

KELLY'S CORNER

by Jan Kelly

There is much spoken about and written of change in Provincetown—gentrification and loss of diversity are debated—change is difficult. No one wants to lose the familiar. There are some sacrifices involved in change, but there are also gains—the health care system of our community, for one, a subject I will be exploring with you through the season from the final “Home Visit” doctor, Dr. Daniel Hiebert, to the present.

Our explorations will be of both traditional medicine and the many facets of alternative medicine. Self-care is a learning process and we are continually in a better place for this loving art. We have guides who can coach us into a better and a deserved quality of life.

Madir E. Pels, a massage and craniosacral therapist, happens to be one of these guides. You may visit her at the Life Center for Health in Provincetown. The goals of Madir's work include to encourage the mind and body to be present in the moment and to experience love, trust and receptivity. “Quite a career!” Madir smiles, “A simple massage can put you on a journey from the head to the heart.”

Beyond a simple massage, Madir treats acute and chronic physical and emotional injuries or stress-related conditions. Relaxation is achieved on all levels. “All life experiences and thoughts we have about ourselves and the world,” she states, “are stored in the body. A disease or discomfort in the body is created by a block in the flow of energy. All feelings such as anger, resentment and fear produce toxins in the body when they are not properly expressed and released.”

Madir's specific training as a massage therapist allows her to deal with the emotional content of the body as well as the physical side. The comfortable



and quiet space where Madir works hushes all negativity and promotes healing. Calm and inner comfort result in a feeling of levitation. Each massage is so adapted to the individual client, that positive results are naturally achieved. By continuing life as study and experience, Madir's powerful tools of healing, result in inner peace and a stronger life force in her clientele.

“Touch is essential. Every child needs touch like it needs food. As we are now, as adults, we deprive ourselves easily; we don't realize how much we still need to be touched. Being a massage therapist is very rewarding. You help people to come back to themselves. There is more: healing the old wounds! They prevent you from being in the present, people live either in the past or in the future, in fear of isolation, you name it. We need to put out some effort to come back to our original selves.

Craniosacral therapy is a scientific, meditative, hands-on, healing modality.”

Madir E. Pels grew up in The Hague, Holland. She studied clinical psychology at R.U. Groningen University, earning her doctorate. She practiced in the field of recovery from drugs, alcohol and related behavior until 1985 when she came to America to study the art of centering and mediation with Osho.

Osho is a contemporary enlightened master and is regarded as a buddha. He has been inspiring people all over the world to become more loving and compassionate. Osho lived and taught for four years in America, after which he returned to his ashram in Poona, India, The Osho International Commune. Madir visited and studied Oshos' teaching as thousands have done through the years. Meditation and therapy of the spirit are practiced through active meditations, body centered



therapies, dance, Tai Chi, yoga, etc. These require much body movement in order to go inside and find the self and one's peaceful spirit. Osho's teachings prepare one to become more meditative, more ready and receptive to our spirit. The western mind is hectic, concerned over so many details. Osho encourages one to throw out the craziness, the distraction before going



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inside. Osho left his body in 1990, but his teachings and ensuing inspiration go on. The Osho International Commune grows in popularity. Pilgrims of love, mediation and the spirit continue Osho's earthly, spiritual success.

Madir graduated in 1989 in massage therapy at the International Professional School for Bodywork in San Diego, California and continues her studies in craniosacral therapy and somato emotional release at the Upledger Institute at West Palm Beach, Florida. Ever exploring, learning, sharing, administering and healing, Mapir Pels along with Karuna Kres, also an Osho meditative leader, are offering a weekend retreat in exploration of their practices and theories. Mapir and Karuna invite participants to "Come Alive Now!" during their weekend retreat on Friday April 9, (6:30pm) to Sunday, April 11th (4:30pm) at a wonderful retreat center, right on the ocean at West Yarmouth.

"The workshop is for all, anyone who is interested. It might be your first or your last. It may be of special interest to people who work with people in any role, whether at work or in daily life. The workshop may also help people who have life

or body issues they would like to explore."

The retreat will work at tapping the creativity, aliveness, vitality and intelligence which lies in each individual. Dance, mediation and a few simple, carefully designed therapeutic exercises will be used to help participants find new ways to trust and express themselves. There will be a series of individual sessions of bodywork and counseling. "Inside stories" will help members gain insights into a new sense of a life of quietude, relaxation and caring for self and others. Madir and Karuna will seek to help each client feel a release, a shift, a new perspective and a deeper reference point. Hasn't self-knowledge been the key since ancient times? "The unexamined life is not worth living."

Karuna Kress received her Ph.D. in adult education from Boston University and is presently the director of the Osho Center for Consciousness in Organizations. She has worked with people for over 30 years as a therapist, personal growth group leader, organizational consultant, trainer and college teacher. One of her specialties has been working with many types of helping professionals.

The weekend retreat presented by Madir and Karuna is a unique opportunity to gain a new perspective of your life and to have fun. Contact Madir Pels at 508-487-0704 or Karuna Kress at 508-487-4728. "Allow yourself to let go. Flow naturally and let that be your way."

