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Feel Like **YOURSELF** Again

How to heal and recover from injury, surgery and illness

The Everyday Person's Handbook for self-renewal



Self-help Methods

for increasing circulation and vital energy



by **Marci Javril**, *Vitality Expert*

Nationally Certified in Therapeutic Massage & Bodywork, Dance Therapist, Yoga Educator, Hoop Instructor

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**Holistic
Health
program
&
Resource
Guide with
Home Play
instructions,
charts, case
histories
& color
illustrations.**

~●~

***How to heal and recover
from injury, surgery & illness
by Marci Javril, *Vitality Expert****
**updated 2022*

FEEL LIKE YOURSELF AGAIN

How to heal and recover from illness, surgery and injury

“The Everyday Person’s Handbook for self-renewal”

by **Marci Javril**, BCTMB, CMT

Self-help methods to increase circulation & vital energy

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Author Bio & Resume

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<https://mailchi.mp/vitalenergycenter/join-marci-javrils-vip-list>



Testimonials & Endorsements

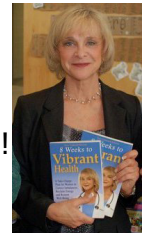
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Marci Javril walks the talk. She is a perfect example of high level vibrancy and vitality. Her knowledge, as explained in her writings, is certain to have a significant positive influence on the reader. - *Dr. Ray Sahelian, M.D.*, medical research writer & hormone expert
Mind Boosters - Los Angeles, CA
<https://RaySahelian.com>



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Marci's the best! Skilled, warm, and energetic, she's a talented bodyworker who gives the ultimate lymphatic massage, a great boon to overall detox. Now we have her thorough and user-friendly book, with tools to help us apply the work ourselves. I recommend both Marci and her book unequivocally! - *Hyla Cass M.D.*, anti-aging, hormone & brain enhancement expert
8 Weeks to Vibrant Health for Women, Natural Highs - Pacific Palisades, CA
<https://cassmd.com>



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Marci has the best hands you would ever want on you! She is an educated and sophisticated professional, knows what she is doing. I refer my patients to her regularly for lymphatic drainage. - *Dr. Pamela Maloney, Ph.D., D.H.M., L.Ac.* - Santa Monica, CA
<https://pamelamaloney.com>



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I have known Marci for over 20 years and studied *Melting Touch Method* with her. She is my mentor and good friend. Her touch is unequaled by any bodyworker I have been to, but what stands out most for me is, her work is always based on *loving kindness*. I use her techniques on my clientele, and also refer some of them directly to her. Her experience, especially with post-surgical intervention, is by far the best I've encountered. Each time she works on me I learn from her. You won't find a better therapist anywhere! - *Octavia Zaccaro-Santiago*, Colon Hydro-therapist
<https://yelp.com/biz/transformational-health-services-rancho-palos-verdes>



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Marci's vast knowledge and wisdom in so many healing modalities has aided her in helping others in extraordinary ways. As a teacher, she guides us with information we, as laymen, can understand and easily follow. Her book is a resource tool guiding each of us in self-discovery, self-empowerment and self-healing. Marci is a living powerhouse of enormous energy I've never experienced in anyone else. I'm eternally grateful for my first-hand experience as Marci guided and encouraged me in my healing. - *Celestine Conover, (eBook Cover Design)*



Testimonials & Endorsements

Marci is a vibrant, active woman who has spent many years exploring the world of health and the innate intelligence of the human body. Her book gives you tremendous resources and tools to take care of yourself well. This information when used with commitment leads to a lifestyle of vibrant health. By reading, practicing and learning these methods you save years of experimentation and find fundamental practices that generate health. I recommend it to all those who are dedicated to building themselves into vibrant, healthy individuals.

