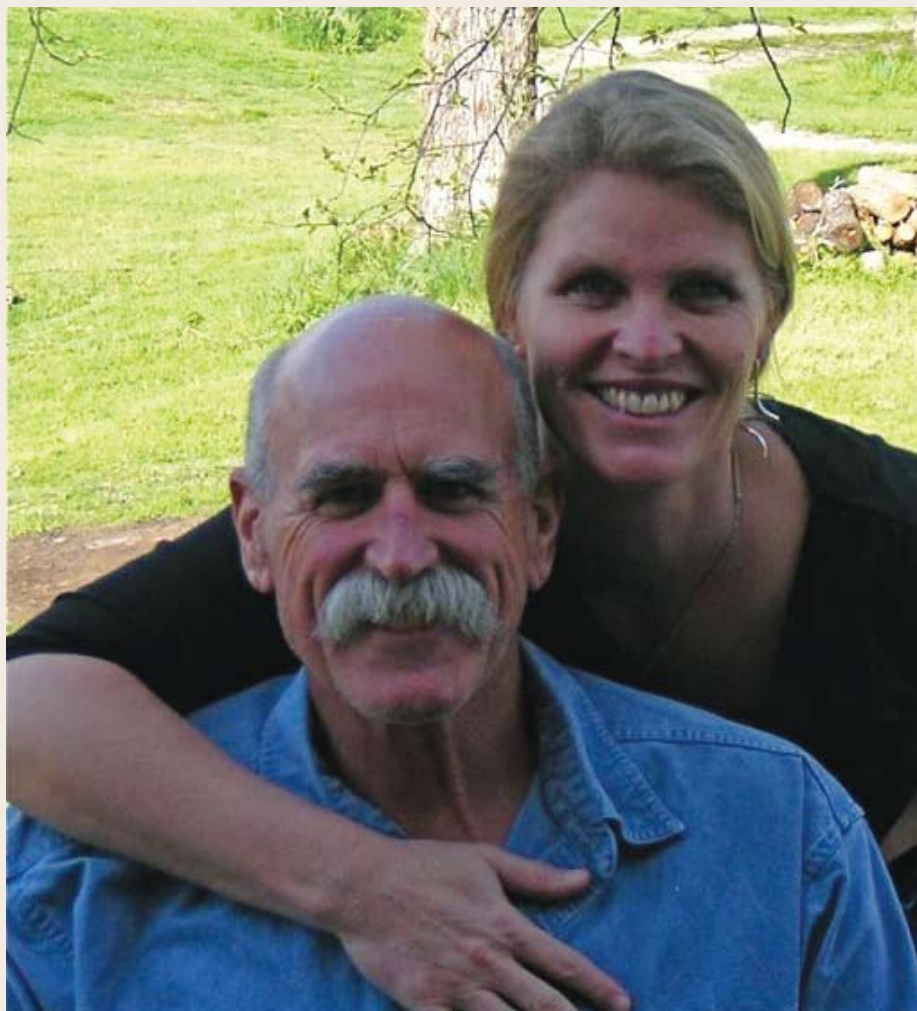


# spotlight on education—bill and michele morgan

BY KARRIE OSBORN

## A PROFOUND SHIFT



**“Sacred Lomi is the first continuing education class that has completely changed my life and how I see my work.”**

Michele Morgan, practitioner

When massage therapist Michele Morgan traveled to Austin, Texas in 2006 to be part of a 32-hour Lomi Lomi continuing education (CE) class, little did she know she would change not only her life, but also that of her husband, Bill Morgan.

Living in Fayetteville, Arkansas, Michele—a massage therapist since 1987—had tired of the CE offerings available there and was ready to explore new paths. The four-day trip to Austin to learn Lomi Lomi from Donna Jason and Tom Cochran of Sacred Lomi fit Michele’s needs exactly, airport travel and all.

Her hopes were immediately realized, when, on the first day of class, Michele not only saw the power of the Lomi work, but also was intrigued enough to start planning a trip to Hawaii to learn the modality on an even deeper level.

“That was on the first day,” she says. “On the last day I was moved—changed in that way that sits you down for reflection and makes you wonder what just transpired.” The change was so intense for Michele that on the return flight she called Bill, who is also a massage therapist, asking him to set up the massage table because she was coming home and giving him a Lomi Lomi. Michele says she realized that letting her husband experience the work was much more powerful than trying to explain Lomi Lomi to him.



