

Of special interest to members of the Thai Healing Alliance (THAI)

PROTECTING THE THAI THERAPIST'S ENERGY SYSTEM

Anybody involved with intensive energy work has to protect herself from her patients' energies. When you give Thai massage you are acting as the agent for the release of your patient's tension. If you don't take care, you might end up holding quite a bit of tension yourself after a short while or you might even become seriously sick. It is therefore extremely important to clean yourself from the intake of energies.

A few simple protective measures are very helpful: always wash your hands with soap or in salt water right after you've finished a massage. Better still, if at all possible, take a shower.

Buddhist Vipassana meditation helps to let go of tension and to keep you balanced.

There are a number of yoga relaxation exercises to create a protective shield as well as to release negative energies.

A whole range of these exercises are explained in 'The Yoga of Mindfulness' and in *Thus Have I Heard* (both are books by Asokananda, published in Thailand—Ed).

The two most useful and powerful exercises I can recommend are the 'Prana Eggs' and the 'Kaya Kriya'.

PRANA EGGS

'Prana Eggs' is a great exercise to ward off alien energies.

Lie on your back with your head preferably pointing North to make use of the polarity of the earth. Use your mind like a pencil. On the in-breath, imagine drawing half of an oval beginning 10 to 15 centimeters below your toes ending about 10 to 15 centimeters above your head on the right side of the body. On the out-breath, draw the other half of the egg on the left side of the body, starting at the head and down to the toes. You are lying now in the middle of a huge prana egg. Repeat the breathing and the visualization at least nine times. This part of the exercise protects you from negative external energy influences.

Then start directly at the toes and on the in-breath draw the oval close to the body to the middle of the head, where the seventh chakra is situated. On the out-breath, close the egg on the left side from head to toes. This part of the exercise creates self-confidence, equanimity and balance.

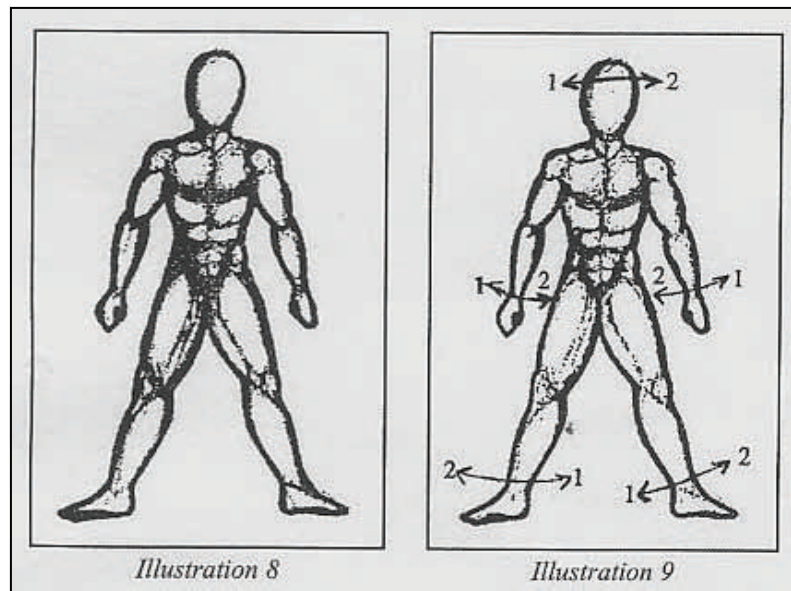
After having repeated that part again at least nine times you form a small egg starting at the pelvis and ending at the 'third eye', the sixth chakra, situated on the forehead. Visualize drawing the oval up on the right side on the in-breath, down on the left side on the out-breath. Repeat this part also at least nine times and you will be surrounded by an energy field allowing you deepest relaxation.

KAYA KRIYA

Kaya Kriya means 'body movement' and indeed, movement is an important part of this relaxation exercise. Engaging in *Kaya Kriya* is great after a 'difficult' session, whenever you work with someone who is very sick or who holds a lot of emotional tension, for example.

Lie on your back with the head again pointing North. Have your legs apart and your arms spread away from the body (see Illustration 8).

The exercise has four parts. Every part should be practiced at least eight to twelve times to ensure deep relaxation. If you do a more intensive practice, *Kaya Kriya* even helps to let go of grave psychic and physical tension. I have had excellent experiences with this kriya in combination with the psychic cleansing process in Buddhist Vipassana meditation and after Thai treatment sessions. I regularly recommend the *kriya* to my students to complement meditation practice and as energy cleansing for Thai massage therapists.



In the first part of the exercise, concentrate on breathing into the lower part of the lungs, the diaphragm area, and turn the feet and legs inward on the in-breath (see Illustration 9). Apply as much pressure as possible. On the out-breath, roll feet and legs outward again.

In the second part, breathe into the middle part of the lungs, the mid-chest, and roll arms and hands outward with strong pressure (see Illustration 9, center). Your back may slightly lift off the ground. Roll the arms and hands back inward on the out-breath.

In the third part, breathe into the upper part of the lungs, the clavicular region, and turn the head to the right on the in-breath, to the left on the out-breath (see Illustration 9, top).

In the fourth part, take a full deep breath and perform all the movements at the same time (see Illustration 9).

Then continue breathing normally without any breathing control and maintain the relaxation posture for as long as you like. You may feel a tremendous energy play at this point. There's usually a powerful release of tension.

So whenever you feel really down and drained, whether after a difficult massage or simply after a hard day, the *kaya kriya* may perform miracles. Take your time for this time-consuming exercise. It's certainly worth it.

This article is excerpted from Asokananda's book "*Thai Traditional Massage for Advanced Practitioners*", D.K. Books (Editions Duang Kamol), Bangkok. ISBN 974-210-633-9 © 1996 Asokananda Harald Brust. All rights reserved. Reproduced with permission of the late author's estate for exclusive reference use by members of Thai Healing Alliance International (THAI). Do not reproduce this article without permission.