- *Mariane Karou*, Movement therapy & self empowerment
- Pacific Palisades, CA <https://DanceAlive.com>

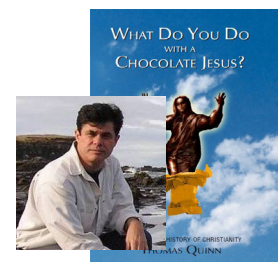


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Marci's work is unique in that it is both intuitive and research-based. Starting where traditional Western medicine often leaves off, her techniques seem to be common sense in practice, but it's much more. It's over 25 years of hands-on experience helping men and women of all ages to be healthier, happier, and get more out of their lives. Her book covers so much territory in such an easily understood way, you may never need another guide. - *Robert B. Gelman*, musician, dancer, businessman, event producer - Sonora, CA <https://BGAMedia.com>



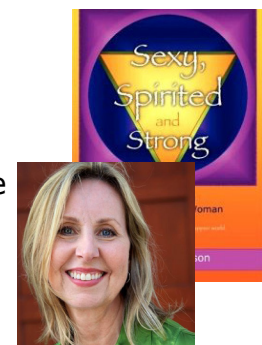
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Marci is one of the most creative and energetic people I've ever known. Her book is not only a great owner's manual to a healthy human body, it's a visual and informational adventure through the realms of fitness, nutrition, healing and recovery, massage, yoga, and overall self-renewal. It's stuffed to the brim with detailed advice and guidance on everything from skin detoxing and lymphatic drainage, to proper exercise and rejuvenating every organ in the body. Marci has written a guide to revitalizing your spirit with lifestyle advice, attitude adjustments, and overall self-maintenance. She's a force of nature, and a living testament to the power of her advice and knowledge. She's worked on me for 30 years and she is the best.

- *Thomas R. Quinn*, writer, TV/documentary producer - Hollywood, CA
"What do you do with a Chocolate Jesus?" <https://TRQuinn.com>



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This book is a goldmine of valuable information for anyone wishing to improve their health and recover from discomfort or disease. Written in an easy-to-follow style and richly illustrated with photos & diagrams, the information and techniques are accessible, immediate and a joy to read. Learn something new each time you pick it up and am inspired to integrate the tips into my life right away. Ms. Javril's breadth of knowledge of alternative healing methods is vast, and obvious that her life is dedicated to helping people be their most radiantly healthy. I highly recommend this book for anyone wishing for a healthy, pain-free body & spirit.

- *Meloney Hudson*, Certified Ipsalu Tantra Educator - Los Angeles, CA
Sexy, Spirited and Strong: Becoming a Positive Energy Woman
<https://positiveenergywoman.com>

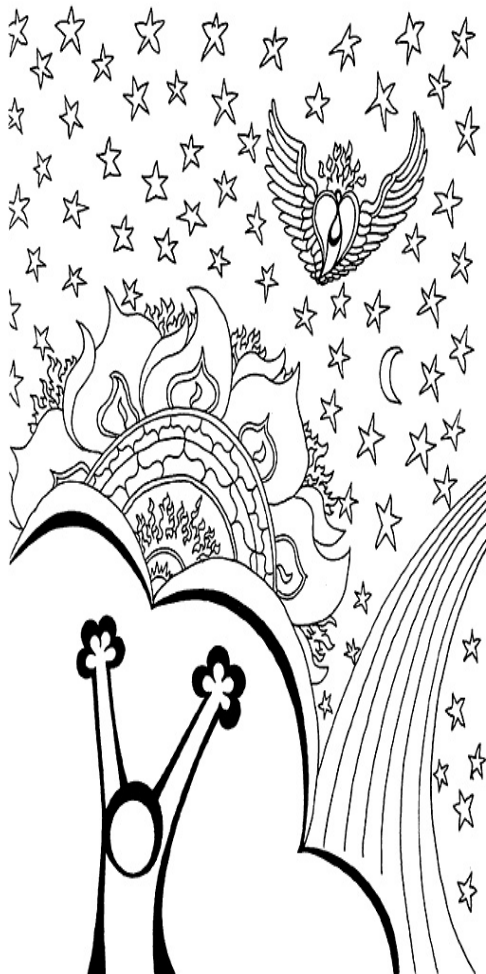


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Marci Javril is the best in the industry. Her knowledge of the body is outstanding, and when she puts her hands on you, they know exactly where to go. - *Susan Levin*, Marketing & networking services for speakers & authors - Los Angeles, CA
www.SpeakerServices.com



