



Nuad Thai "Traditional Thai Massage"

Maneewan Chia and Max Chia

Traditional Thai Massage is based on energy flow along lines called Sen or channel. Traditional Thai Massage focuses on the major channels. Similar to reflexology and stretching, Traditional Thai Massage enhances the knowledge and experience of specialists in the use of therapeutic massage in treating diseases.

Working on the energy points relieves blockages and imbalances in the energy lines. When energy flows and is in balance, *well-being* is restored.

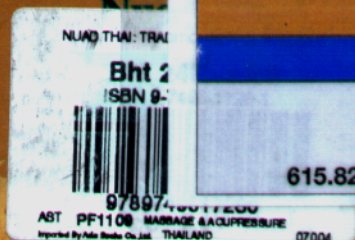
Traditional Thai Massage can be applied shallowly for relaxation as well as deeply. The combination of pressing and stretching promotes the flow of energy, helping to maintain *health* and preserve *youthfulness*. Freedom from stiffness, chronic pain as well as emotional release are common results.

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Nuad Thai

“Traditional Thai Massage”

Maneewan Chia
and
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Words of Caution

The techniques of the Nuad Thai “Traditional Thai Massage” described in this book have been accepted and used successfully for thousands of years by being passed down through individual instruction. A good practitioner requires strength, great skill of practice and control, which can only be obtained from correct training. The practitioners must not undertake the practice of Nuad Thai “Traditional Thai Massage” without personal training from a certified teacher. Carefully follow the instructions and warnings. This book is a reference guide for practitioners who have been trained. Anyone who undertakes any techniques by the use of this book alone, without strictly following the instruction notes and warnings, may cause injury. The responsibility lies only with the reader who uses the techniques entirely at her or his own risk.

The techniques that are described in this book are not to be used as substitute for professional medical treatment. All practitioners must practice with caution. Do not try to give any medical diagnosis, prescription or treatment for any physical condition, disease or any mental disorder or illnesses. For these things a medical doctor, psychologist or other medical professional should be consulted. This book is not intended to train you to be a therapist.

The Traditional Thai Massage emphasizes balancing and strengthening the “Qi” (Energy-see appendix in Authentic “Traditional Thai Massage” book) in the body so that people can heal themselves. Follow the technique for each exercise carefully. Always pay attention to the warnings in each chapter. Do not neglect the “Supplementary Practices” (see appendix in Authentic “Traditional Thai Massage” book), especially meditation.

With people who have high blood pressure, heart disease, or a generally weak condition the practitioner should proceed cautiously. Pregnant women should not lie on their stomach.

The Healing Tao Center, Inc. cannot be held responsible for the consequences of any practice or misuse of the information in this book.

Acknowledgements

We express our gratitude to the generations of Traditional Thai Massage masters who have passed their knowledge down for thousands of years. Especial gratitude and honor is deserved to the founder of Traditional Thai Massage: Dr. Jivaka Kumara Phaccha.

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Finally, we wish to express our gratitude to all "Traditional Thai Massage" practitioners and sponsors throughout the world for their support and work to conserve the system in the modern world.

About the Authors

MANEEWAN CHIA

Maneewan Chia is the co-founder and Director of the Healing Tao Center, Inc. New York, USA. She was born in China to Chinese parents in 1944. After the Second World War and the Communist Revolution, her family left Mainland China and moved to Hong Kong where she spent her childhood. She and her parents later moved and settled in Thailand where she attended Mahidol University and earned a Bachelor of Science Degree in Medical Technology in 1971.



Since her childhood, she has been very interested in Feng Shui and nutrition. She learned the entire secrets of the Chinese traditional herbal health food cooking (which she has named “Five Elements Nutrition”) from her mother. This system has been passed down in her family over many generations. As Thailand is a Buddhist country, she has also been strongly influenced by Buddhist meditation as well as her study of Feng Shui and her later practice with Taoist qigong and meditation.

In 1976, she married Mantak Chia and studied Taoist Qigong and meditation together with him for their entire married life. Together they created and founded the “Healing Tao” system of Qigong and meditation practice, which now has hundreds of independent teachers all over the world. In July 1977, she and her husband moved to New York, USA. There she taught the “Healing Tao” system, as well as Five Elements Nutrition and Feng Shui and managed the Healing Tao Center, Inc. She co-authored (with her husband) most of the Healing Tao books. She and Mantak divorced in 1998 and she now lives with their son Max, in Chiangmai, Thailand.

Maneewan Chia was awarded an honorary Doctor of Science degree by The Open International University for Complementary Medicines and Medicina Alternativa Institute of Republic of Sri Lanka in 1995.

MAX CHIA

Max Show Chia Jitraphongsathorn, Maneewan's son, was born in New York, USA. in 1978. He was raised in Huntington, New York and attended school there. In 1994 he moved to Thailand with his parents. There he continued his education at Montfort College.

Currently (2003), he is in his sixth year at the Chiangmai University Medical School, Chiangmai, Thailand.

Since he grew up in the Healing Tao Center, Max was very interested in his parents' work and was influenced by their Taoist practice. Beginning when he was eleven years old, he learned most of the practices taught by his parents and became a Healing Tao Instructor. Since he was young, he has wanted to study medicine and use his knowledge to combine modern western medicine and traditional medical practices or "holistic fusion" (such as Traditional Thai Massage).



Introduction to Nuad Thai **“Traditional Thai Massage”**

This therapeutic healing practice has existed in Thailand for more than a thousand years. The history of Thailand shows that the Thai people originated near the border of China. They migrated southwards, finally settling in Southeast Asia. Thailand has been influenced by many different civilizations and cultures. China and India are the two major countries from which many important valuable cultural and religious practices come. Chinese concepts of traditional medicine (including acupuncture and acupressure) and Taoist philosophy and practices both influenced the practice of traditional Thai massage.



Dr.Jivaka Kumara Phaccha

is the legendary founder of Traditional Thai Massage. He not only inspired the art of massage, but he also contributed the *“original knowledge”* about healing herbs and minerals. Nowadays, one can still find Indian Ayurvedic medicine in Thailand

including herbal treatment, massage and steam baths. It is believed that Dr.Jivaka Kumara Phaccha was a doctor from northern India. He is known to have lived at the same time as the Buddha, and he was the personal physician to King Phimpisarn over 2,500 years ago. He is honored as the “Father of Traditional Thai Medicine” Before starting a massage the practioner always offers a prayer to honor and remember him.



“โอม นะ โม จีวะกะ โกมารภัก ใจ ปุชาเย”
(Om namo Jivakakomaraphatjo Phuchaya)

Wai Khru

This is the prayer recited to show respect for Dr. Jivaka Kumara Phaccha called “*Wai Khru*”. Before starting the massage the hands are brought together in front of the face and the following words are recited: “*Om namo Jivakakomaraphatjo Phuchaya*” (this is the short version of the prayer)-- I respect the compassionate Jivaka with good conduct...

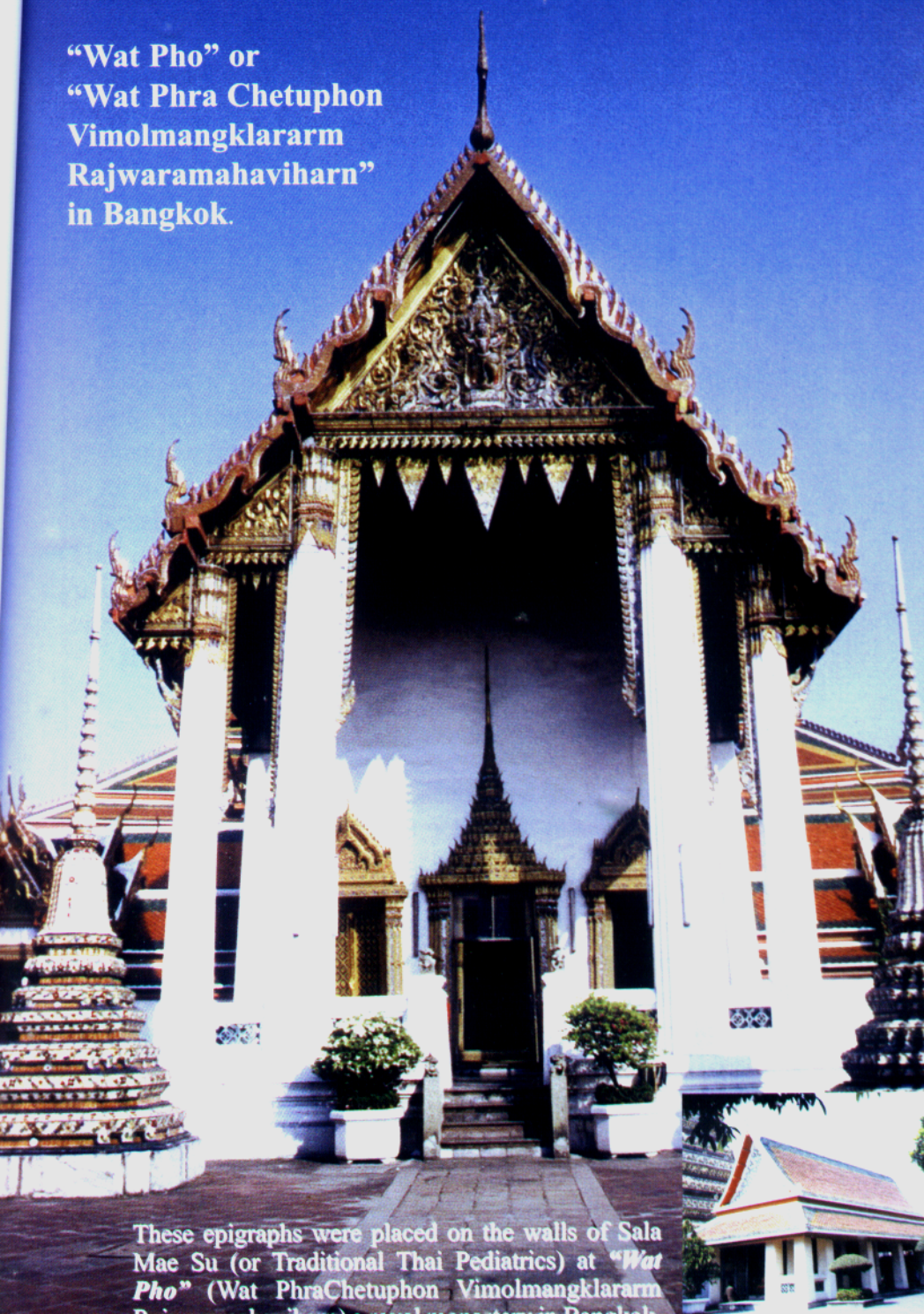
This knowledge about massage was passed down from one generation to the next by word of mouth. Finally, the practice, including detailed descriptions of Traditional Thai Massage, was recorded on palm leaves in Pali language, with respect similar to that given Buddhist religious texts. These manuscripts were kept at Ayutthaya (the old capital city of Thailand.)

