

# Thai Abdominal Techniques

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*In the Thai tradition, the abdomen is considered to be the most sacred area to do healing work. In recognition of my teacher Pichest Boonethumme, I give great thanks for his teachings and especially for his reluctance to teach abdominal work to new or overeager students. His response to the request for teaching abdominal work is most often “later, later”... and for many, that teaching may seem to be constantly postponed.*

*Abdominal work is not a therapy in and of itself in most cases, but rather part of a holistic and balanced interaction. Abdominal work shows up wherever and whenever it is needed in the course of a session, or possibly not at all.*

*Please be gentle, move slowly and with a deeply mindful awareness when touching the abdomen. This workshop is an introduction only and I consider it to be somewhat like “take-out food.” It is reasonable to suggest that experience and patience are the most reliable ways to develop the ability to really help people in their healing process. It is important to warm up the lower body first in order to minimize irritations or defensive reactions. This work can help integrate energy flow. When a difficulty seems better at first but then returns quickly, this work can be a key part in bringing about lasting benefit. When there is an upper body “block” this work can be key in getting the flow going again so that subsequent releases may be better tolerated.*

*The best way to apply this work is to touch many, many people and really develop “sensing” over time. Do not expect to become a quick expert; each of us is unique. Protect yourself from becoming a sponge for the energies released. Practice good posture, good body mechanics, well balanced breathing and puja. Give up your expectations and let go of pride and self-judgment. Try to be fully present at all times.*

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## Palm Circles

Palm Circles: Let your hand be relaxed, soft and light. Move in a clockwise direction and allow your wrist to flex to follow the shape of the body. As you travel around the navel notice any changes in consistency such as bulges or tight areas. Avoid deep pressure.





### **Push**

As the client exhales, let the heel of your hand dip into the most lateral area just inside the A.S.I.S ( Pelvic bones). Use light pressure at first as you press down and then push to traction medially. Release pressure on the inhale breath.



### **Pull (scoop)**

As the client exhales, dip the tips of your fingers into the most lateral area just inside the A.S.I.S ( Pelvic bones) . Use light pressure at first as you scoop down and then pull to traction medially. Release pressure on the inhale breath

### **Elbow points with bent leg**

Support your weight with your outside hand. Place your elbow just inside the A.S.I.S. and keep your forearm parallel to the floor. As the client exhales, release your weight slowly and gently. As soon as you or the client feel any resistance decrease pressure and slightly and pause for a few breaths. Only increase pressure or depth as the body relaxes to allow you in. Release on the inhale slowly. Follow the bone structure closely and stay lateral as you repeat for points 2, 3 and 2 and 1 again.



### **Medial push with bent leg**

Support your weight with your outside hand. As the client exhales, dip the heel of your hand into the area just inside the A.S.I.S. and traction medially. Press gently at first and stay for a few breaths.



### **Thumb points in lunge position**

Stand on one knee and cross the near leg over midline of body. Support with your knee inside the knee joint as you place your thumb gently just inside the A.S.I.S. and press slowly as the client exhales. Follow the points in step #3.

### **Side lying elbow press**

