

Developing the sense of contact, connection and flow.

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*The supreme good is like water,
which nourishes all things without trying to.
It is content with the low places that people disdain.
Thus it is like the Tao.*

Tao Te Ching

Being able to be in contact and really feel the client seems to be the basic condition to be a good body therapist. Our anatomical knowledge, knowledge of the trigger points, anatomy chains, etc. is important, but when it comes to “feeling” - there seems to be a different door to be opened... maybe it is right brain or intuitive aspect of our mind.

Regardless of level of our experience and intellectual knowledge, we can work on developing sense of our body centering and grounding to make it more perceptive, more open and connected to the world around.

From this perspective, in Thai Massage there are three important points:

1. Feeling own center, not just as hara but but as dynamic structure in relation with surroundings.
2. Feeling clients body, its center, structure, density, tensions, strength, weakness etc.
3. Connecting and letting the flow of this connection to guide us in treatment.

Exercise on Pilates ball or what is also known as Balance Ball Yoga is an excellent method to quickly center our body as a dynamic structure of three components:

1. Body balance point or “CENTER”.
2. AXIS or vector of forces interacting.
3. Body ALIGNMENT in process of playing with the ball and gravity.

Playing through remaining on the ball reeducates our neuromuscular system. It requires constant awareness, relaxing certain muscles and strength of the other. It gives us concrete experience of body center and builds the proper structure for effective movement and posture. What is most important, we can use this experience in our practice of Thai Massage.

As it is explained in Buddhist teachings, all things are interdependent. In fact things do not exist separately. So, if we think in terms of bodywork and interdependence, lets compare it to climbing a tree: we depend on a tree but also, tree depends on us. We either climb safely for us and a tree, or we can damage ourselves or a tree. It all depends if we “feel” where to step, if we diagnose properly. Similarly, working with client: we can do it as playfully as children climbing a tree but with the right feeling of clients body condition. In this way we are applying intuitively and automatically the proper diagnose and therapy. Normally, if certain technique feels good for us, it should feel equally good for our partner. We can be never 100% sure how they feel what we do but, we can feel equally connected and centered during the treatment as when on the ball. We can feel good and not worry if we are doing

good massage or not! Surprisingly, the client will tell in most of cases how good it was! This is the MAGIC of INTERDEPENDENCE!

In fact, being connected and centered has enormous healing potential! It is what healthy body feels, it is what our client expects ultimately to feel!

Similarly, as Howard Evans stated: “In craniosacral work the aim is to establish a relationship with Breath of Life, expressed as the health at the core of our patients system rather than with their disease processes.”

When we feel centered and connected during the treatment, we don't have to worry or think too much, we can relax our mind. Because we already have intention to help client, we have compassion, through the law of interdependence, our connection with them will do the job. Lets this connection to guide the treatment, and not disturb the beauty of it with our thinking and judging!

Of course, we still have our basic anatomical knowledge, we interview the client, we know all the important points and applications and we use it, but governed by this feeling of connection.

To summarize:

1. Feel your body center first.
2. Evaluate how much pressure is needed through gentle touch and feeling (contact).
3. Search for connection with the center of the client body when applying technique.
4. Make it one act of evaluating, connecting and applying technique, together.
5. Make one technique smoothly transiting into the other, keeping constant connection without loosing contact with your partner. May the transition be part of the treatment.

Practicing in this way we may experience some kind of flow witch will keep us fresh and happy. This flow sometimes can mean moving, sometimes remaining still. We should respect what our body tells us, what our intuition is. Usually it is right.



