

*Editor's Note: Our original intent was to have this be a quarterly newsletter. We found that it can be difficult to find time to put these together; but more truthfully, we realize that we don't have much to say that we consider newsworthy. We prefer quality over quantity and respect your time and attention. Rather than fill your mind with non-pertinent material, **In the Moment** is now a semi-annual publication. One that we hope you find enjoyable.*

## Cultivating an Environment that Allows for Abundant Growth

### INTRODUCTION

Sometimes, it feels as though winter may never come to an end. Such is the case this year. However, if you look closely, you may notice the purple crocus blooming, or the green daffodil leaves pressing up from the recently barren patch of ground. The birds are singing their songs of spring, inviting the trees to sprout the same cold branches that the squirrels are leaping from in their competition to dig up nuts buried beneath the brown grass. The elderly neighbors are again visible on their front porches, sweeping the webs out of the corners and preparing the flower boxes. It's time to pull weeds, rake the last few leaves from under the brush, and turn nutrient rich compost into the ground. It is time to cultivate! While waiting anxiously for our previous plantings to sprout, we at FLOW Massage & Bodywork are entering this season with great optimism and appreciation. As winter comes to a close and spring arrives, Kristen and I are tilling the soil of our own lives and preparing to plant fresh seeds. We are nurturing relationships, old and new. We are grateful for the bounty we currently enjoy, yet anticipate the forthcoming fruits of our labor. Sticking with this theme of growth, we invite you to share... this is what is happening in our garden.



### CULTIVATE

As some of you may already know, our intention is to live a seasonal life. One that allows us to spend our winters on and near the beautiful blue waters of the Caribbean and the warmer months absorbing the glorious greenery of Virginia, all the while, doing our part to help foster balance in your lives by sharing our experience. It has been at the core of our business plan since the beginning of FLOW. Michael had spent over a decade taking people sailing on the waters of the Virgin Islands, where he was also introduced to Thai massage. Both practices changed his life for the better and he quickly realized that he wanted to offer both as a way of life. Meanwhile, practicing as a massage therapist in Alabama, Kristen had an opportunity to go sailing and immediately dreamed of spending the rest of her life on a boat. Fate brought us together and within the first few hours of meeting we realized our shared vision. Our intention is to establish ourselves on [St. Croix](#) from November through May and in Virginia from June through October. We have been, and continue to work diligently to remove obstacles that prevent our dream from being a reality... plowing our fields so to speak.



### PLANT

This spring Michael will likely be going to St. Croix for a few weeks. The dates are not set yet, but it looks like he will be gone most of April and May. Though it may seem like a vacation, he will be busy with work much of the time. The main purpose of this visit will be to seek new professional connections and reestablish old ones so that we may one day realize the fruits of our labor. While Michael is away, Kristen will remain in Virginia and FLOW Massage & Bodywork will still be operating at full speed. We encourage those of you that regularly see Michael to allow Kristen the opportunity to serve you in his absence. She is a remarkable therapist and will take exceptional care of you. Frankly, you would be doing us a great courtesy by helping sustain our business while he's away.



## NURTURE

Over the past few years we have been nurturing our dream. Creating the environment that will allow it to be. Giving it love and light. We are excited by the possibility of extending our holistic care to the lovely residents of St. Croix. We are also excited about the prospect of including sailing as part of our services. We know from experience that the combination of sun, wind, saltwater, and marine life can be an effective way to experience peace of mind, emotional balance, and rejuvenation of the spirit... in other words, truly life changing. Once we achieve our goal, we will invite our friends in Virginia to take a break from the cold and join us in the Caribbean for relaxing sails along a tranquil barrier reef, eating healthy meals at quiet anchorages and receiving our brand of bodywork on quiet beaches. We will also encourage our island family to meet us in the stunning and lush Blue Ridge Mountains over Labor Day Weekend to attend the Floyd yoga Jam.



## GROW

Since starting our garden together, Kristen has moved to Virginia and given birth. Michael has completed massage school and started FLOW Massage & Bodywork. Together we have maintained a loyal clientele for the past two and a half years while raising a child. It is not always easy. We have to constantly weed out doubts, fears, uncertainties, and indecisions. We regularly add nutrition in the form of honest communication, love, compassion and commitment. On the other hand, we continue to reap bushels of joy and pleasure. Our bellies are full of satisfaction and excitement. Bunch after bunch of laughter and fulfillment among other countless rewards continue to cross our plates. Our soul pantry is never empty. The point in sharing this is not to complain nor boast, but rather to make a point. Growing is uncomfortable and even painful at times, yet with patience, hard work and dedication, the bounty can be quite rewarding.



## HARVEST

We would like to follow up on a few topics from our last newsletter. Our fall special was a great success with many gift certificates being sold at \$20 off. Thank you to all who took advantage of our promotion. We appreciate you sharing the gift of wellness with your friends and loved ones. Our flexible pricing did not get as much attention as we thought it might, but a few people accepted our invitation and we are glad they did. It is still our goal to make our services readily available to all. We even got a couple of barterers out of the deal. Lastly, we mentioned putting on a *Hands & Feet on Introduction to Thai Massage Workshop* in the first quarter of this year. Unfortunately we did not seize the opportunity between scheduling conflicts in time to make that happen. We will be hosting it on June 21st, however, at The Space Above Yoga Studio. For those that have already expressed interest, we have not forgotten, and will post details in the very near future. Thank you for your patience and understanding.



## CLOSING THOUGHTS

Life is a field and we are the gardeners. Working the land, though rarely stress-free, is often rewarding and always necessary in order to feed our collective soul. Cultivating is tough and plowing can be hard work, especially in a field of stones. Because we scatter seeds in all that we do, planting is inevitable. We believe it is our responsibility to do so intentionally and with loving kindness; for we all must reap what we sow. Nurturing is tricky because no one has the ability to make things propagate. The best you can do is to provide the conditions that will allow growth to occur. By nature, growth can be uncomfortable, even painful... just imagine what a seed must feel after being pressed into the ground. It must hurt when the hard casing cracks open and the first radical emerges so that it may simultaneously root into the earth and reach for the sky. We try to remember this when our son Liam wakes up two inches taller than when he fell asleep. Embrace the process! Stand proudly with the discomfort and wait patiently, with love and appreciation for what is and what will be! Harvesting the fruit of life requires making choices... we can't possibly consume everything we grow. Choose what serves you and share what you can... take the rest, pull it up by the roots and toss it in the compost pile... it might stink for a while, but it will serve you well in your next growing season. With a lot of hard work, good intentions, patience, a bit of pain (that you will soon forget), and an element of good fortune, your crops will bear fruit. With a little luck, the yield will be full of flavor, abundant, and reward the universe with new seeds to cast. Happy spring!



Give us a call, text or send an email with any questions and/or comments, to schedule an appointment or just to say "hi".

Peace, Love, and Light- *Michael and Kristen*

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