***For all eBook related updates, Seminar Replays,
downloads, videos, recommendations, use this link:***

<https://MarcJavril.com>



Marci's Golden Rules

BUDGET PYRAMID

- Get 10% more Sleep
- Get 15% more Sunshine
- Drink 20 % more Water
- Eat 25% less Sugar

- Decrease Stress 50%
- Increase Waste Elimination 100%
- Have 200% more FUN!
- Laugh 300% more

ON FOOD:

Only buy good stuff
Eat from your frig
Take your own food everywhere

Mantra - "Oh, I'm so relieved!"

Cover Design by Celestine Conover of
<http://www.CelesteDesignGroup.com>

Dancer Logo - by illustrator & author of the first Mehndi (*henna*) Art book printed in USA -
Phoenix&Arabeth©1989 - <http://www.tattooheaven.com/Books.html>

Guidebook Goals

Learn self-awareness tools to become your own best Patient Advocate

Build confidence in your intrinsic ability to heal

Make progress in achieving balance & harmony

Gain life skills that recharge your Life in every way

Improve health for yourself AND your family members

BENEFITS of using this BOOK:

You will feel better about yourself every day, wake up more energized, get tired less easily, soften new or old scars & restrictions, have a stronger immune system, more harmony in your endocrine & central nervous systems, better sleep & digestion, mental ease, stronger self-image, confidence in your health program, motivation to keep it up, and radiance of gratitude.

...so that you progressively become more flexible, more balanced and more productive every day. You will have less overall achiness, sluggishness, congestion, blockages, skin disfigurement, swelling, tension & negativity.

Inside are fun and simple ways get more circulation in all aspects of your Life = more vital energy. Made easy so anyone from any background can accomplish all the skills to become your own therapist, healer, coach & spiritual teacher - all in accessible language and adaptable to any lifestyle.

This information is SO important, not just for people who have been through a health crisis, but for people who want to prevent one from occurring, or at least make it easier to handle, get over it with less discomfort, or accelerate the process.

Get beyond survival

Move, Stretch, Sound & Express your "animal"

Promote Positivity - Nip negativity in the bud

SIMPLIFY your life! less is more...

Dedicated to my Mother Jean

Who raised me, with great enCOURAGEment, to develop my creativity, curiosity, individuality and open minded-ness. Her gift of unconditional Love & acceptance gave me a life opportunity to share this experience with others. As she says: *"So each one of us can know it's possible, because you know someone who experienced this state of allowing, and... still is..."* Then we giggle, wiggle and smile at each other with great affection.

I love you, Mom!