In 1767, Ayutthaya was invaded by the Burmese. Their army destroyed many of the precious texts and pictures, leaving only some fragments. In the early part of the Rattanakosin period, King Rama III of the Chakri Dynasty (2375 B.E.--Buddhist Era or 1832 A.D.) ordered that all fragments of surviving texts describing of the art of Traditional Thai Massage be carved in stones.



“Sample of *the epigraphs* that were carved in the stones by the order of his Majesty King Rama III of the Chakri Dynasty”

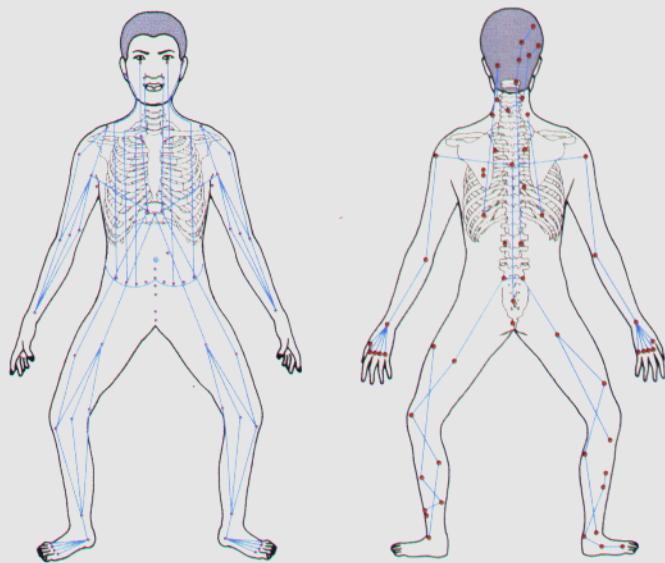
**“Wat Pho” or
“Wat Phra Chetuphon
Vimolmangklararm
Rajwaramahaviharn”
in Bangkok.**



These epigraphs were placed on the walls of Sala Mae Su (or Traditional Thai Pediatrics) at **“Wat Pho”** (Wat Phra Chetuphon Vimolmangklararm Rajwaramahaviharn) in Bangkok.

Altogether there are 60 figures; 30 represent the front of the body, and another 30 the back. Each figure shows the energy channels (called “Sen”) with the therapy points. All of these channels form the original basis of Thai Massage. The channels indicate the pattern of invisible energy channels; with energy points quite similar to acupressure points in their position and in the way they influence the body and its functions.

The vital force flows along channels or **Sen**



Traditional Thai Massage is based on the concept of vital life force energy that flows along channels in the body called “**Sen**” to specific energy points. Traditional Thai Massage focuses on the major channels. Ten of them are very important in Traditional Thai Massage.

Chiropractic and physiotherapy practices are similar to Traditional Thai Massage but they do not focus on the energy channels and points in the body but are based only on the anatomical structure. Traditional Thai Massage is similar to reflexology and the concepts of stretching. It enhances the knowledge and experience of specialists in the use of therapeutic massage in treating certain diseases. Usually a teacher teaches therapeutic massage directly to a student and it takes a long time to learn properly.

According to Thai Massage theory, the human body remains healthy when it maintains its balance of energy in relation to the energy of the universe. Any imbalance in the flow will result in sickness. Working on the energy points can relieve blockages and imbalances in the energy channels. When the energy flows and is in balance, your feeling of well being is restored. You feel good, energized, relaxed, and free from pain and stiffness.

Traditional Thai Massage can be applied very shallowly for relaxation, but can also be applied very deeply to target a therapeutic effect. Because it can stimulate the flow of blood and lymph (tissue fluid), the pressure that is applied to the energy points and channels will release energy blockages and stagnation. The combination of pressing and stretching promotes the flow of energy, helping to maintain health and preserve youthfulness. There is freedom from stiffness, loss of flexibility and chronic pain and the energy levels are balanced which enables the person to release emotions.

Muscles provide movement of the skeleton by contracting and relaxing. Emotional tension can cause a muscle to become tense, contract, and shorten causing stiffness, aches and pains. Tension also creates an imbalance of force on the spine, resulting in back pain, neck pain, and headaches which speed the aging process. Massage and stretching in traditional Thai massage, will cause the nervous system to release endorphins. The endorphins can relieve pain and produce powerful feelings of health and well being.

Ideally, a whole-body massage will take from two to three hours to complete. This is enough time to work on the whole body and still maintain concentration. This does not mean that less time is less effective. It is better to spend time on a few parts of the body, so they can be treated properly instead of speeding up to try to do the whole body. A good practitioner or masseur selects the techniques and sequences according to the needs of the client. There are no fixed rules of thumb in Traditional Thai Massage; this would limit the structure and selection of techniques. Each one has its own style and uses different sequences and variations.

There are two main styles of
“Traditional Thai Massage”.

A. Chaleeysak Massage

A native massage, the knowledge of which was passed down from one generation to another. This massage has evolved to provide a variety of techniques and body positions. The four main positions are:

1. supine position (lying on the back);
2. side position (lying on the side);
3. prone position (lying on the stomach or facing down), and
4. sitting position.

B. Rachasamnak Massage

This is a style modified for use at the ancient royal court by the royal physician. This knowledge was passed down from one royal physician to the next. The massage is more deferential, gentle, delicate, and precise.

The “Rachasamnak Massage” has only three positions:

1. supine position (lying on the back);
2. side position (lying on the side), and
3. sitting position.

Chapter 1

Techniques of Traditional Thai Massage

Traditional Thai massage is the most effective and comprehensive system to energize and strengthen the body. It promotes the flow of energy in the energy channels (see energy and energy channels in the appendix) and the flow of blood in the blood vessels and capillaries as well as assisting lymphatic drainage. The pressure of deep massage will relax and release the adhesion of the fascia (the connective tissue that surrounds the muscles and organs) and allow energy to flow freely.

Some people can be very stiff while others are flexible. The important thing is to learn how to recognize what degree of pressure and stretching can be applied to each individual. You must develop a feeling for the bodies of others. A skilful practitioner always knows exactly how much pressure and movement can be used without causing injury or pain to the receiver.

Massage can affect people differently. Some people are more sensitive than others. Some find that deep pressure creates discomfort and a great deal of pain. When you apply force, you should press with your body weight-- lifting your body up and leaning forward very gently while gradually increasing the pressure. Always observe the receiver to see how much pressure he or she can tolerate, releasing the force and moving back when appropriate. Finding the appropriate force during a massage requires adjustments to suit each individual.

Caution:

- 1. All techniques should start with an application of force or pressure that is very gentle, then gradually increased to avoid injury. Injury can result if the massage is performed roughly.***
- 2. Always observe and ask the receiver for feedback, especially when the massage reaches the maximum pressure or stretch point.***

Pressure or force to attain the desired effect takes two forms in Traditional Thai massage:

- (1) direct pressure and
- (2) indirect pressure (stretching and twisting).

A. Direct Pressure

When force is applied with the thumb, fingers or elbow, a small area is covered and penetration into the body is more direct and deep. If force is applied through a larger area, such as the palm of the hand or the heel or sole of the foot, the force spreads out and does not enter as deeply.

1. Thumb Press Techniques



a. Single Thumb Press Technique

Using the thumb pad, press down very gently, gradually increasing the force (adjusting the force according to the receiver's reaction) Normally this technique is used for massage on a point or in a circular motion. Sometimes it can be combined with the stretching techniques.



b. Double Thumb Press Techniques

(1) Double Thumb Facing

Press the two thumbs with their tips together while resting the other four fingers of each hand on the receiver.

(2) Double Thumb Walking

This is double thumb facing combined with a walking motion. Press the two thumbs with their tips together and move them along alternately in a walking motion. As one thumb walks, the other follows, moving back and forth along the energy lines. This technique loosens the muscles and tendons and stimulates energy flow.



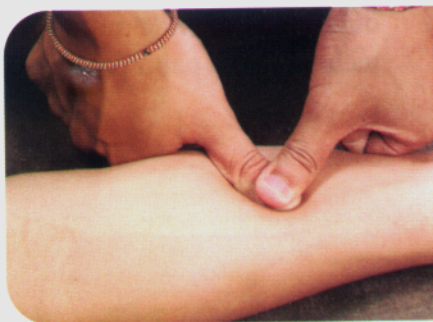
(3) Double Thumb Parallel

Put the thumbs next to each other with the other four fingers of each hand supporting on the opposite side of the limb and press both thumbs at the same time.



(4) Double Thumb Overlap

Put one thumb on top of the other to provide more pressure.



(5) Palm and Thumb Overlap

Put the palm on top of the thumb to exert extra pressure.





2. Finger Press Technique

Press with the finger tips, this technique is ideal for performing a shallow massage by using an index finger or a deeper massage by using the middle finger.

3. Palm Pressing Techniques

These use the palms of the hands to massage large areas of the body. Pressure can be applied and maintained for a few minutes without moving. Keeping your arms straight, slowly press down with the upper body weight on the arms. This technique will generate a strong and sustained pressure, and will achieve a result without fatigue. For a short duration, a rocking motion can also be applied. There are three different techniques of palm pressing.



a. Single Palm Pressing

The Single Palm Pressing technique usually requires use of the palm or the heel of the hand. This technique is used to apply firm pressure to the major tissue masses of the body, such as the thighs, buttocks, and back.

b. Double Palm Pressing

The Double Palm Pressing technique exerts a concentrated pressure. Placing one hand on top of the other and keeping your arms straight, rock forward, increasing the pressure little by little with your body weight.



c. Butterfly Palm Pressing

The Butterfly Palm Pressing technique uses both palms with the heels of the hands touching and the fingers of each hand pointing away from each other. Pressing down with both hands spreads the force evenly over a wide area of the body.





4. Pulling Technique

a. Press and Pull

This uses all four fingers of both hands to press and pull.

b. Grab and Pull

This uses the thumbs and the four fingers as forceps, to grab, squeeze, and pull. Pulling is done with the thumbs.



5. Scooping and pushing Technique

With the fingers of each hand supporting the action, use the fingers of both hands close together to press and scoop in, or press downward and scoop and push out. There are many variations in the direction and use of this technique.

- a. Scooping with the Finger Tips
- b. Scooping with the Edge of the hand
- c. Scooping with Two Hands
- d. Scooping and Pushing (The Kneading Technique)

(1) Kneading with one hand

Use the fingers to scoop and follow by pushing out with the heel of the palm, as if you were kneading a loaf of bread.



(2) Kneading with both hands

Use all the fingers of both hands to scoop, then push out with the thumbs as if you were kneading a loaf of bread.



