



Your personal guide to
**LIVING A BETTER LIFE –
NATURALLY**

*How to break out of your rut, embrace
the power of Massage and live the life
you've always dreamed of*

REINU KALIA-BAKER

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INTRODUCTION

All of us get into a rut at some point in our lives – almost as if our exciting, unpredictable journey through life has become more like a train moving along a long, straight stretch of track with no opportunity to change direction. When we're going through periods like this, it's easy to tell ourselves that there's no alternative; that it's simply 'how life is'. Even worse, we may not even realise we're stuck and thus take no action to make necessary changes in our lives to get out of the rut.

This applies to all aspects of our lives – from relationships to careers. In a lot of ways, it's like muscle memory. Just as our bodies can develop mechanical habits, so too can our thoughts and emotions, even if such learnt behaviour is not necessarily in our best interests.

But as a qualified 'Transform Your Life' teacher (who works both one-on-one and with groups) and a Master Practitioner of *NO HANDS* Massage® (of which I am one of only a few in the world), I've seen first hand that it doesn't have to be like this.

We all have the power to make a change – quite possibly a dramatic change – in our lives. It's no different from getting a new look

at the world by trying on a new pair of glasses. Just by changing the way we look at life, the way we handle both challenges and opportunities will be transformed and we'll start seeking and achieving the things that are really important to us.

Sometimes all it takes is another person to help us get off those train tracks so we can start making positive, progressive steps in our lives. And it doesn't have to be hard. Much of the time it takes the lightest touch from both you and your therapist to instigate the most profound changes in your life.

With that in mind, let's look at some of the different ways you can start transforming your own life...

Reinu Kalia-Baker

Taking your first steps

When anyone comes to me expressing an interest in transforming their life, be it through working one-on-one or in a group session, I always offer two ways of beginning: either by stepping back and taking a wide view of their whole life, or by focusing on a more specific problem or concern.

Both approaches are equally valid. Often I find that when someone begins with a specific problem that is affecting their life in a very clear, tangible way (a toxic relationship, for instance), once they have dealt with it, more lingering problems begin to emerge (including some they may have not even been aware of) in subsequent sessions. As a result, they start to develop a wider variety of tools to assist them in living a happy life.

Making changes in your thinking

Many of us go through life suffering from a wilful blindness. We allow patterns of behaviour that we originally developed to protect ourselves to become constrictive. While they may have served their original purpose and spared us some hardship, they now have such a firm grip on us that they prevent us from taking

advantage of new opportunities, damage our relationships, and make it extremely hard to extract any fun or enjoyment out of life. The classic example is someone who has become extremely cold and impenetrable in their daily interactions with others.

Breaking these patterns is an intensely personal process. Although a neutral third party can be a great help by acting as a guide throughout the process, the insights and motivation for change have to come from within you. If someone actually has to point you in a specific direction, then masses of your inner power will be lost. That's why I view the position of a 'Transform Your Life' teacher as one of a facilitator, pointing out signposts and scattering petals of reason and understanding wherever necessary in order to help the client make progress.

Developing the skills that will keep you moving forward

A big part of transforming your life is developing the right set of skills for living. Some of these may seem simple, although actually implementing them in your life can prove challenging at first. But I can personally attest to their effectiveness, having utilised them all in my own life to great effect.

Take responsibility for your own life

This is simple in principle, but difficult to put into practice! Nonetheless, it's vital that you accept that your path in life is determined by you and no-one else. Once you stop blaming others and acknowledge your part, you will be far more powerful, present and positive in all aspects of your life.

“We immediately become more effective when we decide to change ourselves rather than asking things to change for us.”

Steven Covey

Embrace change

Einstein's definition of insanity is doing the same thing over and over again while expecting a different result. If you're to make changes in your life, you can't simply sit around and wait for them to take place. You have to seize the initiative and make them happen yourself. Don't just accept change as something that life imposes upon you – embrace it, and use it as an opportunity to move further out of your comfort zone. Be passionate! Interest alone will not be enough to overcome inertia and initiate change.