Acknowledgments

Deep Appreciation and gratitude to my mentors, supporters, students, clients and colleagues along the way in all realms, personal, professional and spiritual! GuruDev Swamiji Satchidananda, Lauren Berry, Kim Sante, A.J. Dickinson, Roy Bonney, Lynda Cesara, Tom Hendrickson, Gilles Marin, Kate Jordan, Jane Ganet Sigel, Joanie Best Miller, Mrs. Francis Thorn Pendleton, Arita Lee Blair, Mary Baker Eddy, Emilie Conrad Da'oud, Dr. Vicki G. Hufnagel, Dr. Brian Novack, Eileen Henry & Val Guin & Joyce Gass of the Institute of Psycho-Structural Balancing, Irena Sooyana Nickels, Sara Rose & John Sanderson of Maui Academy of Healing Arts, Lynn & Peter Wind of Hawaiian School of Body Therapies, Elizabeth Reveley of American Institute of Massage Therapy, Jean Christine Ralston, Kathy Robinson of Honolulu School of Massage, John Harris, Jim Walsh, Sandra Morgan of Om Shanti College, Maria Grove of Touch Therapy Institute, Dr. Jocelyne Eberstein from the ECenter, Dr. Hyla Cass, Dr. Ray Sahelian, Dr. Andre Berger, Jessica Zacarro & Monica from Transformational Health, Bodhi Avinasha & Sunyata Saraswati of Ipsalu Tantra Yoga, Natural Childbirth Center of Culver City, Mantak Chia, Gabrielle Roth, Jo Cobbett, Michael Skelton, Eugenia L & Fatima Abate of TCHI, Dr. Judy Kuriansky, Bob Gelman & Associates, Celestine Conover, Phoenix & Arabeth, Edith Paul, Jack Barnard, Susan Levin, Jean-Noel Bassior, Lena Kristina Tuulse, Alexandria Brown, Sheri Weitz, Lori Starr Grace, DoctorG., Dr. Patricia Huntington Taylor, Robert Frey, Thomas R. Quinn, HeeBeeGeeBee Healers, Jeffrey Rainbow Reiss, Ricco, Beanie & Stan, Sharon, Jo-El, Sharita, Mare, Mims, Philly, Heather, Miss V, Fernanda, Peggy D, Jessica L, Sarah P, Jackie H, Kiefer's mom, Mary Alice, my God-daughter, my nieces, and especially my entire family! and many others who have taught me so much through their own Healing Journeys.

~XOMJ

MEDICAL DISCLAIMER

Lymphatic Massage is NOT meant to diagnose or treat disease, nor render harm to anyone in anyway. The use of these self-help modalities is with discretion, following a primary care provider's recommendations. All pathologies should be addressed specifically, especially if medications are being taken. Lymphatic Drainage **accelerates the normal uptake of fluid by 10-20 times** and increases the normal waste elimination functions. *It may stir up old symptoms, flush out toxins, uncover hidden discomforts, or create reactive releases.*

Always follow the general rule - LESS IS MORE

The **more congested the area,**
the Lighter and Slower pressure with less Squeeze

The more *releasing & less viscous the congestion,*
Progressively use firmer Pressure, medium Speed, and gentle Compression

Calculate Length of Time spent massaging with Discretion
- FEWER repetitions for a quick Sketch, more time/repetitions for dramatic elimination

CONTRA-INDICATIONS

Thrombosis, Phlebitis, Congestive Heart Disease, Fever, Enlarged Spleen
Acute Asthma attack, Open ulcers or lesions on skin
Inflammation due to bacteria, virus or poison (infection)
Pitted Edema = soft and spongy tissue, risk of ulcerating
High Risk Pregnancy, First Trimester = No Lower Abdominal Massage

CAUTIONARY *by discretion

Lymphoma or Malignancy, Chemo/Radiation treatment, Diabetes,
Varicose veins (no compression), TB positive lymph nodes, Swollen lymph nodes,
Spastic bowel, Immediately Post-Op, First Trimester of Pregnancy

INDICATIONS

- For any imbalance where enhanced waste elimination would be recommended:
- for preventative health maintenance
- to clean out and detox for better maintenance and Health progress
- to flush out after imbalance or crisis involving....

Influenza, Colds, Allergies, Asthma, Bronchitis, Emphysema, Pneumonia, Mono-nucleosis, Gas, Constipation, Candida, Lupus, Arthritis, Fibro-myalgia, CFS, EBV, PID, Endometriosis, PMS, Post-Partum, Post-Surgical, Post-Trauma, Post-Radiation/ Chemo-therapy, Burn/Skin Graft Therapy



CONTACT INFORMATION

*For all eBook related updates,
Seminar Replays,
downloads, videos*
<https://MarciJavril.com>

Marci Javril has been in private practice in Los Angeles since 1984.