6. Fist Hitting Technique

This procedure is usually used in combination with the other techniques to spread the force out after performing the pressure techniques. Clench the hands into fists but keep them loose. Using the base or butt of the fists hit along the points or the energy lines after using direct pressure techniques.



7. Patting Technique

Pat with very light force around the area with the palms. Patting is generally used to spread the force after using the direct force techniques but is lighter than the fist hitting technique.



8. Hand Chopping Technique

Bring the hands together, with the fingers spread a little bit and loose, then chop with the outer edge of the hands (the little fingers and the outer edge of the palms).



Caution:

When working on the kidneys, chop very gently. Never chop directly on bones.

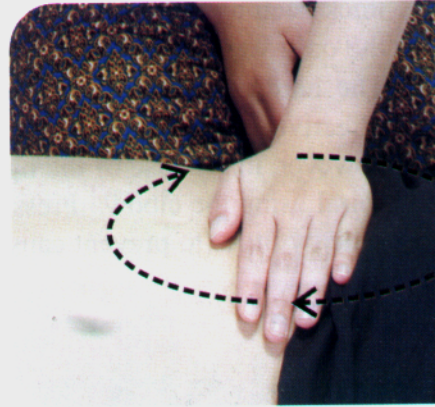
9. Spiraling Technique

The spiraling technique is the main technique for skin detoxification. Gently use the hand on the abdomen to loosen blockages under the skin and tissues. Begin by massaging with the middle finger or the three middle fingers together in small, tight, clockwise circular motions. The sequence for each point is to press in, spiral, and loosen the skin. Continue to create tight, clockwise circles outward from the previous points that you have been worked on.



10. Rolling Technique

Press firmly with the palms and rotate them very gently. This is the technique usually used for belly, the joints of the knees, ankles, and shoulders.



11. Rocking Technique

Use the thumb and fingers of both hands to grasp the muscles while rocking forward and back.





12. Shaking Technique

Use either the index or middle fingers to press down on a knot or problem area. Move the fingers quickly up and down or from side to side. Use two or three fingers to cover a larger area.

13. Elbow Press Technique

This technique is used to apply deeper pressure, to work on someone who is large or fat or on some part of the body that is very muscular or thick such as the thighs, buttocks, and upper shoulders. In these areas, the only way to have an effect is to use the elbow pressing technique. The hard to reach areas where the use of the elbow would not be effective can be accessed with the thumbs or hands. This technique, however, makes use of the tip of the elbow to press straight down or to spiral using the elbow. Press very gently and slowly increase the force little by little (to prevent causing too much pain).





14. Forearm Press and Roll Technique

The forearm press and roll technique is for hard pressure and large areas. It uses the edge of the forearm (between inside and outside of forearm) to press down and roll to the outside of forearm. Then move your forearm forward about half an inch, press and roll as before. Repeat until the whole area has been treated. This spreads the force and uses less pressure than the other technique.

15. Knee Press Technique

Knee presses are used mainly on the buttocks and the backs of the legs. This technique is also often combined with other techniques such as stretching. The knee press will give deep pressure and at the same time free the hands for controlling stretching.





16. Foot Press Technique

The foot press technique is perfect for applying pressure over large areas and thick muscles of the body such as the thighs, the buttocks and other similar muscular areas. Use the front of the sole of the foot, the arch or the heel. The force can be strong and penetrate deeply although the arch will provide less pressure than the others. Stretching some parts of the body, for example when pulling the feet, requires this technique. Pulling against the foot will give a powerful stretch.

17. Buttock Press Technique

Sitting on your buttocks let your body weight press on the receiver.



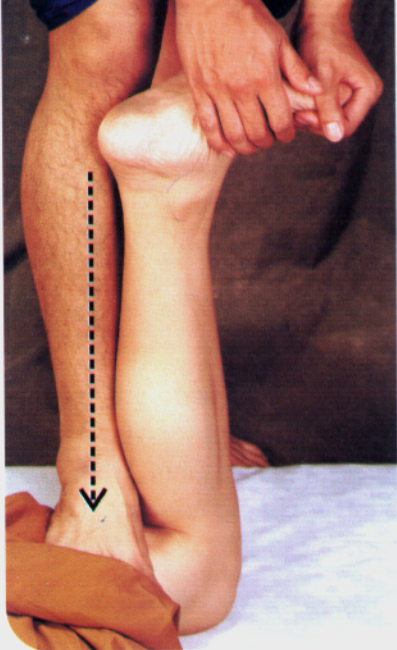
Caution:

The practitioner should not be bigger than the receiver, Do not practice this technique on areas above the waist more than two inches.

18. Standing Press Technique

The pressure from standing can provide deep penetration for the feet, legs, buttocks, and back. Sometimes the back parts of the body are walked on, starting from the feet up to the back.

The practitioner should be the same size or smaller than the receiver and should not practice this technique above the waist.



B. Indirect pressure (stretching, lifting and twisting)

The stretching and twisting techniques are used as a controlled way to open the connections between the various parts of the body. These techniques have a high sensitivity and are extremely effective, which can result in a very powerful and positive result. A good practitioner always knows exactly how far to take the movement without causing pain or injury. Traditional Thai massage is a complex interaction between the practitioner and the receiver. These techniques will allow some parts of the body to be reached which the other systems leave untreated. The techniques used are pulling, pushing, lifting, shaking and rotating to achieve the desired results. see details in Chapter seven.

Caution:

To prevent serious injury that might be caused by stretching, lifting, twisting, and moving in the wrong position, the practitioner must constantly be aware of the receiver's posture and position. Always observe the receiver's expression, taking the movement just a little further than the recipient is comfortable with.

Chapter 2

The Energy Points, the Energy Lines and the Wind Gates

“Traditional Thai Massage” is based on the concept of energy lines and energy points. The energy lines are a pattern of invisible energy channels. The energy points are similar to the Chinese acupuncture points. The energy lines and the energy points cannot be adequately explained using western anatomical language.

A.

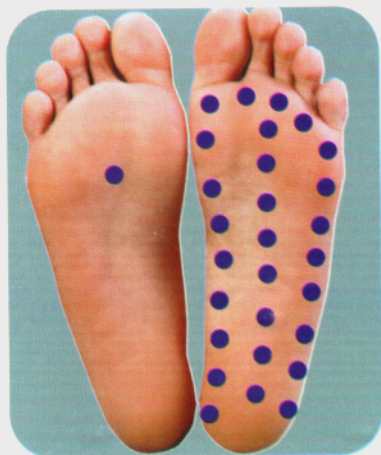
The Feet

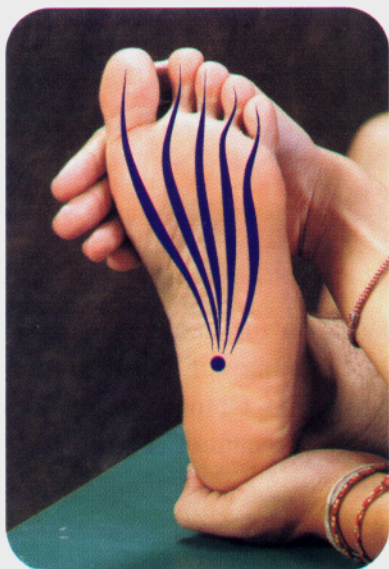
1. The Sole of Foot and the Inner Ankle

a. The gate for the sole of the foot is located on the sole, about one third of the way between the base of the second toe and the heel. It is a point called *“Bubbling Spring”*.

b. The three energy lines are located on the sole at

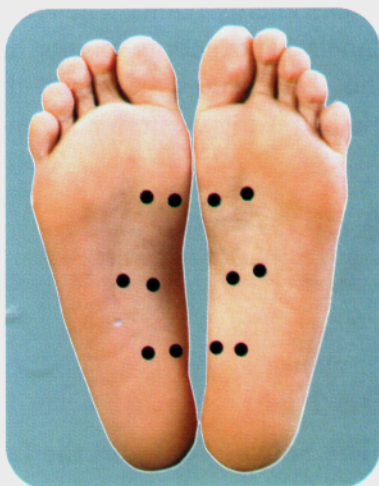
- (1) The inner edge of the sole,
- (2) The middle line, and
- (3) The outer edge of the sole.





c. There are another five energy lines on the sole. They run from the front margin of the heel pad to the toes.

d. The six energy points are located at the arch of the sole.

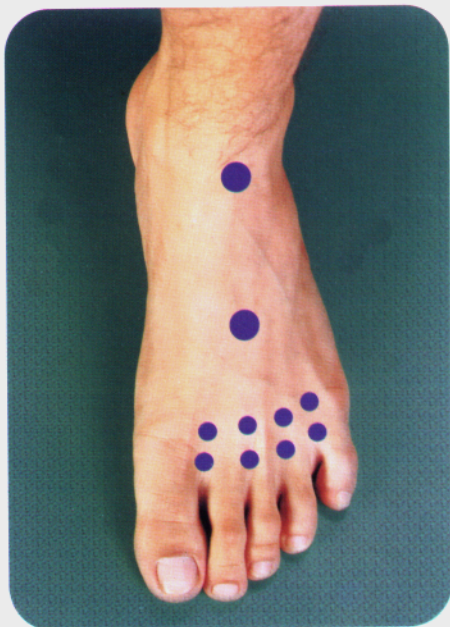


e. Another three energy points located around the inner ankle.

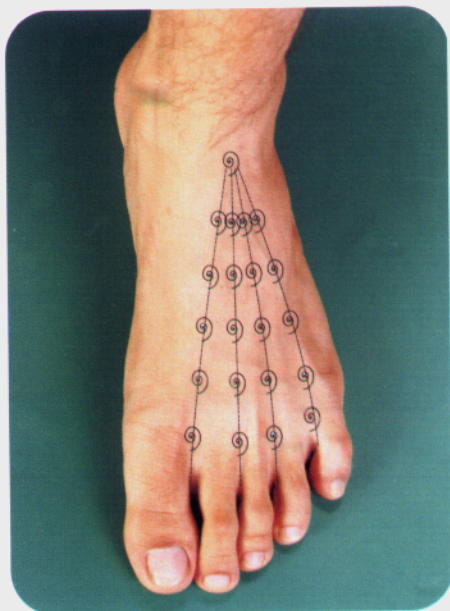


2. The Tendon at the Top of the Foot and the Outer Ankle

a. There are two energy points located on the top of the foot and another eight energy points between the grooves of the toes.



b. There are four energy lines on the top of the foot. They run from the middle of the ankle down to the toe web (between the bones of the toes).

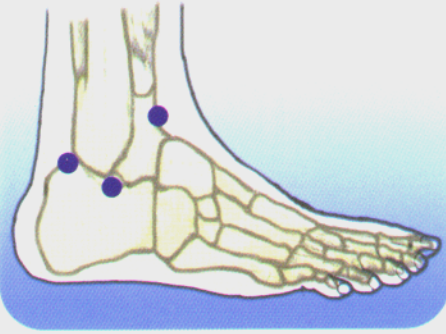


c. There are three energy points around each outer ankle.