Develop the right attitude to change

Any worthwhile change is only achieved through time and patience. Be realistic in your expectations and look at setbacks as opportunities to learn and improve.

“The greatest glory in living lies not in never failing, but in rising every time we fall.”

Nelson Mandela

Slow down!

No meaningful change ever happens overnight, and if you attempt to force it through a lack of patience, you are sure to be disappointed. Slow down, be patient and take the time to reflect. It'll pay off later!

Take the time to reconnect with yourself

The hectic pace of modern life makes it all the more important to take time out for ourselves every so often to quieten our minds

and attend to our thoughts and feelings. There are no rules about how to do this. It could be daily stretching, taking a walk, having a warm bath, or meditating... Find out what works for you and set aside the time to do it.

Although at first you may have to force yourself to do this, it'll soon become part of your daily routine and your life will be all the better for it.

Be yourself – nobody else can!

“This above all; to thine own self be true.”

William Shakespeare

We all have things about ourselves that we don't like, but it's all those different qualities – good and bad – that make us unique so we should acknowledge them all, recognising that exploring the 'bad' often affords us our greatest opportunity for personal growth.

Love what you do so much that you never want to retire

Passion, determination and skill are the three keys to success in any field. Whatever you want to do with your life, approach it with those three elements in place if you wish to achieve enduring success.

Focus on your goals

*“Imagination is everything. It is a preview
of life’s coming attractions.”*

Albert Einstein

Make sure your every word, action and intention is aligned with your goals to prevent them from becoming diluted over time. Visualise your success, mentally rehearse it, and concentrate on the things you need to do to make it a reality.

Be self-sufficient and believe in yourself

Do not allow yourself to be held back by the need for others' approval. If you are truly passionate about what you are doing, it is unnecessary.

Get rid of your limiting beliefs

“If you think you can or you think you can't, either way you are right.”

Henry Ford

Start using your emotions as your guide. Every time you start feeling down trace your thoughts back to their root and identify the patterns of thinking that are holding you back.

Once you have identified the patterns behind those limiting beliefs, you can start replacing them with positive, empowering beliefs through daily affirmations. This will lead to a permanent change in the way you think about your life. It's a bit like debugging and improving the software of your brain to enrich your life.

TRANSFORM YOUR LIFE IS TO YOUR MIND AS MASSAGE IS TO YOUR BODY

Why Massage is so powerful

This is a subject particularly close to my heart. I've always been drawn to Massage, as it is both natural and powerful.

This isn't just from my own experience – I've been providing Massage services to a wide range of clients for several years now and have seen over and over again how powerful it can be when clients incorporate it into their lifestyles rather than just treating it as something they have every so often. Massage forms a pillow for our health and wellbeing. It's not just physical – it's mental, spiritual and emotional as well.

It impacts our lives in so many positive ways. Unlike the 'happy pills' that so many of us resort to in an attempt to soothe our troubled minds, there are no side effects from Massage. This makes it a wonderful treatment that can slot effortlessly into our existing lifestyles, even with the hectic pace of modern life. In fact, our fast-paced lives make Massage even more important.

What Massage can do for you

The benefits and effectiveness of Massage have been scientifically proven on numerous occasions. For example, Massage has been clinically proven to...

- Strengthen your immune system by producing more of the cells needed to fight infections and illness
- Improve your mood by producing higher dopamine and serotonin levels (these are the 'feel-good' chemicals produced by your brain)
- Improve sleep patterns
- Reduce pain (including low-back pain), as well as improving your flexibility and range of joint motion
- Reduce depression and anxiety
- Slow the ageing process and increase your overall level of wellbeing

- Reduce your blood pressure, heart rate and levels of stress (leading to improved performance at work!)
- Lessen your dependence on medication
- Relax and soften injured, tired and overused muscles

Research has shown Massage to be an effective tool in everything from the treatment of chronic diseases, neurological disorders and injuries, to alleviating the tensions brought on by the hectic pace of modern life. It's no surprise that many medical professionals are embracing Massage as a key component of patient care.

