

## SCHEDULE AN APPOINTMENT

To schedule an appointment contact:

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## HEALING TOUCH MASSAGE

HEALING TOUCH



with

**Sr. Molly Maloney, OSF  
MA, LMT**

West Virginia Institute for Spirituality

## A Message from Sr. Molly

Often the crises we encounter in our lives hold the potential for great blessings! My personal experience of illness led me to seek and listen to the wisdom of my body. I was blessed to discover a wonderful book entitled Prayer and Our Bodies by Flora Slossen Wuellner. This book provided me a new way of understanding the gift of my body and highlighted the importance of not just having a body, but rather, being in relationship with my body.

From a Christian perspective, this means first and foremost recognizing that our bodies are gifts and temples of the Holy Spirit. In our secular age, we are bombarded with negative messages about our bodies...we are over-weight, terrified of wrinkles, losing our hair, we feel we are too tall, too short. There is a constant temptation to treat our bodies like machines, pushing them to work harder, longer and faster. We are more like "human doings" than human beings.

How do we move from our "robotic" existence to "glorifying God in our bodies?" One way that was helpful to me was being educated and trained in "Massage, The Art of Anointing." The following excerpt is taken from the atricle "In Praise of Hands," written by my teacher, Mary Ann Finch. Mary Ann is the Director of the Institute of Care Through Touch in San Francisco, California.

## Massage as Contemplation and Compassion

### Mary Ann Finch

"Our hands carry our love. When we take the time to touch our own selves, our elders, our children; to touch the handicapped, the less fortunate, the disoriented; to touch plants and animals; to touch with gratefulness and respect the food we eat and the environment we live in, we leave a wondrous and lasting heart-print behind that says: 'I care about you; I honor you; I am here with you.' Such a touch should never be underestimated. Not only will it sooth physical aches and pains, but it will anoint inner psychic and spiritual wounds as well. A sacred touch reinforces a positive self image that may be tarnished due to unkind remarks about our bodies, to physical/sexual abuse, to invasive surgeries and scars, to disease and inevitable aging. A respectful touch creates a fresh openness and trust in relationships, whether they be intimate, parental, ministerial or therapeutic. A wise touch anoints the scars we all carry from thoughtless and careless touches that we have received and also given. A gentle touch can make up for the touches we never received."

## HEALING TOUCH



*Sr. Molly is a member of  
Associated  
Bodywork and Massage  
Professionals  
(ABMP)*

A native of Charleston, West Virginia, Sr. Molly graduated from the University of Charleston and received her MA in Theology from St. Bonaventure University in New York. She served as a campus minister at St. Bonaventure and Santa Clara University in California.

She is a graduate of the West Virginia Institute for Spirituality Associate Program for Spiritual Directors and a faculty member of WVIS. She ministers as a certified spiritual director and licensed massage therapist.

Sr. Molly is particularly interested in the area of "embodied spirituality." She received her certification in Massage Therapy from the Center for Growth in Wholeness, Berkeley, California. She has conducted numerous programs incorporating movement, massage and meditation.