

The article below was taken from Massage Magazine's web site and published June 6, 2011.

THERAPEUTIC INSIGHT: THE MYOFASCIAL RELEASE PERSPECTIVE—WHAT IS A MYOFASCIAL RELEASE THERAPIST? PART II

by John F. Barnes, P.T., L.M.T., N.C.T.M.B.



In [my last article](#), I discussed what is necessary to become a myofascial release therapist. To expand, a myofascial release therapist is a highly skilled individual who has explored deeply within themselves to attain clarity and strength. They embrace the power of silence while flowing in the present moment.

Thinking and talking is like static on a radio—nothing is being accurately perceived or heard. It is only when we are in deep stillness and silence that we are capable of receiving the information we need in order to make proper analytical and intelligent decisions. This is wisdom—one being's mind-body wisdom communicating with another's mind-body wisdom. It is this deep communication that allows the therapist to accurately perceive what a person or animal's unique problems, dysfunctions and potentials are in order to make accurate therapeutic decisions, moment by moment, in order to enhance their performance, health and well-being.

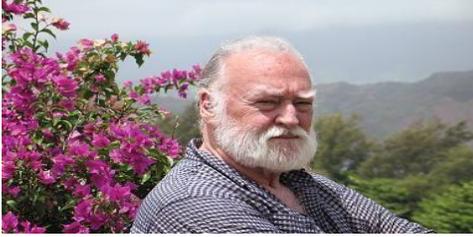
As a client, when you are being treated by a myofascial release therapist, you are encountering a unique individual. This individual has extensive and special training and talents, and has expended a considerable amount of time developing his skills and awareness. They have done everything they will be asking their client to do and feel. They are interacting with their client from an extensive knowledge base and extraordinary personal and professional experiences. They have had the courage to feel their own pain and face their own fears. They have already been to where they will take you for your healing to occur. We believe therapists can only take their clients as far and as deep as they are willing to go themselves.

When you are with a myofascial release therapist, you are in the hands of someone who has internal strength, courage, integrity and incredible awareness. You will sense the gentle, yet powerful feel of their essence when they are near you and as they touch you. Allow their presence and the luminescence in their eyes to inspire you and reconnect you with your essence. We know that you have these attributes also, and we will help you reach your full potential. We will help you reach your goals as long as you are willing to help yourself. What you will get out of myofascial release is what you are willing to put into it.

Your myofascial release therapist's formidable skills, inner calmness and confidence will help you peel away myofascial and emotional barriers that have blocked the full expression of your true self. In so doing, you will rediscover your own tranquility, strength, mental clarity and awareness. Re-igniting your "spark of life" will return you to a natural, joyful, healthy and pain-free active lifestyle.

Sincerely,

John



John F. Barnes, P.T., L.M.T., N.C.T.M.B., is an international lecturer, author and acknowledged expert in the area of myofascial release. He has instructed more than 50,000 therapists worldwide in his Myofascial Release approach, and he is the author of Myofascial Release: the Search for Excellence (Rehabilitation Services Inc., 1990) and Healing Ancient Wounds: the Renegade's Wisdom (Myofascial Release Treatment Centers & Seminars, 2000). He is on the counsel of Advisors of the American Back

Society; he is also on Massage Magazine's Editorial Advisory Board; and is a member of the American Physical Therapy Association. For more information, visit www.myofascialrelease.com.