- BCTMB: Board Certified in Therapeutic Massage & Bodywork -since 1998
- CMT: Certified Massage Therapist (California #30816) -since 2012
- CST: Certified Somatic Therapist & professional member of ABMP:
-*Association of Bodyworkers & Massage Professionals since 1990*
- Certified in Bodywork for the Childbearing Year® -1992
- B.A. in Dance & Dance Therapy, Columbia College, Chicago IL -1978
- Certified Hoopnotica® Dance Hoop & Fitness Teacher -2010
- Ordained Spiritual Minister - TCHI: Transpersonal Center of
Holistic Integration 501(c) Certificate #115, June 1997

Be treated well, and treat yourself well

~XOMJ

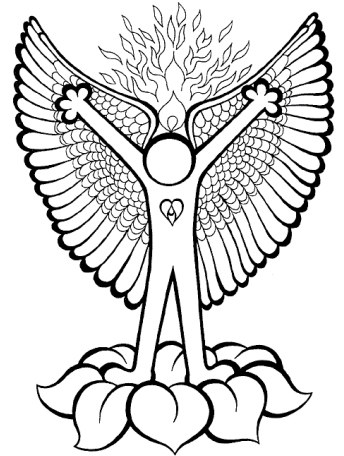
Namaste & Greetings!

I'm Marci Javril, master bodyworker and yoga teacher, innovator of the **Melting Touch Method®**, guiding you in the **Art & Science of Rejuvenation**. I invite you to take charge of how **good** your life could be.

Inside is a compilation of over 30 years of working with hundreds of clients and students, as a massage therapist and professional teacher, creative movement therapist, yoga and tantra educator, spiritual clairvoyant and counselor, and my own, personal healing journey.

The reason I've created this book
is because, I've heard people say
over and over again:
"I just want to feel like MYSELF again!"

... and this can be after any kind of small or large health crisis, stress, dietary, travel, emotional journey, or mental challenge.



You may be asking: "Will I ever return to my normal flexibility & range of motion? sleep? sexual drive? digestion? sense of being Connected? Will that funny tingling go away? How can I improve on my status quo...?"

And too many times, your health practitioner will just say, "You'll have to live with it". Or not offer any self-help or follow-up physical improvement methods. "Go home, you'll be OK." But... you know you could or should feel better, ...sooner or later...?

Tweaks, lumps and tugs from injuries and scars can later become more of a problem if you do not give specific attention to drain, release and soften them. Learn a simple, effective hands-on progressive program!

Doctors will rarely recommend any emotional, or spiritual support, as it is NOT within the scope of their practice. But... that's exactly what you may need!! Ask the right questions and build a Team.

LEARN HOW TO *safely & effectively...*

Increase lymph drainage, accelerate waste elimination

Reduce pain, release stress, dissolve blockages

Accelerate recovery from any health imbalance

Understand disease process & recovery, build your Team

Implement self-healing & detox to improve Quality of Life



Everyone needs to develop life skills to support the human intrinsic ability to recharge & restore balance. I provide proven techniques you can integrate into your current lifestyle. They are fun to do, easy to accomplish, take a short time, and cost very little.

I suggest taking small opportunities to use powerful exercises, and weave them into a continuous tapestry of health habits that will harmonize & sustain you through THICK (nourishing times) and THIN (stressful challenges).

Discover how to take advantage of your natural equilibrium. Pace yourself, and remember - rejuvenation & recovery - and your Health in general - is always a pendulum. Enjoy following your primordial rhythm, and you will experience yourself as a Wave (ebb + flow).

I disclose my own *secrets to sustaining* the same weight, dynamic sexuality, tone, and flexibility *since age 29*, when I began my own serious journey on the Path to Rejuvenation.

