

Magic Tree Massage Story

Courtesy of Sanna Tuovinen <http://www.satuhieronta.fi>

Translation Sirpa Kaajakari <http://www.kaikulifestyle.com>

Sanna Tuovinen is a Finnish massage therapist and she has a story massage company. She kindly gave me this story with its instructions and a permission to translate it. Sanna says: "This is a fascinating Finnish story suitable for all children. It works especially well for sensitive children or for situations where the child needs to feel safe and is in need of extra support."



The messages of this story:

I grow and get stronger every day.

Everything I need will present itself to me at the right moment.

I am safe and I am being taken care of.

--

Have the child lay on their stomach on a yoga mat or another comfortable surface.

Once upon a time there was a little squirrel who lived in the forest. It collected berries, nuts and seeds to eat. Make soothing movements with your fingers along the back, stopping every now and then.

One of the seeds, the squirrel hid in the ground. It happened to be a seed from a magic tree! Press very gently once in the lower back to plant the seed.

The seed sprouted and the tree started to grow. Using both hands, glide the palms of your hands towards the head from lower back.

The tree just kept growing and growing. There were lots and lots of branches. Form branches with the palms of your hands from the spine to the sides.

The tree grew so big it soon reached the sky. Use soothing strokes along the arms if they are above the head, or massage the head instead.

The tree could speak. It said to the clouds: "I am thirsty. Please give me some water." And soon it started to rain. Make rain with the tips of your fingers on the back.

The rain became stronger and stronger. It was pouring rain and the tree could drink as much as it wanted. Make stronger rain (avoid the spine) and make long strokes (over the back and arms) like rain that flushes everything off.

When the tree had gotten enough to drink, it said to the sun: "Please warm me up, I need your light and warmth." And the sun came out and started warming up the tree and drying the rain drops off the leaves. Circular motions with the palm of the hand all over the back.

A lot of birds came and perched on the branches of the tree in the lovely sunshine. Press with the palm of your hand where the birds land.

The tree felt happy listening to the birds sing and the wind rustling its leaves. Make whirly windy movements with your fingers on the back.

The End.
Press lightly on the back with the palms of your hands.