teachers. We are talking about an ability that was there from our beginnings as a human race. I would say that counts for "old."

thy was placed in us by de- neural connections between who ever had a muscle issue. ship." It is my intention to other motor part of the body. Our brains are intensely wired to our hands and their fore Christ, there was Hipmovement, the ability to sense and feel, and to exert the father of medicine. Toforces dynamically from the day physicians still recite the don't think you need one. lightest to deepest touch. Al- Hippocratic Oath over two Don't be discouraged, there though one can coordinate thousand four hundred years are many styles and massage movements of their hands to later. I had the opportunity is unique to the person applay a guitar, hammer a nail, to read some quotes from plying it. or perform surgery, none can Hippocrates about massage. argue that these connections He called it "rubbing up" are essential to the quality of all our lives. Many massage therapists, myself included, start to become more ambithe offering and administer- conclude massage was utiing of healing touch. This is lized because modern mediall enhanced by our ability cine was not in place. I have to nurture. Nurture is anoth- witnessed, even with moder innate ability placed for ern medicine, cases where

There are vastly more born with the first person and professional relation-

importance of working on

bring awareness to the pow-More recently, ap- er of therapeutic massage, proximately 400 years be- and help the readers be more particular recipients of this pocrates who is known to be ancient art. The best time to get a massage is when you

are part of our design and indicating working towards Paul Armen Odian has been the heart. He expressed the called a "healer," an "extraordinary massage practithe spine, and moving gently tioner," and a funny guy with into the body and slowly out. a gift for making his client's dextrous, since massage re- Hippocrates also said that for bodies feel better. Paul gives quires the use of both hands a physician to be effective in credit for his ability to feel rather than only the "domi- the healing of their patients deeply with his hands and nant hand." As these two dy- that they must be proficient fingers to Rose, a blind womnamics merge they become at "rubbing up." You might an who introduced him to Braille when he was 4 yearsold. He stayed in touch with Rose for many years. Wherever his gifts come from, his clients receive the benefits, massage brought resolution both for his touch and his to people suffering from deep caring about their well-So how old is mas- conditions that had been re- being. Paul received his prosage? Judy reminded me that leased by their physicians. fessional license as a masanimals practice massage. It is said that 80% of all sage practitioner from the Mothers use their tongues to diseases are stress related. state of Washington in 2000. stimulate breathing and their Massage has been proven to With locations in Chewelah nuzzling actions stimulate reduce stress which makes it and Soap Lake he has built a dedicated clientele whose appreciation can be seen "Clearly stated inten- in testimony on his website: people. I figure massage was tions make for a respectful www.paularmenodian.com.

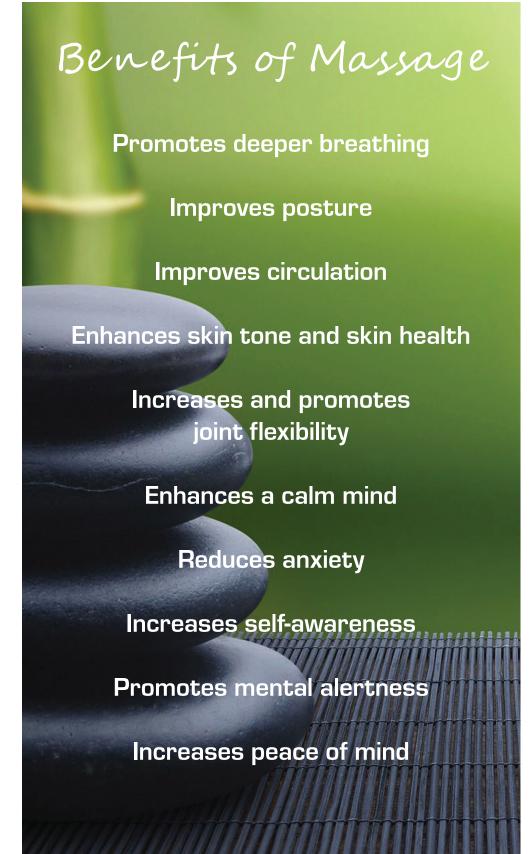
our survival and well-being. the regulatory processes, an obvious healthy choice. including bonding. Massage dates back to indigenous

Paul Armen Odian

Massage Practitioner

It's only a gift when it is being shared.

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