(1) The first point is located in the depression between the Achilles' tendon and the outer anklebone. This point is the wind gate of the foot.

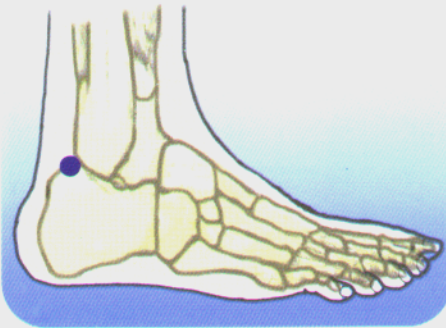
(2) The second point is located in the depression at the inside edge of the outer anklebone (toward the big toe).

(3) The third point is located in the hollow below and slightly to the front of the outer anklebone.



3. The Wind Gate of the Feet

The gate at the outer ankle is a depression between the ankle and the heel.



B.

The Legs

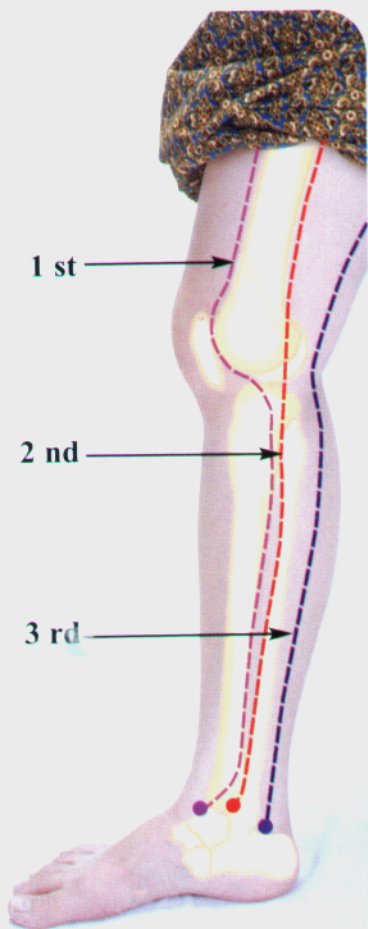
1. The Inner Leg Energy Lines

The energy lines run along the lower leg from the ankle to the knee and along the upper leg from the knee to the groin and then to the hip.

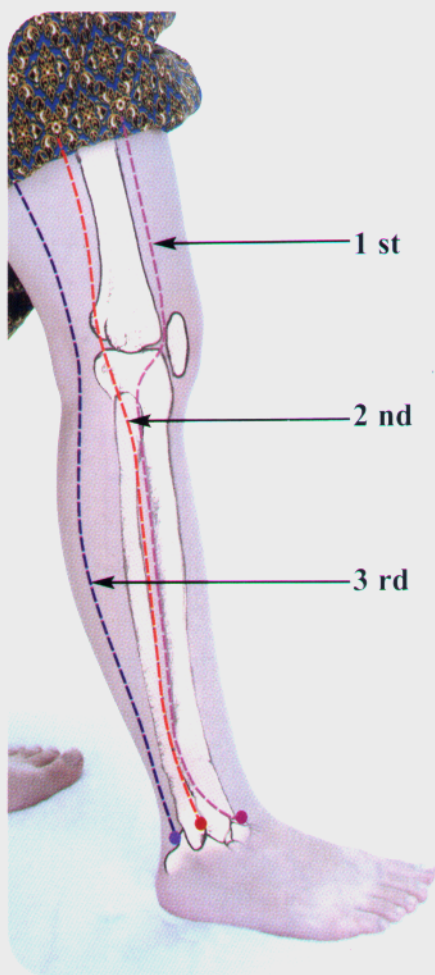
a. The first line starts above the inner ankle goes along the inner edge of the shinbone, between shinbone and fibula. Then runs under the knee and runs along the outermost edge of the thighbone to the groin.

b. The second line starts from the inner side of the inner ankle (a depression between the inner ankle and the Achilles' tendon). It runs up the middle of the inner side of the calf muscle to end between the tibia bone (shinbone) and the knee (under the knee). Between the knee and the thigh there is another depression at the side of the knee. Start from this point run under the thighbone up to the groin (about two and a half inches down from the pelvis).

c. The third line starts from the Achilles' tendon and runs along the back of the calf muscle. Passing under the knee, it runs up the back of the thigh (you can feel the tendon very clearly on the thigh) to the groin.



**The Inner Leg
Energy Lines**



**The Outer Leg
Energy Lines**

2. The Outer Leg Energy Lines

The outer energy lines run along the lower leg from ankle to knee and along the upper leg from the knee to the groin and the hip.

a. The first line starts at the outer edge of the ankle (opposite the heel), goes along the inner edge of the shinbone between shinbone and fibula, and runs under the knee. Then it runs along the outer edge of the thighbone to the groin.

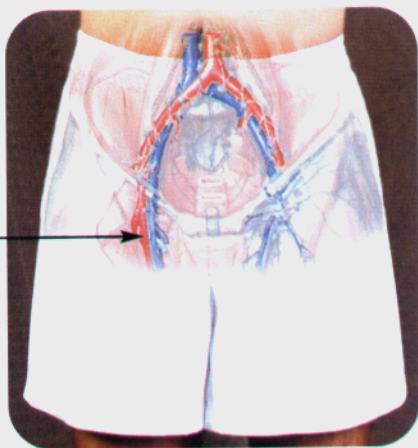
b. The second line starts above the outer ankle, runs along the inner edge of the fibula bone (the space between the tibia and fibula) to the knee, and then runs under the knee to the thighbone and the hip.

c. The third line starts from behind the outer ankle (between the outer ankle and the Achilles' tendon), and runs along the middle in the back of the calf muscle (the outside of the fibula). Then it passes under the knee and runs up along the back of the thigh (in the middle of the muscle behind the thighbone) to the groin.

3. The Wind Gate of the Legs

The wind gate is located at the femoral pulse in the crease of the leg and the groin area.

Wind Gate of the Leg
(Femoral pulse)



C.

The Arms

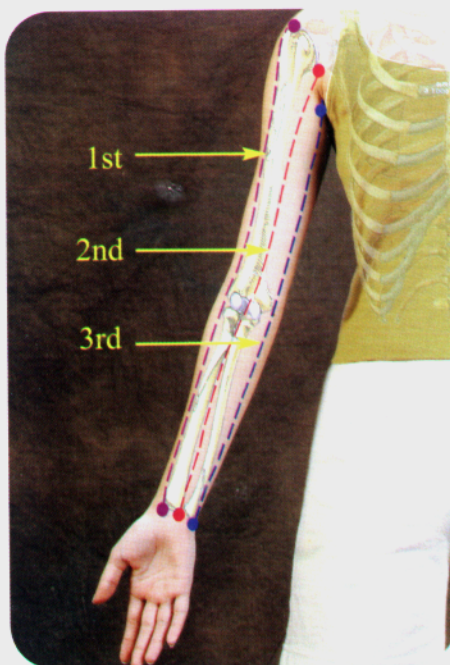
The energy line of the arms feed life force (Qi) to the body's organs. Massaging will clear blockages and smooth the energy flow.

1. Inside Arm Energy Lines

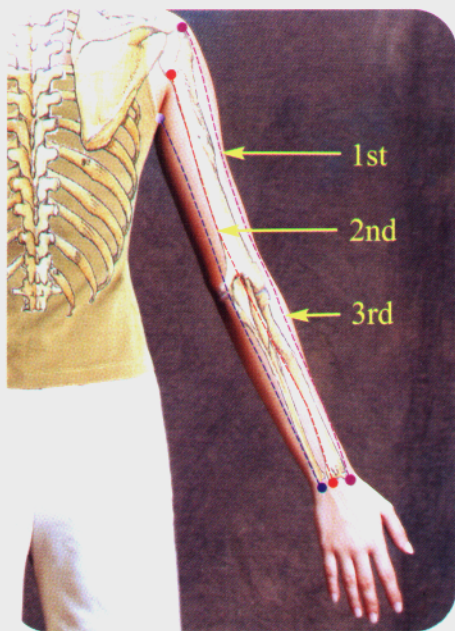
(1) The first energy line starts under the wrist behind the thumb, runs along the forearm above the edge of the radius bone and along the edge of the humerus in the upper arm and ends at the deltoid muscle.

(2) The second energy line starts from the middle finger and goes up to the inside of the wrist (on the midline of the wrist) and runs between the radius and ulna bones to the armpit where it ends.

(3) The third energy line starts on the inside of the wrist behind the little finger runs up the inner arm and ends at the armpit.



Inside Arm Energy Lines



Outside Arm Energy Lines

2. Outside Arm Energy Lines

(1) The first energy line starts at the upper wrist in the depression behind the thumb and runs along the forearm above the edge of the radius to the outer elbow and then up to the shoulder.

(2) The second energy line starts in the middle of the upper wrist (in the depression between the radius and ulna) and then runs over the humerus bone to the deltoid muscle.

(3) The third energy line starts on the upper wrist, in the depression behind the little finger, and runs up to the back of the armpit.



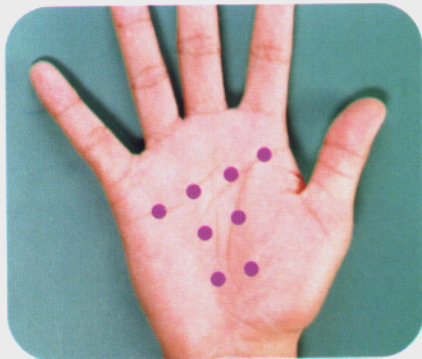
3. The Elbow

This energy point is in the space between the lower arm bone and the upper arm bone.

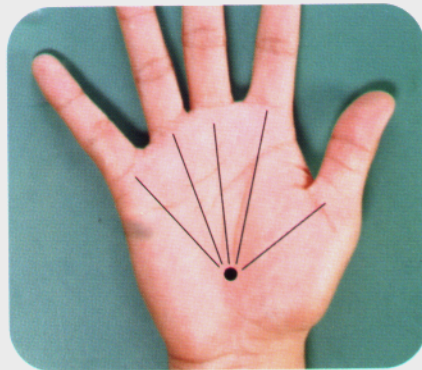
D.

The Energy Points and the Energy Lines of the Hands, the Wrists and the Fingers

1. There are eight energy points on the palm.

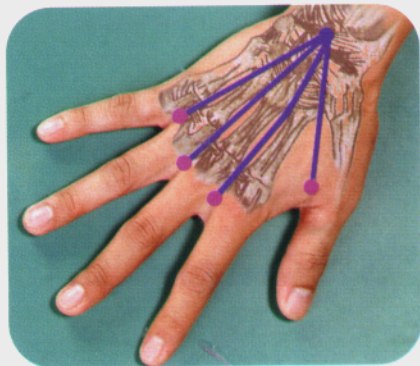


2. There are five energy lines on the palm. They run from the middle of the heel of the palm down to the fingers.



3. There are four energy lines on the back of the hand that run from the middle of the wrist and go between the ligaments of the hand to the webs of the fingers.