What do you want out of your Massage?

It may seem a strange question, but take the time to think about it...

I always start my sessions by asking this question to ensure the client gets the most out of it. At their first session, the problems are usually physical in nature. They (rightly) view Massage as a way of warming, loosening and stretching their bodies and getting more flexibility into their lives. If they've come to see me for, say, an aching back, then their back ache will lessen, just as expected. But that's just the beginning...

Soon afterwards, they discover that rather than simply moving away from their pain, they're actually moving towards pleasure and seeing a significant improvement in their overall level of wellbeing. They feel more balanced mentally and emotionally, more energetic and they develop a greater sense of where they are and what their purpose in life is.

“Regular Massage is rather like removing the layers of an onion...”

It's a deeply personal process – after all, everyone is unique, so everyone's journey will be different, but if you go in with a clear idea of what you want from your sessions, you'll be amazed at what is possible. But when you muster the courage to identify what you really want and ask for it, it'll represent a huge improvement in the effectiveness of the treatment. Once you've had your first session, you should be able to work with your therapist to draw up a personal health and wellness plan to suit your budget and your needs.

This can easily be turned into a key part of your everyday life, with each session a new step on your personal journey. Regular Massage is rather like removing the layers of an onion – each Massage provides an opportunity to peel away layers of

accumulated stress, tension and anxiety. If your therapist can 'catch' you before you rebuild another layer, real and enduring progress is possible.

Taking a holistic approach to wellbeing

Over the course of your Massage sessions, the mental, physical, emotional, spiritual and energetic aspects all develop in tandem, with improvements in one leading to improvements in the other aspects. It's for this reason that I've never felt the need to compartmentalise the different aspects, as Massage is such a powerful therapy that it covers all of them naturally.

Too many people assume the physical side of their being is totally disconnected from the mental and spiritual. All aspects of our being are interconnected, so our cells will remember any negative feelings or experiences, causing them to manifest as physical symptoms. For example, people who feel frightened commonly experience a knot in their stomachs and people who are constantly wound up are often extremely tense around their shoulders. The more long term the symptoms persist, the greater the potential problems.

“Massage helps them refocus and re-engage....leaving them feeling renewed”

This is all a result of disempowering beliefs that have a negative effect on our overall health and wellbeing. All too often, we rush to treat the symptoms with medication as our illness causes us to panic. But this will fail to provide a complete cure, as such treatments will seldom get to the underlying root of the problem. As a result, people find themselves making their health and wellbeing the responsibility of others, be they doctors or alternative therapists.

Fortunately, there's an alternative: if that same tissue is approached in a safe, considered and gentle manner, it will start to unwind underlying mental and emotional problems as well as the physical symptoms. Very often, I meet clients who come to see me about physical issues that just won't go away, only to find as we progress through their sessions that the problem is merely a symptom of something more deep-seated. The Massage helps them refocus and re-engage their brains with the underlying problem and effectively deal with it, lifting the burden off their shoulders and leaving them feeling renewed, reinvigorated and ready to take their first steps towards tackling it positively once and for all.

In cases where the person is under high levels of stress, ongoing treatment may be extremely beneficial, both physically and mentally, as it can help them develop a greater awareness of what their body is trying to tell them, thus spotting signs of imbalance and dealing with them before they become serious.

Your first Massage

If you've contemplated having a Massage but never taken the plunge and booked your first session, I'd advise you to go for it! After all, what have you got to lose?

It's understandable that some people feel apprehensive at first – after all, it's a very personal, intimate process. You need to be completely comfortable with your therapist, so do plenty of research in advance and find someone who is both qualified and who makes you feel comfortable. Do not be afraid to trust your instincts here – overthinking the process almost spoils the purity of the Massage.

