



Andalucia Therapies

Enzo Merante is a massage therapist, counselor and coach, spiritual mountain world tour guide.(individual or group service available) Vipassana and zen meditation teacher. He was born with a special gift of healing which he has developed during his work as a therapist and healer for 30 years. If you experience problems in the area of..... You will benefit from Enzos therapy. "I initiate people to their own selfhealing process", "I'm only a guide and companion", says Enzo. In the reviews on Facebook you will find "A treatment with Enzo Merante is really amazing", "I would recommend everyone with some kind of trouble with themselves to seek help from Enzo ", " best therapy ever". Enzo knows the clients needs by observing body language, aura, voice and by dialog. Through intuition he gets a lot of information and he handle it with gentle care and love to help the client to a healthier happier life. When detecting problem areas the client is unaware of Enzo gently and patiently help the client to uncover and discover what is needed to heal. Therapy includes massage, chiropractic techniques, energy work, guidance in lifestyle such as what food, exercise and herbs that will support your healing process. All therapy is individualized to meet the need of the clients. On-line therapy/counseling is a process starting with building a relationship based on trust and awareness. Enzo gently guide the client to higher selflove and awareness. From there happiness and creativity is amplified. When needed the therapy includes interaction within family or other relationships. As a counselor Enzo keep you safe by holding you in complete focus, showing respect and acceptance while guiding you to uncover what have been hidden and what changes that will serve you. Enzo always will guide you to find your own way with great empathy and love. The gift of healing runs in Enzos family since generations and is Enzo started up as a child by healing animals. During his life he

has been travelling around the world studying all aspects of human health; physical, psychological, spiritual and a wide variation of techniques. (Education and work experience listed below). Within 30 years of offering his healing skills he has refined his methods. Enzo is both an outstanding hands-on therapist working with massage, manipulation and stretching. For decades he has been developing his own method to use Tibetan singing bowls by placing them on the body, choosing the right tune and vibration due to the conditions. Sound/vibration is the most profound and strong therapy when energy is out of balance. Enzo's goal is to help his clients to find their way to live life fully. He always meets his clients with high standards and a sense of cosmic responsibility serving humankind. Today a lot of people suffer from confusion due to too much information. This can lead us to be paralyzed or waste our energy in the wrong direction. When we connect to ourselves we will know what to do and what actions that are needed in our lives. Information is already in us as a dormant power. To get in touch with this can be lifechanging for the individual. When we do this together in a group we will elevate the frequency and affect our society and planet. It is Enzo's intention to guide individuals and groups from a state of confusion and inactivity to a state of empowerment and action. Workshops, walking events, shamanistic ... spiritual mountain and world tour guide. (individual or group service available) you can travel and have fantastic experience inside anthropological cultures and societies under the protection of an excellent world traveller having fun and discovering sacred places

Andalucia Therapies Phases

From Fb: Phases That Take Place In Every Session Of Massage 1: INITIAL CONSULTATION With the person lying face down a bowl is placed on their spine, moving upwards from the lower back to the neck; then lying on their back the bowl is moved from the pelvic area up to the neck. Through the vibrations, energetic blocks are identified and released through the sound the client is in a deep state of relaxation and has inner peace letting himself go through the music this is the starting point of the relationship between client and therapist. 2: INTERCHANGE In the second phase, a mixture of massages and yoga is used. The therapist chooses the most relevant form of healing based on love and the interchange of energies, working together on a physical and emotional level. The simplicity and purity of this therapy reminds ourselves how much as human being, to give and receive without the inhibiting restraints of conventions that prevent us from expressing our true selves. 3:

REBALANCING The last part of the therapy, the energy points having been balanced, are now closed to help us to return to one daily life where our dreams become reality and our fears become

"adventures". Description Of The Techniques Used 1. TIBETAN THERAPEUTIC BOWLS (MUSIC THERAPY) The sounds without words transmit messages are accompanied by different (states) from tension to easing, passing from restlessness to a sense of the new well-being. The human body is a set of vibrations and waves. Health organs vibrate in right frequency and are tuned well, whereas unhealthy ones are out "of tune". It is for this reason that ultrasound is used in physiotherapeutic treatments. The sound creates well-being and contributes to the adjustment of the body and mind.

