

AquaBliss: The Zero Gravity Solution Article

by Victor Francs, Ph.D.

Due to the recent economic upheaval, many massage therapists are understandably nervous in regard to a downturn in number of clients. In times like these, as you well know, a massage to alleviate the stress of such a financial downturn would be just what the doctor ordered. Unfortunately, it's difficult for a client to turn off his thinking completely when unprecedented events such as this are occupying his mind. In the minds of most clients, as great as a massage feels, the effects aren't long-lasting enough to warrant the expense. What if I told you there is a method, which results in up to a week's afterglow or maintenance effect.

This method is known as AquaBliss. My new book is entitled [AquaBliss: The Zero-GravitySolution](#). This treatment allows you the opportunity to leave your darkened room and to get outdoors into either a pool or hot tub so you can enjoy the Florida weather while giving your body a much-deserved break. AquaBliss eliminates any repetitive use syndrome because the client is weightless in skin temperature water. Moving a weightless person around the pool, while gently stretching him is physically easy for the therapist and very physically rejuvenating for your client. Deeper, more thorough yet pain-free stretching is the result. The zero-gravity solution not only refers to the physical relaxation and joint expansion that results from this therapy but the mental, emotional, and spiritual aspects of the work.

The mental solutions harbor great potential for athletes, business people, designers, artists and students. Creative visualization has been shown to accentuate athletic skills especially if one engages in an AquaBliss session directly after viewing a video of your favorite athlete executing his/her technique in sports such as golf, tennis, soccer, or even a complicated martial arts kata or ballroom dance routine. During AquaBliss one can bypass the ego filter, allowing the visual information to 'sink in' deeper. This is practicing for performance—without practicing!

Designers, artists and architects are able to access pure creativity using the power of intention. Just intend for a solution to your problem, then relax into the session while forgetting about your quandary and often the answer will present itself. Even business people with vexing problems can temporarily put the ego on hold and the answers can magically appear. The reason is the solution is already in your subconscious, allowing the answers to well up from deep within during an AquaBliss session.

Superlearning for students is another area ripe for exploration especially with a waterproof IPOD or underwater speakers. Accelerated language learning is one of the many possibilities available through Aquabliss, tapping the human potential.

Emotionally, considering your subject is already immersed in a womb-like environment, the possibility of automatic emotional cleansing is very real indeed. It happens quite effortlessly while old emotional baggage just melts into the warm water.

My favorite aspect of the work is the fact that AquaBliss fosters a meditative state of mind almost automatically. Many people reading this article have at least tried to meditate if they don't meditate on a regular basis. The basic problem seems to be that our minds are just too busy. Meditation strives for a non-thinking, timeless awareness, which results in many lasting benefits. Unfortunately, even if you try to meditate, it remains elusive and difficult at best to maintain these states of 'no-mind.' The beauty of AquaBliss is that it delivers you quickly and easily into the mystical state of non-thinking awareness. The earplugs, which are used focus your attention on your heartbeat and your breath, the original mantras. The mask that I use eliminates outside distractions and gently re-directs your attention inward. Consequently, long-sought meditative states are effortlessly attained. Once they are achieved, your client will want more! A healthier addiction would be hard to find.

AquaBliss works on all levels at the same time and everyone has a unique and possibly even transporting experience. For 90% of my clients, the only comment at the end of our sessions is WOW! The reason is that AquaBliss takes people beyond their normal frame of reference, resulting in a loss for words. This therapy also tends to get people out of their heads and into their hearts. It gives your clients a chance to 'get away from it all' and then come back to the world refreshed with quite possibly a new take on their current situation.

AquaBliss positively affects the therapist, along with the client. If you are familiar with the groundbreaking work of the Japanese scientist, Masuro Emoto, you know that water can actually physically change when exposed to positive thoughts and vibrations. After an AquaBliss session, the entire pool seems to have been transformed, energetically speaking. The therapist is positively recharged along with the client. It's a perfect example of "what you give, you receive."

This therapy offers the possibility of 'quantum shift' experiences for your clients but if they're not ready for major transformative experiences, it's O.K. This work still provides deep and thorough physical unwinding, along with remarkable stress relief. It would be hard to find a treatment, which provides more for the client and practitioner. Some of my favorite testimonials are: "It's better than sex, drugs and rock 'n' roll"; "It's the first time in my life that I stopped thinking!"; "It was a religious experience, WOW!" and "It's better than ANYTHING."

I will be teaching instructional classes in April and May in Miami and in Paradise Valley, Montana along the Yellowstone River this summer at the AquaBliss Institute. 16 C.E.U.'s are offered for the two-day class. Check this website (<http://www.aquabliss.net>) for specific dates.