If you are not getting the results you want from a therapist, it's possible that it's not their fault or yours – your energy is simply mismatched. Keep looking until you find the right therapist for you.

How we lose touch with the importance of physical contact

“Physically touch is a very crucial factor for healthy development, including the development of the brain. It is simply that as human beings, our physical condition requires touch to develop fully.”

The Dalai Lama

It's a sad fact of modern life that as we get older, we lose the sense of touch we are born with. Touch is the most natural thing in the world, until we have negative experiences that teach us otherwise. In Himalayan cultures, physical contact and Massage are considered essential for healthy development. Indeed, author Vimala McClure, who spent years travelling and working in India, maintains that in any society where physical contact is commonplace “adults are less aggressive, balanced and more compassionate”.

Getting back in touch with these feelings can be a big challenge, but if you begin to focus on the ‘why’ – your goals for your Massage sessions – rather than the ‘how’, those walls will start crumbling down. Allow yourself the opportunity to daydream, imagining how you'd like to feel at the end of your Massage.

“But I don’t like the idea of being Massaged...”

There is nothing to fear.

However, if you are particularly timid about being touched, there are still plenty of wonderful Massage treatments you can enjoy that will involve less physical contact, such as reflex Massage. This way you can overcome your fears at your own pace and eventually start experimenting with Massage in other areas. Once again, don’t be afraid to discuss options like this with any therapist you are considering.

On a similar note, people may feel uncomfortable during their Massages as they worry that they’ll have to make small talk with their therapist, but this is far from the truth. In fact, I specify to my clients that I work in silence. The reasons for this are two-fold. First of all, it means that the client doesn’t feel the need to make small-talk and can instead relax and enjoy their Massage, taking the time to reconnect with themselves. Second, Massage is just as intense for the therapist as it is for the client. Working in silence allows the therapist to better tune in to the tissues and make the Massage as effective as possible.

Don't forget, ***a good therapist will want you to feel as comfortable as possible.*** They should demonstrate how to lie down on the couch and give you some privacy to get comfortable before the sessions begins properly. After that, it's just a question of relaxing and indulging your senses as your therapist does their job.

At the end of every session, something should be different, whether it's physical, mental, emotional or spiritual. This is effectively the second stage of your treatment, so it's important that you have some time to absorb it and reflect on what's changed rather than immediately getting dressed and going straight back into 'work mode'. Your therapist should allow you a little time for this, giving you the opportunity to reflect on your treatment and notice what's different.

*“Working in silence allows the therapist
to better tune in to the tissues...”*

You should leave each session with a new feeling; focus on this and take it with you. It could be anything, for example, suppleness and fluidity in your whole body and mind; something ongoing sessions will help you maintain.

The different disciplines I use and how they work with Massage

There are a great number of therapies, all with specific applications. Personally, I incorporate a variety into my work to suit the client's particular needs and goals. I've found that combining different approaches delivers more powerful results.

For instance, Emmett technique is gentle and extremely effective for lingering muscle injuries, weakness and inflexibility. It's a deceptively subtle therapy, as the results can often be staggering. I often liken it to de-kinking a garden hose – one small adjustment, and suddenly the water is flowing freely! The process is similar with muscles and tendons, as the therapist concentrates on re-educating muscles through a series of small, precise adjustments.

As a BVM Master Tutor to other therapists, I also employ acupressure and ayurvedic treatments, which are both extremely effective, including when someone has limited motion, knotted muscles or a persistent tightness in a particular area. With problems like this, simply going harder and deeper will not usually remedy the problem once and for all; the therapist needs to take a holistic approach and allow the client time, by being kind to the body, so the improvement will 'hold'.

Contrary to popular belief, the most effective Massage is often about a light touch – small, precise adjustments rather than manhandling the client (another reason to look for an experienced, qualified therapist who you're completely comfortable working with).