Heal better faster ~ Stay stronger longer



MJ - 1981



MJ - 1993



MJ - 2010



MJ - 2021

**Quality of touch
is 80% of the effect**

rhythm & repetition create a full body Wave

feathering, skimming,
squeegee, spatula,
squishy, stretchy,
pulsations, ripples

Melting Touch Method® Techniques for fluids & semi-solids

- **SOFT SPONGY HAND** - squish the soapy sponge
- **VIBRATE** - shake the muddy bucket
- **HULA HAND** - gentle rolling pulse in one direction
- **OCEAN WAVE** - fake belly dancing, clockwise for colon
- **CAT's PAWs** - slow compresses in sequence on lymph nodes
- **PULSING WALTZ (1-2-3)** - stretch skin, release, relax
- **FEATHERING** - dry skin brush, tickle lightly, quickly
- **SLIDEY GLIDEY** - slow gentle steady stroke in one direction
- **SQUEEGIE** - gentle pulsing pressure into center of body
- **PASS the PULSE** - send a ripple from one hand to the other
- **WATER WHEEL** - pumping at the joints, flush towards exit

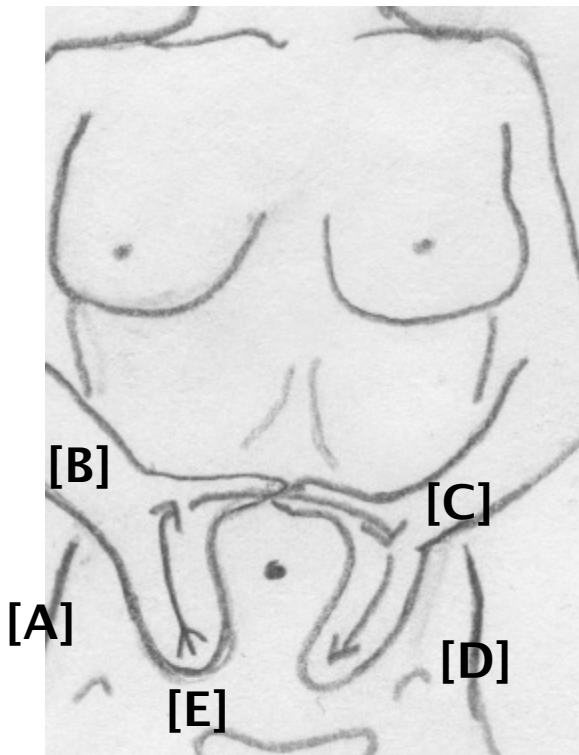


Illustration by Marci Javril©1989

OCEAN WAVE Sequence

- A. Pulse/wave at Right Hipbone,**
(ileo-cecal valve) toward navel
- B. Travel up toward Right ribcage**
(ascending colon) gentle stroke
- C. Travel across from Right to Left**
(transverse colon) soft wave
- D. Travel down from Left ribcage**
to Left hipbone *(descending colon)*
- E. Around** bottom from **Left to Right**
along pubic bone *(small intestines)*

Now do the same **sequence** by stroking gently (*with or without oil*), section by section, as though sweeping leaves down a curved driveway toward their final exit (*rectum*). Use a very slow, repetitive, lullaby rhythm, and make sure to cover entire area of abdomen framed by ribcage and hip bones.

STEP #3. Regular Exercise + Stretch Range-of-Motion

produces endorphins and fatigues you enough to result in better sleep.

Injuries and weak, achy or painful places should always be warmed up and given extra attention **before and afterwards**. Use heat (*shower, jacuzzi, sauna, steam, electric pad, warming rub, vibrator with heat attachment*) to start your muscle tissue softening. Wrap properly or use Kinesio-tape for protection.

Ice cube massage is best, great as inflammation prevention, use pre- and post-activity, or alternating heat/cold, or Arnica/Tiger Balm. Only use ice for short periods, except immediately after injury, it can be longer (*case by case*).

Get your personal yoga/stretch/exercise practice supervised with a private session, friend, colleague, or in front of a mirror, and **slow down**.