2. MESSAGES They are excellent for the relaxation and elimination of stress, tension, and disease of the body and mind. The massage is an invitation to experience a different state where we are able to forget the consequences and to manage to live in the present. Ayurveda: The term is a combination of two words of sanskrit auyr (life) and veda (knowledge). It is a former indian science that teaches the dynamics of the being and the laws that preside over in the universe and govern man. Basic elements are five (ether, air, fire, earth, water) and its balance corresponds to physical health.

Ayurvedic massage balances the vital energies, through the chakras (energetic centers), herbs, minerals, oils, music therapy and aromotherapy are also used. The Tibetan massage pulso: In this technique a series of pressures by hands and feet, eliminate negative energies. This massage is useful for people susceptible to eliminate mental stress. Acupressure: It is a method of healing that

consists of the stimulation through pressure with the fingers, of the points of acupuncture. With it the vital energy is obtained, rebalancing vital energy. 3. HOLISTIC THERAPY The word Holistic comes from the Greek holis which means "global". The health of the holistic massage helps the maintenance or the recovery of mind, body and spirit. Pranatherapy: Prana is a sanskrit term that derives from pra (out) and na (breathing-life). Its meaning is vital-respiratory energy. The technique of pranatherapy consists of the healing with the placing of the hands using only the prana channeling the energy that has got lost, that can be the cause disease. Massage during pregnancy: This stage in the woman brings a series of physical and psychological changes: These changes in 9 months, sometimes come accompanied by moments of anxiety, stress, fear, weariness,... that can prevent her from living through this wonderful stage of life with serenity. The massage in this context, is a valuable instrument to help her to improve emotional health: in the session the mother prepares herself for the birth of her child getting used to listening to the motor reactions, perceiving her interior rhythm and the changes that are taking place in her body. These practices increase the probabilities of a rapid recovery after the childbirth. For the emotional of the child being touched is a vital need, facilitating a more harmonious and strong development. The varied rhythmic sonorous activities help to prepare the balance and serene relation between parents and baby the structural and functional development of the nervous system of the baby

Andalucia Therapies CV

THERAPEUTIC MESSAGES CURRICULUM Nationality Italian Date of birth 24/09/1969 PERSONAL STATEMENT I am a creative enthusiastic and communicative person. I am able to work with

confidence and closely with clients. I have got good communications and listening skills and ability to develop empathy with clients. I am able to recognize when the client needs to be referred to a doctor and I have a good practical skills and manual dexterity. I have got the ability to keep accurate and up to date clients records and good commercial skills. I am reliable, organized and able to work in a team. WORK EXPERIENCE. 2005- PRESENT Self employed. Owner and manager of Massage Clinic 'andalucia therapies', Nerja, Malaga, Spain. 2004-2005 Aroma Therapist. Macondo Spa, Mallorca, Spain. 2002-2004 Hammam Massage , Garanada, Spain. 2001-2002 Children supervisor and teacher, Nerja, Malaga, Spain 2000-2001 I had worked in hospital as Wozzo Massage therapist(pool massage), Spain 1999-2000 Voluntary work with disabled children- Rudolf Steiner, Austria. 2000 Voluntary work- Mother Theresa, Calcutta, India. 1997-1999 I sold herbs and teas on the market, I worked and live with multi cultures due to world studies and traveling and I organized my own workshops in health and music therapy. EDUCATION AND TRAINING 1992-95 Diploma in trace element, anti-aging and gynecology (ANET, Trace Element National Association, Malaga, España). 2010-11 Naturopathy Chiropractor Osteopath technician, (Alternative Yoga and Massage Therapy Centre, Fenaco c/monte de oca 20 bajo Malaga España). 2009-10 Thai Massage (Hiang Mai Disable Centre, Rajapakinai Road 133/1 Chiang Mai, Thailand). 2007 Reiki, Natural Healing (Usui Shiki Ryoho, Israel). 2006 Marma Thirummu and Pancha Karmah (Providence Ayurvedic Health Center, Arambol, Goa. India). 2005 Kottakkal Arya Vaidya Sala Ayurvedic hospital & research centre (kottakkal 676503, Malappuram dist. Kerala, India). 2005 Thai Traditional Blind Massage training centre (Supattra Lampoonpong, Chiang Mai,Thailand). 2005 Naturopathy Indian Board Alternative Medicines, (80 Chowringhee road, 700020, Calcutta, India). 2004 Ceramics Art School (Sa Gerreria , C/ Gerreria 6 07002, Palma de Mallorca, Spain). 2003 Psychology Culture & Society (Oxford College of further education, Blackbird Leys campus, Oxford, OX45HN, England). 1998 Social Studies (university of Cambridge Mc Phil department England). 1996 Diploma in Photography (Riccardo Bauer Via pace10, Milano Italy) LANGUAGES Italian Mother tongue English Good Spanish Good French Intermediate Portuguese Intermediate INTERESTS Guitar, songwriter, poetry, painting pottery teacher. Landscape gardener, travels.