Why the *NO HANDS*® Massage approach?

My personal favourite is the *NO HANDS*® Massage approach, of which I am one of the few Master practitioners in the world. Through the use of a lower-than-usual couch, I am able to incorporate my whole body weight into the Massage. This allows me to go deeper, when needed, than conventional techniques would allow and also to keep my own stamina up (it's quite possible for me to do seven Massages a day using this approach and actually finish feeling more energised and limber). Along with my other techniques, it's tremendously powerful and is recognised in the industry as the 'gentle giant' of Massage because of this unusual combination of power and delicacy.

CONCLUSION

I hope this little booklet has inspired you to starting taking steps towards making positive change in your own life, breaking out of the tired patterns of thinking that are holding you back and perhaps giving Massage a try if you've been reluctant to before. It should be clear now that you already have the power within you to transform your life, but also that there is no quick fix.

Everything we've discussed here is just the beginning of an exciting life-long process of self-discovery. It requires time and dedication to unlock its full potential. Just as Massage requires a series of sessions to gain the maximum benefit, so too should you be constantly on the look out for new ways to improve yourself and live a better life. As you delve deeper and deeper, things will become far more refined and clear for you and you'll start making bigger and bigger strides out of your comfort zone. It's a long journey, but I can personally attest that the rewards are definitely worth it.

By picking up this booklet you've already taken your first step, and so I wish you the very best, whatever your journey has in store for you!

A SPECIAL READER OFFER

In life, I've discovered that often the simplest things are the most powerful. And so it is with Massage and the way this ancient, natural healing therapy permeates all aspects of life.

A truly bespoke experience – each Massage is tailored to your preference, adjusting depth, pace, technique and areas of focus to suit how you want to feel at the end.

I'd like to help you experience this for yourself by offering you **20% off your first Massage.**

OR...

A free, no-obligation Transform Your Life telephone consultation (15 minutes) to help you to discover the best route for you and your own path through life.

All you need to do is mention this booklet when you make your first appointment with me.

I look forward to meeting you!

WHAT PAST AND PRESENT CLIENTS HAVE SAID ABOUT ME...

“Two days later and I still feel great after my treatment, just wanted to thank you once again, my wife will be booking hers soon and I’m up for another session or three as advised. Will book them soon, thanks.”

J. Manning

“Just wanted to thank you for seeing Hannah at such short notice. She was seriously stressed after an awful week and I thought – I know the very person she needs to see!! Anyway, you certainly did the trick. She had a bath when she got home and then had the best night’s sleep she has had for months.

“PS. Hannah says it was the most amazing Massage she has ever had, if and when she becomes a GP she will definitely recommend you – much better than ‘happy pills’!”

B. Tetlow

“Thank you for yet another fantastic session on Friday. I wanted to write sooner, but have been looking for a picture that matched the feeling and dream of where I was whilst with you. Please see the attached pictures. Even though I have never been there and never seen these pictures before, they are almost identical to the pictures in my mind’s eye on Friday. I’m not sure if it was the ambiance or just the mood... but it was terrific and I’m looking forward to visiting again this week.”

T. Gabriel

“Reinu is wonderful and always makes me feel amazing. If I had the funds, I’d see her every day. She deserves an OBE!”

L. Sones

“I found the course of 4 Massages over 6 weeks or so very beneficial and came out feeling much better. The NO HANDS® approach is great – each stroke feels like the undertow of a large wave in the sea: powerful, relentless and cleansing. The whole experience was lovely, starting with the enchanting Hobbit Hole entrance, a restful atmosphere, delicious setting and, of course the very considerate and skilful Reinu. It was so good I sent the rest of my family along as well for a treat.”