FOR MORE INFORMATION ABOUT THE WORK OF DONNA JASON, TOM COCHRAN, AND SACRED LOMI: HAWAIIAN TEMPLE BODYWORK, GO TO [WWW.SACREDLOMI.COM](http://WWW.SACREDLOMI.COM) OR CALLING 866-817-7582.

“Interestingly enough, Bill will tell you that that first four-day class that I took affected him and his massage (work) more than even myself,” she says. “It was truly the beginning of a complete ideological life transformation for both of us.”

### FROM THERE TO HERE

The path that brought the Morgans to Lomi Lomi is rich and diverse. It was inspiration from her earliest teacher that helped Michele explore her profession and its educational opportunities since she began working as a therapist. “In 1987, under the tutelage of Sherry Elkins, a masterful, amazing teacher and Esalon therapist, I was introduced to the art of massage,” Michele says. “Sherry took the time to teach her students the art of dealing with people on a very intimate level and how to, through touch, intuitively communicate and understand the emotions trapped in the tissue. She also taught us to be the very best at our craft, to believe in ourselves, not to be afraid to guarantee our massage, and how to create a professional therapeutic and relaxing space for clients.”

In addition to learning how to live and work without judgment toward others, Michele says the education she received from Elkins was so valuable that it continues to mold the essence of her work and her life today, and is the main reason she launched head first into Lomi Lomi.

When Michele met Bill in 1992, he was a tree-planting, organic raspberry farmer who ironically had his first Lomi Lomi experience in the 1970s with Hawaii’s grande dame herself, Auntie Margaret Machado. A wedding and about a dozen years later, Bill raised his eyes from his book one day and surprised Michele by announcing that he also wanted

to become a massage therapist and leave the farming life behind.

Today, the two have pooled their therapeutic talents and have plans for a massage retreat they hope will one day combine all their passions in work and life—from living green, to intuitive touch, to growing healthy, clean food. A huge part of that dream is Lomi Lomi, a technique in which they now both have been dutifully trained and inspired.

### A TRANSFORMATIVE KNOWLEDGE

After the four-day workshop that transformed Michele, the couple began taking advanced trainings from Sacred Lomi: Hawaiian Temple Bodywork. Michele says their goals in exploring this work were initially to be better therapists. “Since then, we have come to incorporate Lomi Lomi as a way of life ... for example, it’s impossible to cook dinner without Lomi impacting the way I think and the way I move. It is a whole body, mind, spirit transformative experience.”

Bill says when he reflects on what he’s learned from Lomi Lomi, he’s left feeling that a profound shift has taken place. “Interactions are deeper and when my hands come in contact with a body on my table, a sacred ritual is about to commence and integration on a cellular level unfolds,” he says.


“Tom and Donna have taught us to tap into a power that allows for real change both for the therapist and the recipient. They have fine-tuned the orchestration of their class to make each moment be relevant,” Bill says. “The Sacred Lomi CEU was the light that illuminated my path. It is the operating system by which other modalities as tools have direction and meaning. As a therapist, and in my life as a whole, I mark any of my own evolution by who I was before Lomi Lomi and who I am today.”

Bill says his exposure to Lomi Lomi has been an exceptional experience. “It has changed my life, changed my marriage, and my relationship with myself, and I am a much better human being for it.”

Michele says Sacred Lomi is a heart-opening experience that helps facilitate the letting go of old ideas, conditions, and wounds stored in the tissue and allows the body to utilize new neuro-pathways in order to bring transformation and new ways of being.

“Sacred Lomi is the first continuing education class that has completely changed my life and how I see my work,” Michele says. “Lomi Lomi is more than a CEU class or a new modality to put in your toolbox. It is a way of life.”

She says Lomi has taught her to be completely present with others at every moment. “Lomi has helped me create a space full of love and trust for my clients to be comfortable in. Lomi has brought awareness to my own movements in the massage environment and allows my intuitive senses to be heightened. It has taught me connectivity, fluidity, presence, and has brought a new level of kindness and heart feeling to my work and to my marriage. Sacred Lomi is an art form that will take years of practice to master and in that realization I have also found infinite patience. It is sacred and honoring work that has enlivened my practice and my life and is one of the few types of massage that energizes me as a facilitator.” **m&b**

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