4. There are four energy points on the back of the hand. These are near the end of the fingers' webs.



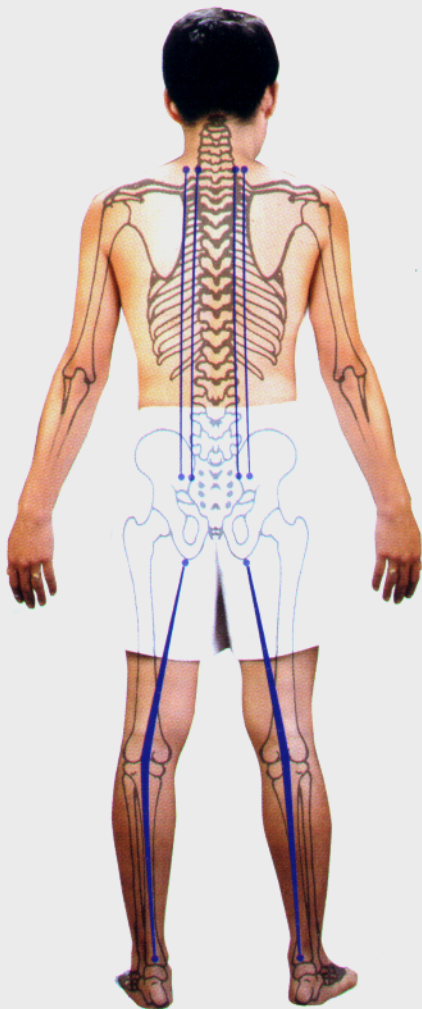
E.

The Back

1. The Energy Lines on the Back

The energy lines on the back continue from the third energy line of the outer leg. They start between the Achilles tendon and the outer ankle bone and run up the back of the legs (approximately on the midline) to the lower part of the buttocks, and then run up along the full length of the spine on both sides of the back. There are two energy lines on each side of the spine. The inner energy line is about two finger-widths from the midline of the spine and the outer is four finger-widths.

These energy lines are the main energy channels of the body. To stimulate the energy flow between the trunk and legs is important. A healthy back should be very flexible and be capable of bending and rotating in many directions. Back pain is very common and can be caused by many things. The techniques of ***“Traditional Thai Massage”*** are very powerful and can correct postural imbalances and release muscle spasm to achieve a healthy back.



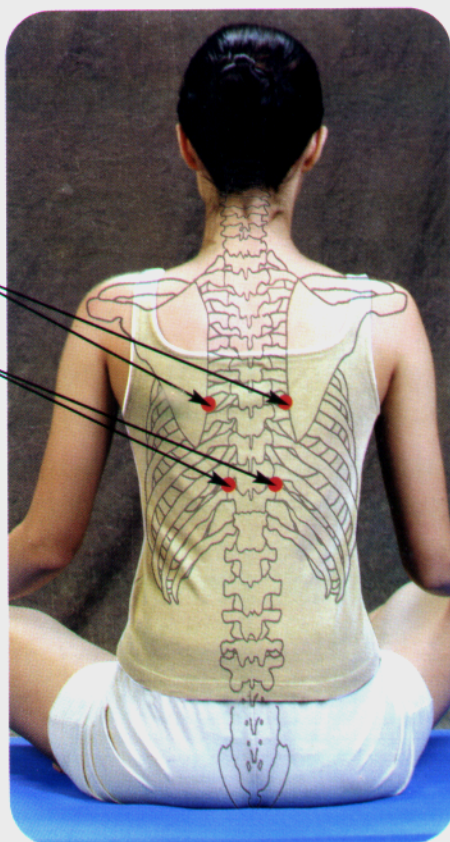
2. The Energy Point on the Upper Back

a. The first and second points are under the inside edge of the shoulder blades (If the receiver places their arm behind their back with the elbow bent and the back of the hand at the waist, the points will more exposed and easy to reach).

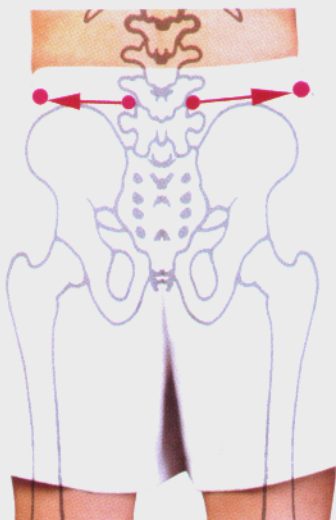


First and second points

Third and fourth points

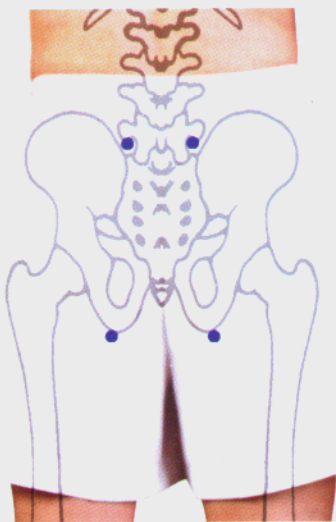


b. The third and fourth points are located at the side of the spine between the tenth and eleventh thoracic vertebrae.



3. The Waist

The waist or “Qi belt” is located above the hip and below the kidneys at about the fourth lumbar vertebra (in line with the navel).



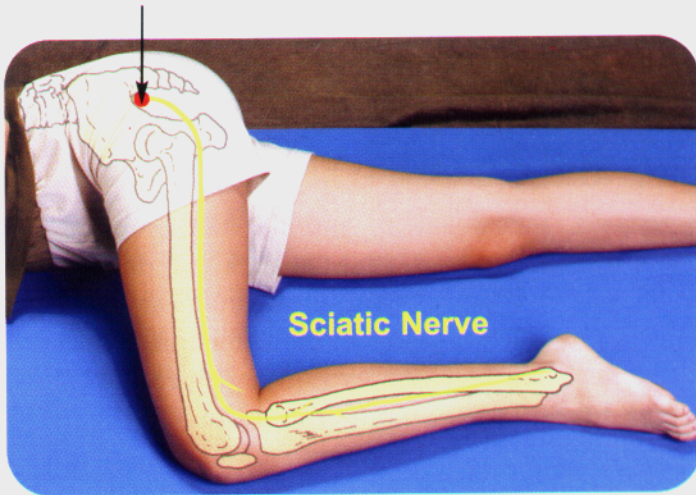
4. The Lower Back, the Buttock, the Hip and the Sacrum

a. There are four energy points on the lower back.

(1) The first and the second points are located either side of the spine in the dimple at the top of the sacrum.

(2) The third and the fourth points are located on both sides of the tip of the sitting bone (ischium).

Energy Point on Buttock

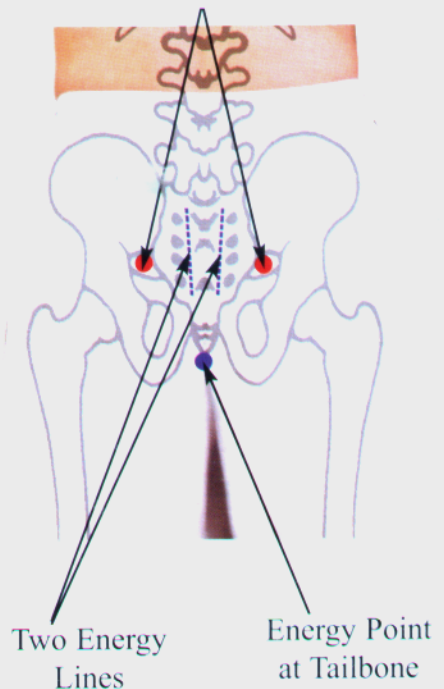


b. There are two energy points on the buttocks. These two points are located in a depression in the fleshy part of the buttocks where the muscles cross.

c. There are two small energy lines on the sacrum. These two energy lines go along either side of the middle line of the sacrum and the coccyx (tailbone)

d. There is an energy point at the tip of the tailbone (coccyx). This point is located at the tip of the tailbone.

Energy Points on Buttocks



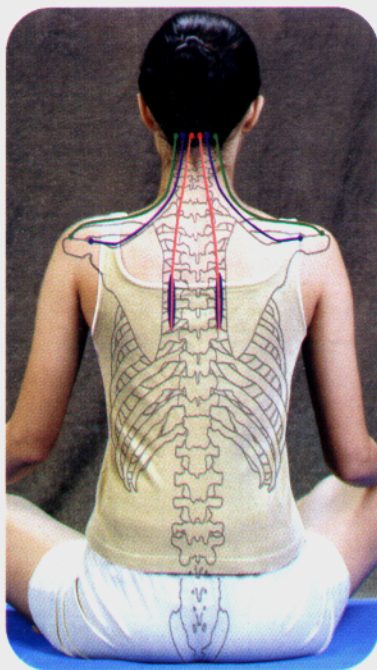
F.

The Scapula, the Shoulder, the Neck the Head and the Face

The scapula, the shoulders and the neck are the connection between the arms and the back, and the back and the head. Shoulders store tension. The blockage of energy flow in this area can cause many problems such as headaches, shoulder pain and arm stiffness. Relieving shoulder tension will improve energy flow, energize and calm the mind.

1. The Energy Lines on the Shoulder and the Neck

(a) The first line starts on either side of the spine in the large depressions below the base of the skull three finger-widths to the side of the midline of the spine. It runs from the neck down to the top of the shoulder (ending at the middle of the trapezius muscle).

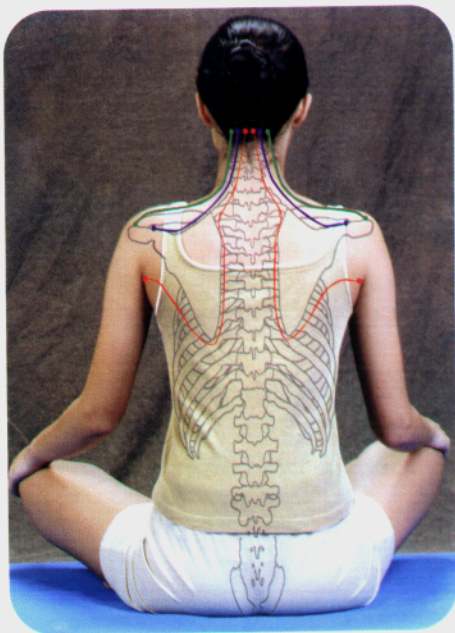


(b) The second line starts on either side of the spine, below the base of the skull two finger-widths to the side of the midline of the spine. It goes down between the spine (at the seventh cervical vertebra) and the top of the shoulder. Then splits out to the shoulder and goes to the back corner of the shoulder joint.