Chas Bailey

“Reinu provides the most marvellous NO HANDS® Massage and I have been seeing her regularly for around 5 years now. Having had a range of Massage techniques and providers over the years, Reinu has had the greatest impact on me. Reinu’s holistic approach has really helped me through some very tough times in recent years too. I truly regard her session as an effective treatment to help me feel great and not just a treat. I tend to arrive feeling frazzled, tired or stiff and I leave feeling completely nurtured, energised or relaxed. Sometimes all three at once! I believe everyone would benefit from Reinu at her lovely retreat and can’t recommend her highly enough.

“Thank you Reinu.”

Lisa Rayner

“I’ve had Massages in several different countries, but none can compare to the one I had on March 31st 2012 at Reinu’s.

“I was introduced to Reinu by a friend who has been visiting her for some time, and has always said how special her treatments were, and I can now say they are very special.

“I was warmly welcomed by Reinu, and made to feel at home straight away by her warm and bubbly nature. Reinu asked me a few questions about my health and history, and then asked me what I wanted to gain from the experience. As I was experiencing some back pain and stress at the time, I said I would like to be able to walk upright and to feel connected with myself again.

“Reinu did her work (I’d like to say magic because that’s how it felt), and I could feel the pain and stresses slipping away and I was almost asleep on the table. Although I was being given a good deep Massage, it didn’t feel like I was being invaded; I had no pain which I have experienced in other Massages, just a calmness that permeated throughout the room.

“I’ve booked a short course of Massages...next one is this Saturday (May 5th), and I can’t wait to feel that touch and warmth again, and to continue my journey with Reinu.”

Angela Jones

“Reinu’s is one of the most intuitive and enjoyable Massages that it has been my pleasure to have been a recipient of on a regular basis.

“I am fortunate enough to have travelled and have had Massages in many different countries and I know that Reinu is right up there – the best.”

“A 5-Star experience.”

Mike Fels

ABOUT REINU

Over 10 years ago, Reinu left a very successful career in the financial world to pursue her true passion in life – helping others live happier lives by improving their overall level of wellbeing.

Years of training and research into a variety of alternative therapies led her to found Reinu's Retreat – a unique environment where her clients can explore a holistic approach to health and wellbeing and benefit directly from Reinu's years of experience and wide range of skills.

Reinu is one of the world's leading practitioners of the *NO HANDS*® Massage approach, as well as a certified Transform Your Life therapist. Her Transform Your Life sessions can incorporate individual consultations that look at your whole life; programmes to enhance your life skills; and intensive workshops for when you need that little bit of extra care and attention.

She works closely with each and every client in order to provide them with the therapies that are best suited to their personal

needs. If you feel stressed, sick and worn out by the frantic pace of modern life, Reinu can help you reconnect with your wellbeing and discover a whole new outlook on life.

Just visit her website to find out more...

www.abetterlifeforally.co.uk

Your personal guide to
LIVING A BETTER LIFE – NATURALLY

*How to break out of your rut, embrace the power of Massage
and live the life you've always dreamed of*



Have you found yourself stuck in a rut – as if you've lost sight of your true path in life and are living in a way that doesn't reflect who you truly are? It's not uncommon. Many people find themselves caught up in the frantic pace of modern life to the extent that they become trapped where they are.

But this is your first step towards changing that...

Reinu Kalia-Baker, the *NO HANDS*® Massage Master, Transform Your Life therapist and BVM Master Tutor, has written this very special booklet to help you take your first steps towards a happier life. Inside, she shares such profound lessons as...

- » Why the lightest touch can have the most powerful effect
- » How to embrace change rather than being terrified of it
- » How to choose the therapist that's right for you
- » Why regular Massage treatments are the most powerful thing you can do to improve your overall quality of life
- » The different treatments, therapies and approaches she employs and how to decide what combination is right for you

And much, much more!

These are all lessons Reinu has used to change her own life for the better and then passed on to her many clients to help them do the same. Try them today and you'll be amazed at how quickly you see both subtle and profound changes in your life.

www.abetterlifenuaturally.co.uk