

Traditional Thai Massage – *Healing Art That Touches the Divine Spirit*

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Over the years there have been many articles written about Traditional Thai Massage. In this article our main focus is on the hidden, unseen aspect of this healing art - the energy.

The innumerable healing arts which have been developed for thousands of years have had one objective in mind, to run the energy and open the areas where this energy is blocked in the receiver. Because energy powers all physical, mental and emotional processes which only function properly when the energy demand is matched by the supply, any form of imbalance in its distribution causes pain and disease.

We can imagine our systems like a city. In order for a city to function it needs electricity. Lights, computers infrastructure, electrical devices, etc., are all dependent on it. Whenever there is an interruption in the electrical supply in one area or another, the city no longer functions as it is meant to. Until such time as the electrical current is returned to its full capacity, many areas remain affected.

Running the energy (warming-up the system) activates the chakras. Running Earth and Cosmic energies cleanses the chakras as well as the entire system just as flowing water cleanses a river or stream. Earth energy enters the body via the energy lines (also known as Sen) of the legs and Cosmic energy enters through the energy lines which run parallel to the spine. When these two energies meet at the root of the spine (first chakra) they create a wonderful blend which is called Kundalini/Atapa energy. Atapa energy is deeper and is activated when the practitioner works in a meditative state. Thai Massage focuses a lot on opening the legs because its purpose is to encourage the flow of Earth energy. Many other modalities do not activate the Kundalini/Atapa energy because their main focus is not about opening the flow of energy in the legs.

The Kundalini/Atapa energy is in constant flow from the depths of our being to various parts of our bodies (physical and subtle/ astral bodies) into the mind and psyche. This natural flow is for the sole purpose of altering, dissipating, burning away, and removing the blocks (buried feelings and unhealthy or destructive psychic energy patterns), which are often repressed or locked-up in those parts of the psychosomatic systems (Náma-Rupa in Pali). The Kundalini/Atapa energy flow in a Thai Massage session is intensified. Many times during a session a receiver can experience a surge of feelings or emotional release (tears, anger, joy, connectedness, love, etc.) which are encouraged by a well trained practitioner/healer. This is also one of the reasons the receiver feels empowered/energized after the Thai Massage session.

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This is a very important aspect of Thai massage as Buddha himself said: “Stop yourself at feelings” when he wanted his followers to pay attention to feelings at every point of contact through senses and with every movement of life. In our western civilization these are often ignored and many times repressed.

The Kundalini/Atapa energy always works in partnership with awareness and high intelligence; and it has its own schedule. It knows exactly what to do, when to do the work, and how far to go with it. There are no complications in its network unless interference comes through the subject (unaware ego*). When the practitioner/healer is in a meditative state, he/she is fully aware, following the High Intelligence (with his/her intuition) to perform the body work. Being in a meditative state provides hospitality for the inner source of Kundalini/Atapa energy to carry out its work. When this happens the practitioner/healer is merely an instrument in the hands of the Divine Spirit or God.

In simple words, the objectives of Thai massage are as follows:

- Opening the energy flow of the legs so the Earth energy can come through
- Opening the energy flow along the spine, so the Cosmic energy can come through.
- Allow these two energies to flow in the system to activate/raise the Kundalini/Atapa energy so it can fulfill its purpose.
- The practitioner/healer is in a meditative state at all times so his/her state of awareness is in receptive mode (his/her unaware ego* does not interfere with the process) and assists the Kundalini/Atapa energy to flow, removing the blockages in the body.

**The Interference of the unaware ego*

When the ego begins to realize that the body has the power to express itself more freely, removing its blockages and letting vital liberating energy flow, it gets frightened of losing control over the body and its containers. This fear is activated because the ego realizes this is the beginning of the destruction of its own energy sources which it has built up for its own survival.

Suggested Bibliography:

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