



Volkier Bentinck

## Medical Massage Therapy

Creating Balance between Life and Consciousness

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This publication conveys the fruits of a lifelong work with massage therapy as a curative power. Volkier Bentinck (1912 – 2007) practiced mas-

sage and eurythmy therapy for almost 60 years.

“On the initiative of Dr Ita Wegman I was introduced to massage therapy by her in 1942, and these lessons became my life impulse.”

The technique of the massage therapy, so to say, arises by itself if one gets things straight concerning its path, aims and the spiritual background. That is what this publication conveys.

The method of the massage described here consists of activating or regenerating the patient’s life forces by reducing or limiting their expressions.

“While the subconscious processes of the metabolic- or lower pole have an inherent up-building and stimulating effect on the organism, the processes of the neuro-sensory system or upper pole that awaken consciousness, on the other hand, always have a reducing effect on the organism. This massage therapy reduces too much activity, so a new balance is created.”