Less is More, slower is safer. *If it hurts, likely it's too much.*

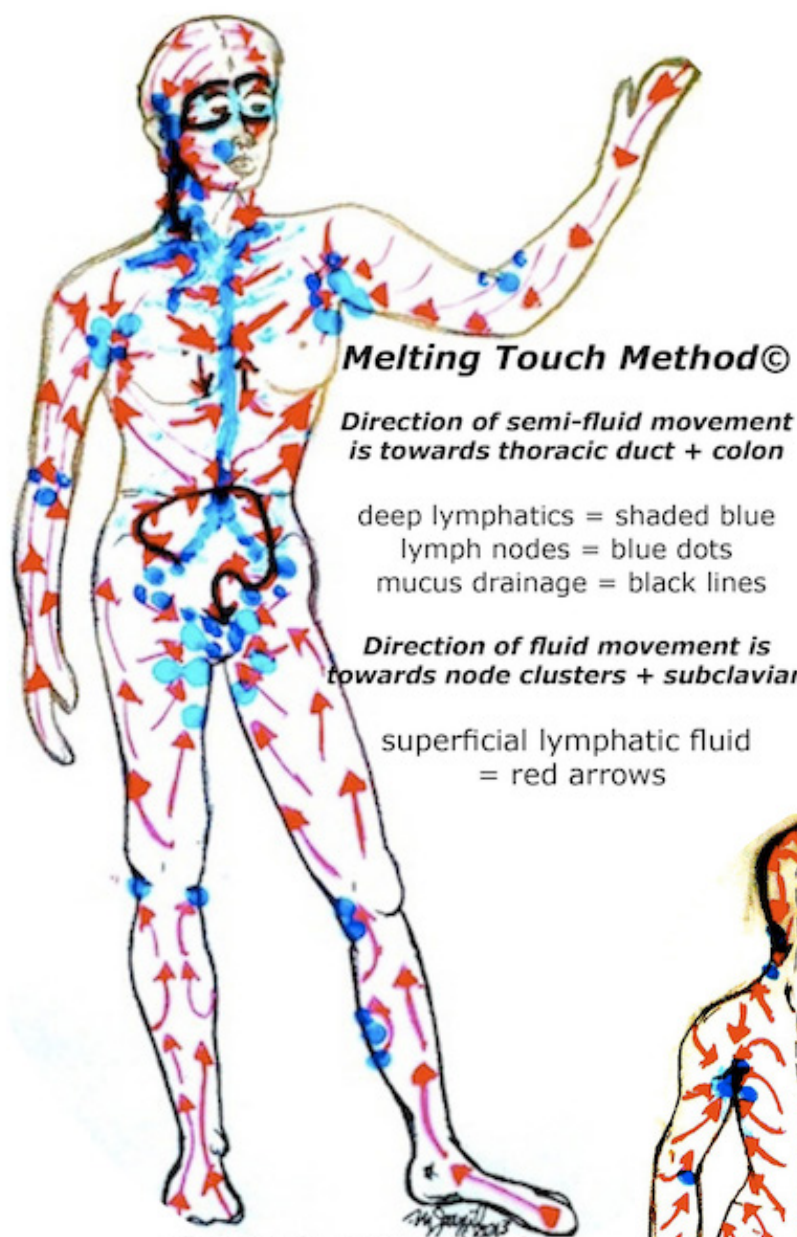


Illustration by Marci Javril©2013



Illustration by Marci Javril©2013

CASE HISTORIES

- Throat cancer survivor came in with neck restrictions, headaches, some deformity from muscle removal, and persistent cough. I taught him how to use Melting Touch to soften scars & increase lymph flow. Also he learned self-massage for tummy & feet, full spine stretching, calm hyper mind, neti-pot cleansing & changed his diet. His "Ah-ha!" moment came when he realized he used to be a sardonic yelling sports broadcaster. I guided him through yogic breathing & self-awareness practices. He decided he could not emotionally go back to that persona, and began an incredible new career the following year...
- A young woman with a horse bite on her thigh (from 16 yrs previously) was in my Post-Surgical Therapy massage class. I told her the lumpiness below the indentation was lymph congestion from the injury adhesion, NOT cellulite. She volunteered to be the Demo, and I worked on it for 10 minutes... Miraculously! the skin impression was dramatically reduced, congestion flushed out, and smoother contour of her leg was evident. Naturally, she learned how to continue to do it herself, and in a month or two, there was hardly a sign.
- In my massage class in Hawaii, a 35-yr old man hiding his Buddha-belly under a large shirt, had two very indented scars from an appendectomy done when he was 5. He said no one had ever bothered to offer healing touch there. I did scar softening with criss-cross, skin rolling, and myofascial release. Then, "make nice" = lymph drainage. In 10 minutes, he couldn't BELIEVE! The dents were no longer tucked deep into his belly, and he grinned from ear to ear, knowing that if he kept massaging them, in a few months they would hardly be visible. I'm sure he stopped worrying about his distorted abdomen after that lesson!
- A few Holidays ago, my sister had to get an injection for hip pain. She was told not to exercise too much, but she had to anyway, thus she still had severe pain. I did lymphatic drainage to flush out excess fluid pressure for 20 minutes every morning, which completely relieved the pain til later in the day. On the 4th morning, she did the same thing for herself, and got the same result! After a week of non-stop activity, it finally subsided, due to her ability to stay diligent and keep moving fluid out. Yea! I love helping people help themselves.