(c) The third line starts below the base of the skull one finger-width to the side of the midline of the spine, goes down between the spine and the scapula to end at the fifth thoracic vertebra. The end of this area (from the third the fifth thoracic vertebra) is called *"the point of Life and Death"* Massage here helps prevent heart attacks and lung problems.

2. The Energy Lines on the Scapula (Shoulder Blade)

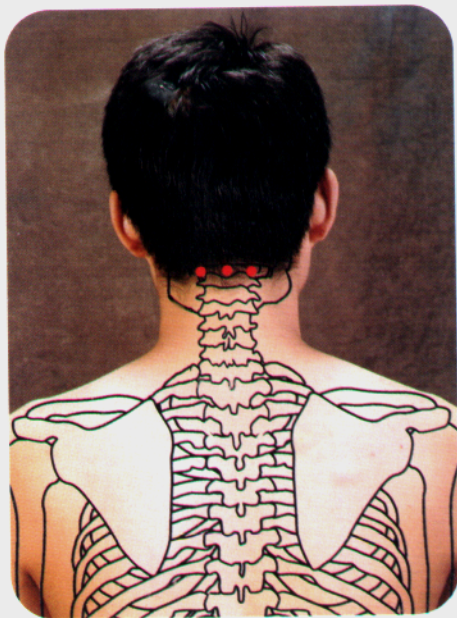
The energy lines start from the edge of the upper scapula and go along the edge of the scapula and end at the armpit.



3. The Three Energy Points at the Base of Skull

a. The first point is called the “*Jade Pillow*” in Chinese acupuncture. This point is located in the connection between the skull and the spine (between the first cervical vertebra of the neck and the occipus).

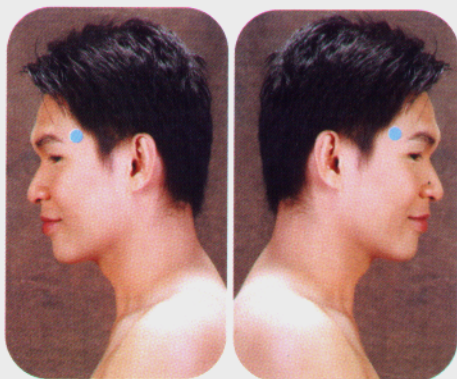
b. The second and the third points are located on the back of the head on either side of the spine, about one finger width from the seventh cervical vertebra where the neck muscles attach to the base of the skull (occipus).





4. The Two Energy Points behind the Lower Ear Lobe

These two points are located behind the lower ear lobes. We can locate this point by locating the depressions between the lower ear lobe and the jawbone.

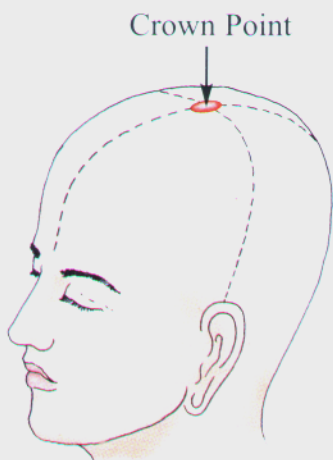


5. The Two Energy Points at the Temple

These two points are located in the cavities of the temple bones.

6. The “Crown Point”

The “*Crown Point*” is located along the midline at the top of the head. If you draw a line connecting the tips of the ears, the highest point at the top of the head is the Crown Point. This point is called “*Baihui*” in acupuncture. It means “*Hundred Meeting*”. The traditional function of this point is to clear the senses, release the wind of the liver, calm the spirit and stabilize ascending “Yang Qi”.

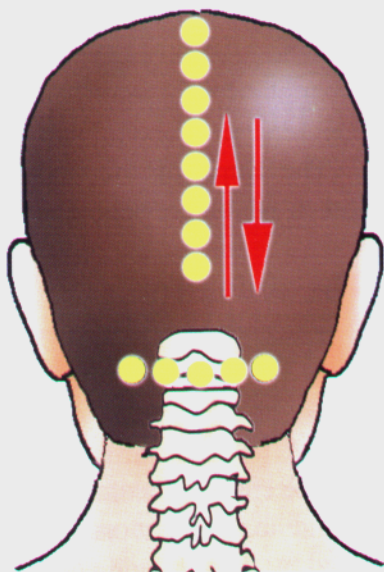


7. The Energy Lines from the Forehead to the Crown and the Back of the Neck.

(1) The first line starts between the middle of the eyebrows and runs up to the Crown Point. Then it goes along the midline of the skull down to the neck just below the base of skull.

(2) The second lines start from the end of both eyebrows, nearest the nose and run parallel to the first line up to the crown and down to the neck just below the base of the skull.

(3) The third lines start from the middle of each eyebrow and run up to the crown and (parallel to the second lines) down to the neck just below the base of the skull.



8. The Energy Lines of the Face

(1) There are three lines on the forehead.

The first line starts at the forehead just below the hairline and follows the hairline along both sides to the temple bones.

The second line is below the first line about one finger unit.

The third line is below the second line another one finger unit.

(2) There are another three energy lines on the cheeks that also run along both sides to the temple bones.

(3) Three more energy lines form the chin and run along both sides of the face parallel to the jawbone.



G.

The Body Trunk

The trunk of the body consists of the chest (thorax) and the abdomen which are separated by a diaphragm.

1. The abdomen

The abdomen is located at the lower part of the body trunk, which contains the stomach, intestines, and other organs.

2. The Chest

The chest is located at the upper part of the body trunk, below the neck and above the stomach. It contains the lungs and heart which are covered by the rib cage and sternum.

Chapter 3

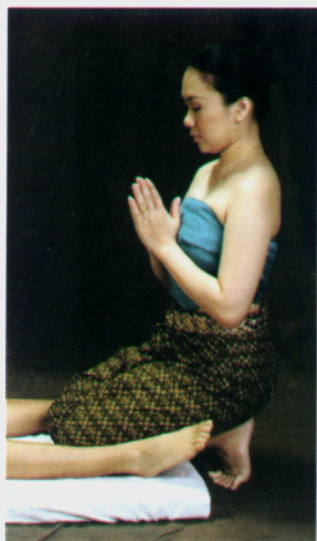
Supine Position Part I (Lying on the back) Warm Up and Opening the Gates to the Legs

Introduce your receiver to authentic Traditional Thai Massage with a warm up, by starting with a very gentle and simple massage for the lower part of the body. In this warm-up procedure, both feet can be massaged at the same time, or alternate each hand to massage both feet in a rocking motion. This exercise allows the receiver to prepare themselves to tolerate and cooperate with the massage. The warm up will also open the “*gates*” to the lower parts of the body. By pressing and releasing the pulse, the blood flow will be increased, causing friction between the blood and the blood vessels. This friction brings a nice, warm sensation down the legs. It will stimulate circulation, break down obstructions in the blood vessels, and promote return blood flow. When applying pressure, always start with light pressing and slowly increase the pressure.

A good practitioner, masseur or masseuse performs the art with **“loving kindness”**. Kneeling at the receiver’s feet with the receiver in the Supine Position, the practitioner starts with a meditative prayer called the **“Wai Khru”**. Bringing the hands together at the chest, bend the face down and forward and pray **“Om Namo Jivakakomaraphatjo Phuchaya”**. This action pays respect to the past generations of teachers and asks for guidance and help in dealing with releasing the physical and emotional problems in the receiver. The practitioner then centers themselves and works with concentration and awareness.

“Om Namo Jivakakomaraphatjo Phuchaya”

(โอม นะโม จีวกะโกมารภักโจ ปุชายะ)



A. Press Crossed Feet

With the receiver lying on their back, bring the receiver's feet together.

1. Pressing the right foot: Place the left foot over the right foot. Use the double palm press technique. Press very gently on the top of the feet, keeping your arms straight. Rock forward, using your body weight to increase the pressure little by little; then release.

2. Pressing the left foot: Place the right foot over the left foot and repeat the steps above.



B.

Massage the Feet



1. Bring the feet together and press them downward. Then release.



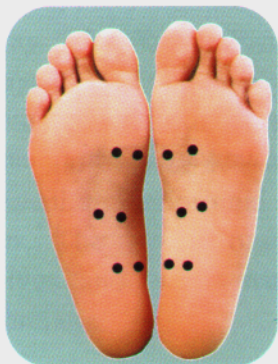
2. Grasp the toes push and bend them upward. Then release.



3. Separate the receiver's feet and move them to point outward. Grasp the inside of the ankles and keeping your arms straight slowly press outward and down. Then release.

4. Using the thumbs massage along the six energy points at the arch of the soles of both feet, or massage each side alternately with a rocking motion. Massage backward and forward a few times.

5. Bring the feet together, press downward, and release.



6. Separate the feet and massage along the five energy lines on the soles of the feet. Start from the front edge of the heel pad and move to the toes; massage each side alternately with a rocking motion. Massage with the thumb along the first energy line to the big toe. Then return the massage to the front edge of the heel pad.

7. Massage each of five energy lines in the same way as the first line.

C.

Massage The Inner Ankle

1. Using the thumbs press and circle the inner edges of the inner ankles.

2. Then massage the outer edges of the inner ankles and circle around them.

3. Bring the feet together, press downward, and release.

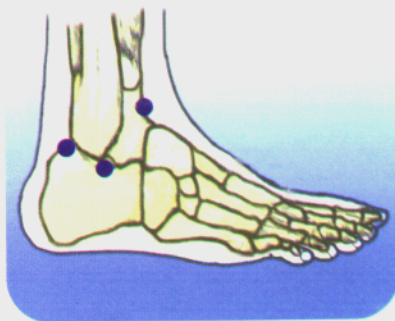


D.

Massage the Outer Ankle

1. Pressing the three energy points on the outer ankle. Start from the outer edge of the ankle at the depression near the heel. Massage by pressing and rolling the thumb.

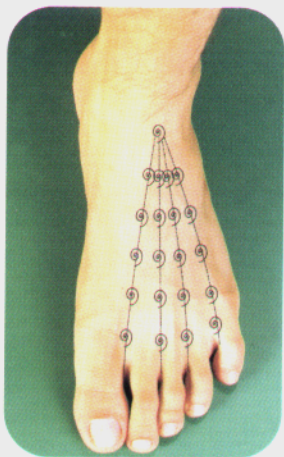
2. Then repeat on the other two energy points.



E.

Massage The Tendon at the Top of the Foot

Massage the four energy lines on the top of the feet. Start between the inner and outer ankle and work between the bones of the toes down to the web of the toes.