Andalucia Therapies Meditation

When you begin meditating, thoughts keep coming into consciousness with such rapidity

That there is little time to actually be observing the breath. During the first few minutes of a

meditation the mind is busier than later in the meditation. The longer one sits the more the mind settles and less thoughts intrude on the attention to the breath. The mind settles, the breath settles, and the experience becomes richer and more valuable.

Meditation's goal is not to really enjoy the experience of meditating but to have carry over and improve mindfulness during the day. Every minute or hour meditating increases the habit of being mindful during the day and this is the true wonder of meditation. If instead of Meditation, the word Meditation was replaced and was called "Retraining the Brain so I am much more Happy, Patient and Like Everyone More", maybe more people would do it. A great example of how I see the benefit of mindfulness is as follows: one. I think, "I am getting angry. Is this an emotion I want to cultivate or not cultivate? This is not an emotion I want to have or give into." I then can try and really observe the anger. I can try and feel where the anger is and what it is. Oh...it is a feeling of energy in my chest. I can then welcome it's appearance like a child (great Thich Nhat Hahn advice), say hello to the anger and then let it go. I realize this might seem crazy but it works. Imagine getting angry less. That should be sufficient motivation to meditate. Imagine feeling angry less...the mindfulness allows one to truncate negative thoughts so instead of ruminating about how some jerk did something wrong for 20 minutes, that thought lasts very little time. The more you meditate the more mindful you will likely be during the day. The more mindful the more happy. "A wandering mind is an unhappy mind." Mindfulness is a truly wonderful change in my life.

The really pleasurable feelings I have had during meditation have only occurred after sitting for a while (usually after 40 minutes or 50 minutes). I realize the goal of meditating is not these feelings, but I have had very unusually great feelings after meditating a long time and I see no reason to not enjoy them.

My happiness and equa than 30 minutes. 2 hours better than 1. By the way, one hour in the morning is my favorite way to start any day.

The science of meditation benefits shows there is no substitute for the time put in. It is great to hear of people meditating 10 minutes, but there is no way a person who meditates 10 minutes a day for a year will get the same benefit as a person who meditates an hour a day for a year. This is true for someone practicing violin, tennis, chess or meditation. They all require practice, and preferably deep practice. Richard Davidson and Daniel Goleman have great book on this: Altered Traits.

Finally, I think a consistent practice of 1 hour per day with reading about meditation and the mind can you lead you to be consistently happier. If you have the same experience other people and I have had, you will like people more, feel more connected to people, care about people more, be less judgmental, more patient, less angry and love people you loved more. I am not

saying pain is not pain or that when things go bad that it doesn't stink...just that the benefits are enormous.

Best wishes to you.

Just reread and wanted to edit in this way: it took me perhaps a year to work up to an hour a day. . I do think that is great place to start. Build up slowly to an hour a day. If you hate doing it you will quit. If sitting 20 minutes feels like an eternity, do not do 20 minutes. It took me about 500 days of meditation before I reached a point where I really looked forward to meditating and wanted to meditate a lot. It is a journey many people do not take, or abandon, but stick with it and I doubt you will regret it

Enzo led large group of meditations for years simply by using the power of silence and compassion.

The meditation last one hour each and no experience is required

The emphasis is on building a sustainable and balanced meditation practice that is compatible with lay life

VINCENZO MERANTE