- Early in my massage career, a 27yr old woman came in with horrid skin burns from being scalded when she was 10. She would not wear anything but turtle-necks, had disfigurement all the way from neck to waist, and couldn't raise her arm overhead. We performed what I've now developed into Melting Touch Method© (incl: friction circles, skin rolling, myofascial release, lymph drainage), she did homework and came to me every 2 weeks. After only 3 months, SUCH IMPROVEMENT! that she could wear sleeveless again, raise her arm, with less restriction at waist.

AUTHOR BIO

Marci Javril - California Certified Massage Therapist • Board Certified in Therapeutic Massage & Bodywork; Association of Bodywork & Massage Professionals Certified Somatic Therapist; Certified in Bodywork for the Childbearing Year™.

Ms. Javril is a Movement Therapist, Performing Artist, Certified in Hoopnotica® Dance Hoop Fitness, and is an Ordained Minister with the Church of the Messengers of Light (501c). Marci received Mantram Initiation with Sri Sri Gurudev Swami Satchidananda in 1970, and is a life-long student of Integral Yoga. She has studied in depth with Kriya Tantra Yoga masters in authentic lineage traditions.

Ms. Javril has been in private bodywork practice since 1981, teaching massage professionals since 1986, and currently offers customized programs in Dynamic Vitality Training, Tutorials, Seminars, Conferences, Playshops, and Group experiences.

Marci offers Healing Touch Education for everyone, and developed a combined curriculum: **Melting Touch Method®** - Lymphatic Drainage Massage; Myofascial Release; Cranio-Sacral Balancing; Internal Organ Detox; Post-Surgical Scar Release & Adhesion Prevention. She also coaches couples in Pregnancy, Labor, Infant & Post-Partum Massage.

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<https://Instagram.com/marcijmoves>



Age•Less•Be•More

How to unlock
ABUNDANT VITALITY
with 5 KEYS
to Rejuvenation

by **Marci Javril**

•BCTMB •CMT •CST



Student Handbooks for
Vitality Trainings and
HOME STUDY COURSE



Each chapter contains instructions for 4

TransformActions

How to activate, cleanse, balance, integrate,
and increase circulation in your vital energy,
using these 5 KEYS:

Awareness: *KEY to spiritual energy*

Breath: *KEY to sexual energy*

Movement: *KEY to physical energy*

Sound: *KEY to emotional energy*

Intention: *KEY to mental energy*