1. Press the point mid way between the ankles.

2. Then massage along the first energy line, between the bones of the toes, toward the little toe. When the little toe is reached, grasp and pull it (to release the wind in the joint) and then release. Continue the massage, returning to the ankle.

3. Massage all four energy lines and pull the toes, except the last, in the same manner as for the first line.

4. When you reach the second and big toes, grasp the second toe, pull it, and release it. Then, grasp the big toe, pull it, and release it before returning to massage the ankle.

5. Bring the feet together, press down, and release.

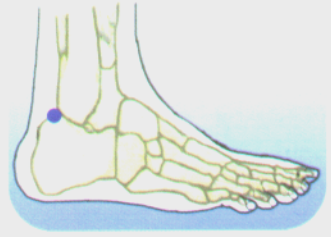


F.

Open the Gates to the Feet

1. Using the thumb, press the outer edge of the ankle in the depression near the heel.

2. Keep the arm straight and slowly apply pressure. You might feel (some) pulsing. Count to 24 or 36. Then release and massage around the inner ankle.



G.

Working on the Energy Lines of the Legs

Separate the receiver's feet so that you can kneel between them.

1. Working on Three Energy Lines Inside the Lower Legs

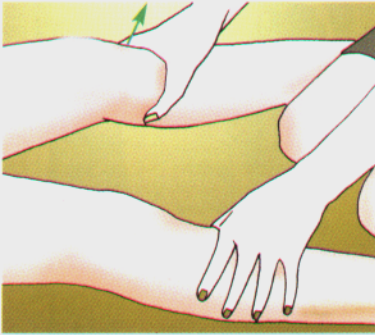
a. Using the thumbs, massage the first energy lines by pressing each leg alternately with a (left-right) rocking motion. Start with the thumb above the inner ankles and the other four fingers, grab the outer ankle. Using the thumbs walk along the first line, up to the knees (press each leg alternately as you progress), and then back to the ankles.



b. Repeat the thumb press and walking on the second energy line.

c. Then repeat with the palm press on the first and the second energy lines.

d. Grasping the Achilles' tendon with the thumb, pull up. Follow the third line at the back of the calf muscle and massage up to the back of the knee. Then massage down, returning to the Achilles' tendon at the ankle.



2. Working on Three Energy Lines Inside of the Upper Legs

We work only on the middle energy line (second energy line). The other energy lines will be discussed in Chapter four.

a. Starting from the knees, use palm pressing and press on the middle (second) line with the palms.

b. Walk inside of the upper leg, with a rocking motion. Press each leg alternately as you progress. Walk all the way up to the groin and back to the knee.



3. Working on the three Energy Lines on the Outside of the Lower Leg (Will be discussed in Chapter four)

H. Opening the Gates to the Legs

The purpose of “*Opening the Gate*” is to exchange old blood with new blood and increase the flow of Qi to the legs. Press on the femoral artery to shut off the blood flow to the legs. When the pressure is released a flush of warm blood will run down the legs.

1. Slowly move your palms from the thighs of both legs up the creases at the groin area.

2. Press the outer edge of the palms down in the groin area and feel the femoral artery pulse.

3. If the receiver is large or fat: It can be hard to feel the pulse. Press the heel of the palm down to feel the femoral artery pulse. Then move your knees and feet backward until your body is straight.

4. Hold the pressure steady; when you can feel the pulse, adjust the pressure on each side until the pulses are equal on both sides.

5. Hold the pulse to the count of 36 or 72.



Caution:

Do not practice this technique without direct instruction and supervision, or on someone who has a circulatory problem such as thrombosis, varicose veins, high blood pressure, or heart disease.

Chapter 4

Supine Position Part II

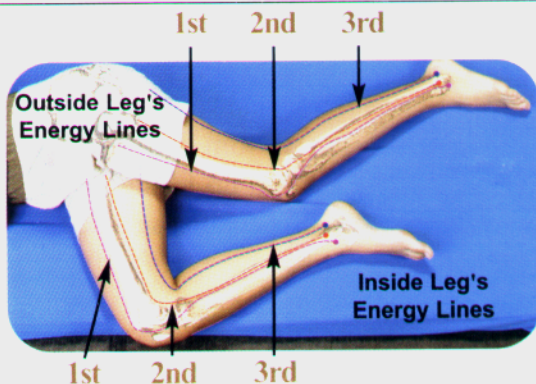
(Lying on the back)

The Legs, the Arms, the Hands and the Face

In this chapter some of the exercises use the same energy lines as mentioned in Chapter three, but with different positions and using techniques, which are more forceful and penetrate deeper in to the body. This is possible because the massage is concentrating on one point and because the receiver's body has already been prepared by the earlier warm-up massage. When you apply pressure, always start with light pressing, and slowly increase the pressure. Always observe and ask the receiver for feedback, especially when the exercise reaches maximum pressure or stretch.

Start by kneeling on the side of the receiver. When finished with the leg, arm and hand on one side, repeat the same procedure with the other side.

Working on the Legs





Caution:

When are you working on the legs, bypass the knee, between three finger-widths below the knee

and one finger-width above the knee.

Do not massage the knee.

1. Working on the First and the Second Energy Lines Inside the Leg

The receiver lies on their back. Kneeling by the left side of the receiver, start by bending the opposite (right) leg. Working on the right leg;

(1) Using the Double Thumb Facing Press Technique, massage the sole of the foot. Press with the tips facing each other. Press both thumbs together along the edge of the sol.

(2) Using the Double Thumb Facing Press Technique massage the first and second energy lines of the inner leg. From above the ankle of the lower leg go up to the upper leg at the groin, and back to the ankle.



(3) Repeat the process, this time using the double palms pressing technique. From above the ankle go up the lower leg and thigh to the groin, then back to the ankle.

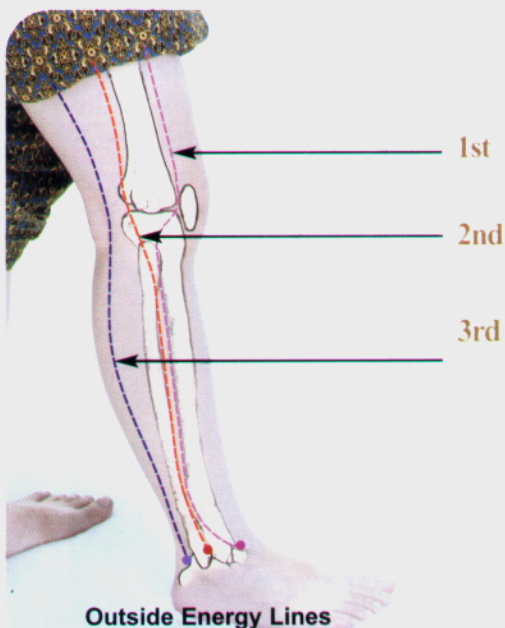
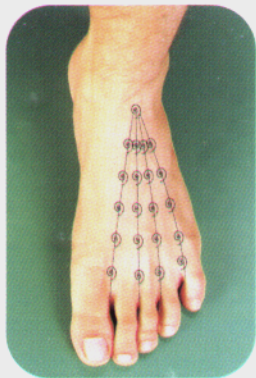


2. Working on the Outside

Energy Lines of the Right Leg (first and second energy lines)

(1) Put the receiver's right leg straight using your left hand, hold the receiver's right foot and push it downward.





(2) Using the right palm and the palm pressing technique, press along the outside leg, from above the ankle up the lower leg and thigh to the groin.

(3) Then press backward to the ankle.

3. Massaging the Tendon at the Top of the Left Foot

The four energy lines on the top of the left foot start at the middle of the upper foot between the ankles and run toward the toe webs between the bone of the toe.



(1) Using the thumb press and circle technique to massage the first energy line toward the little toe. Then massage back to the ankle.

(2) Massage all the energy lines in the same way.

4. Massaging the First and Second Energy Lines on the Outside of the Left Leg

(1) Using the Thumb Press Technique or the Double Thumb Facing Press Technique, massage on the first energy line.

(2) Start from above the ankle and move up the lower leg (do not massage the knee).

(3) When you reach the thigh, use the Double Thumb Parallel Press Technique (Put the thumbs next each other, the other four fingers supporting below and press both thumbs together) press along the thigh up to the hip.

(4) Return back to the ankle, again bypassing the knee. This time using the Thumb Press Technique or Double Thumb Facing Press Technique on the lower leg down to the ankle.

(5) Repeat the procedure with palm presses on the first and second energy lines.



5. Massaging the First and Second Energy Lines on the Outside of the Left Leg

(1) Bending the receiver's left leg, lift the knee up. Then using your right hand pushes the knee to lean on the other leg.

(2) Using the palm pressing technique, press on the first and second energy lines on the outside of the bent leg from above the ankle and move up the lower leg (bypass the knee).

(3) When you reach the thigh, hold the knee with your left hand, and using the right palm press the thigh all the way up to the hip then back to the foot.

6. Massaging the First and Second Energy Lines Inner Side of the Left Leg

(1) Using your right hand, pull the knee back and push the leg flat to the floor.

(2) Using the palm pressing technique, with the left palm press the inner side of the left leg. Start from the lower leg above the ankle move up the thigh and groin, then back to the lower leg and ankle.



7. Stretching the Leg and Pressing the Thigh

Method one

(1) Sit between the receiver's legs. Bend the receiver's left leg, and hook your right foot under their left thigh just above the knee to support the leg.

(2) Bend your left leg and place the heel on the receiver's inner thigh just above the knee, and next to your right foot. Your right hand should be holding the receiver's left leg above the ankle and your left hand holding the receiver's right leg.

(3) Straighten your left leg to press the inner thigh and pull with both hands. Relax and bend your left leg moving your foot toward the groin. Straighten your leg and pull again with both hands.

(4) Repeat this procedure until you reach the groin (about three times), then reverse direction and move back to the knee.



Method two

(1) Lift the receiver's left leg up and use your right foot to support it.



(2) Put the front part of the sole of your right foot on the back of the thigh (the tendon), just below the back of the knee. Your right hand holds the receiver's ankle and left hand holds the foot.



(3) Straighten your right leg to press the back of the thigh and pull on the receiver's leg. Then release and bend your right leg to move the foot down toward their buttock, repeat the press and pull.

(4) Move your foot down about three times and then move back.

8. Pulling the Calf Muscle

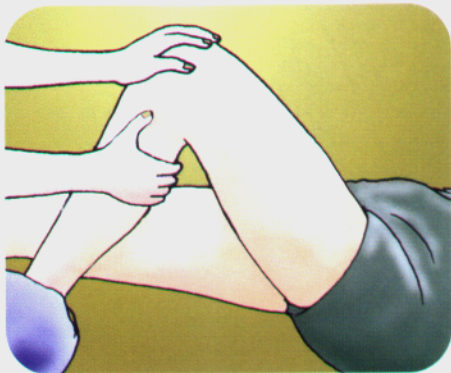
(1) Kneel facing the receiver's left leg. Place the receiver's left foot down on the floor with the knee up and hold their foot between your knees.

(2) Using the four fingers, press and pull the calf muscle, use both hands in order to alternate the procedure from side to side of the calf muscle from below the knee down to the ankle. Then move back.



9. Pressing the Outer Side of the Shin

Using the left hand hold the knee, and the right hand press the outer side of the shin with the thumb press technique, from the knee down to the ankle. Then reverse back to the knee.



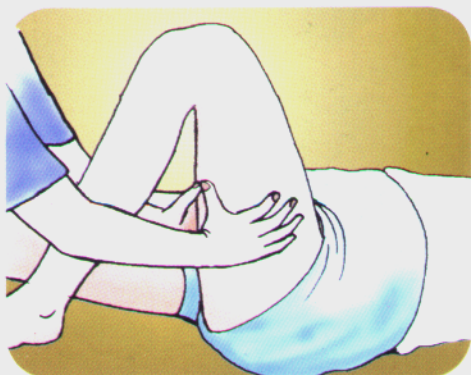
10. Massage the front (anterior) of the Thigh

(1) Using four fingers, press and pull the front of the thigh, used both hands to press and pull alternating from side to side, from above the knee up to the groin, then move back.





(2) Interlock the fingers of both hands. Put your clasped hands above the knee on the top (anterior) of the thigh. Tighten the clasp and press on both sides of the thigh, then release.



11. Pressing the back (posterior) of the Thigh

Using the double thumb facing press technique, press below the knee along the back of the thigh (the third energy line). Press down to the buttock then back up to the knee.



12. Stretching the Inner and Outer Thigh

(1) Kneel down on your left knee between the receiver's legs and parallel with the receiver's right leg.

(2) Bend the receiver's left leg and slide the foot into your right groin area, supporting the knee with your right hand.

(3) Using your left palm, press along the inner margin of the thigh (first and second energy lines), from the groin to the knee and then back.

(4) Put the receiver's left leg back down with the foot between your knee and swing the receiver's left knee toward the other leg.

(5) Using your right hand, and the palm press technique. Press along the outer margin of the leg (first and second energy lines) from above the ankle up to the thigh and hip, then move back.



13. Open the Wind Gate to the Leg

Put the receiver's leg down straight and kneel by the side.

(1) Press the edge of your palm down to the groin to feel the femoral artery pulse, then place the other hand on the top of the first hand to exert extra pressure.

(2) Keeping your arms straight, rock forward, increasing the pressure from the body weight little by little, count 36 to 72 pulses or count your own pulse (between 30-60 seconds), then release.



Working on the Arms and the Hands

1. Open the Wind Gate to the Arm

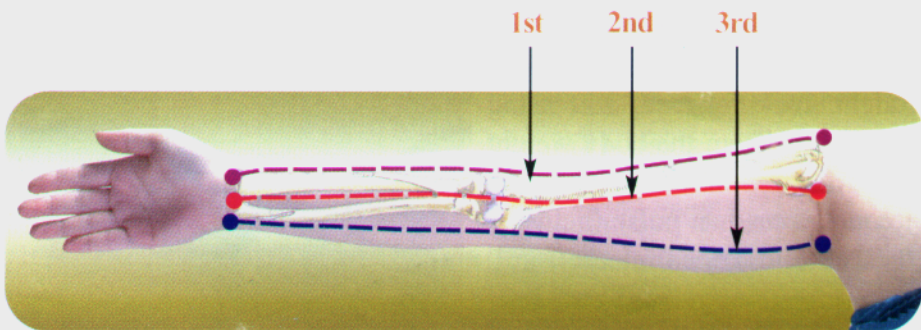
(1) Straighten the receiver's left hand out and with your right palm hold their palm. Press your left palm on the shoulder (Deltoid region).

(2) Adjust the pressure until you feel the pulse, hold for 36 to 72 pulses or count your own pulse (between 30-60 seconds), and then release.

2. Working on the Energy Lines Inner Part of the Arm

(the first & second energy lines in the inner arm)

Massage the first and the second energy lines of the inner arm.



(1) Using the double thumb parallel press technique. Put the thumbs next to each other, with the other fingers supporting from below. Press along the inner part of the arm (second energy line), start from the wrist working up to the armpit and then move back.

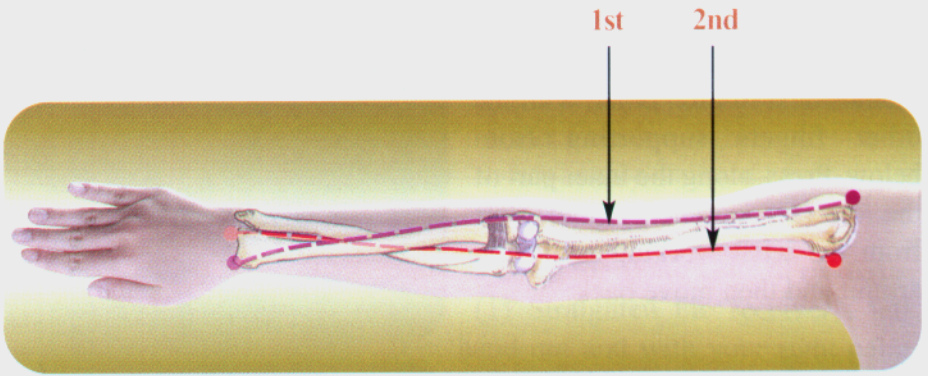


(2) Using the double thumb facing press technique (two thumbs with their tips, facing each other, the other fingers supporting), press both thumbs together along the inner part of the arm (second energy line). Again start from the wrist working up to the armpit and then move back.



(3) Then, using the palm press technique, press along the inner arm (first and second energy line), start from the wrist working up to the armpit and then move back.





3. Working on the Energy Lines Outer Part of the Arm

Turn the receiver's hand so that the palm is face down.

Note: Because of the way the bones in the arm move, the first & second energy lines cross in the middle of the lower arm.



(1) Using the double thumb parallel press technique, press along the second energy line from the middle of the wrist work up between the radius and ulna and then alongside the humerus bone up to the deltoid muscle, backward and forward.



(2) Then, using the palm press technique, press on the first and second energy lines along the outer arm, backward and forward.

4. Massaging the Hand

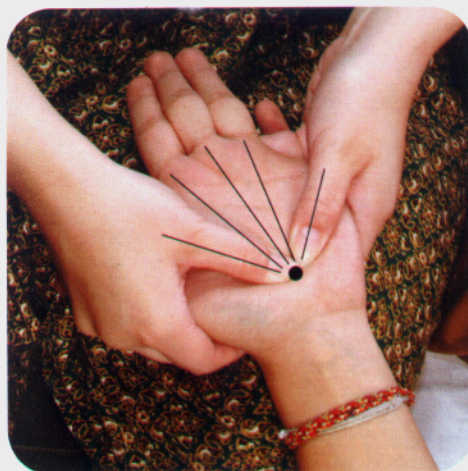
(1) Massage the palm.

Insert one of your little fingers between the thumb and the index finger of the receiver's hand. Insert your other little finger between the receiver's little and ring fingers. Using the ring, middle, and index fingers of both hands to support the receiver's hand and massage the receiver's palm with both thumbs.

(a) Massage the eight energy points of the palm. Start from the two points (1) and then go on to points (2) and (3); next move the thumbs out to points (4). Then work backwards to (1). Repeat a few times.

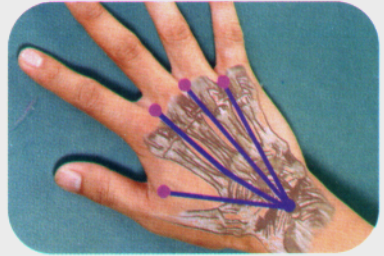


(b) Massage the five energy lines of the palm. Start from the middle of the heel of the palm and work towards the fingers; massage all the five energy lines.





(2) Massage the back of the hand and the fingers with your thumbs.



(a) Massage the four energy lines on the back of the hand.

From the middle of the wrist go down the finger's webs (between the ligaments of the hand). Massage with both thumbs, using the other fingers of both hands to support the palm, press and rotate half circle. Massage from the middle of the wrist along the bone and the ligaments toward the fingers.

(b) Massage the four energy points on the back of the hand near the end of the finger's webs.

(3) Pull and crack the fingers.

Pull and crack the fingers to extend, relax and get the wind out from the finger joints. Gently pull each finger. You might hear a cracking sound. However, in some cases, some or all of the fingers will not crack. Do not exert extra force or repeat the pulling.



(4) Stroke the fingers

Press the base of each finger firmly and stroke the pad all the way to the finger tips.



(5) Interlock the fingers

With one hand holding the forearm under the wrist, interlock the other hand with the fingers of the receiver. Then pull the fingers.



Repeat the same procedure on the leg, arm and hand of the other side.

Working on the Neck and the Face

Massage of the neck and the face can be done in the “Sitting Position” or the “Supine Position”. If you massage the face in the “Sitting Position”, you should skip techniques No.3 “Massage the Face and the Temple bone” and No. 4 “Massage the ears” described below.

1. Massage the Neck and the Points behind the Lower Ear Lobe



(1) Kneeling behind the receiver's head, put one hand under the head and the neck for support. With the other hand use the thumb press technique, massage the muscles of the neck up and down. Then change hands and massage the other side of the neck.



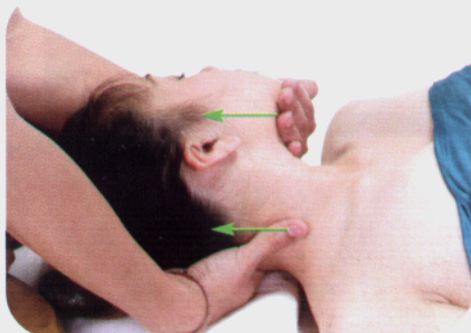
(2) With both hands still supporting the head and the neck, free the thumbs to massage the points behind the lower ear lobes just above the jawbones (a small depression crevice when the jaw meets the skull).

2. Stretching the Neck

(1) Place the hands under the base of skull. Grasp the base of the skull and slowly pull toward you and hold for a few seconds, then release. Repeat a few times.



(2) Place your right hand under the base of the skull and the other hand under the receiver's chin. Using equal and very gentle force with both hands turn and twist the head into the resistance of the muscles (about 45°) toward the hand that holds the chin and pull toward you. Hold for a few seconds, release, and repeat on the other side.



Caution:

- 1. Do not over-stretch the neck, always start very gently and slowly increase the pressure.***
- 2. Do not use this technique with the elderly or persons with osteoporosis.***

3. Massage the Face and the Temple Bone

(1) Place your fingers on the temple bone area. Press and massage both sides of the temple.



(2) Place your thumbs on the receiver's forehead below the hairline and place the other fingers at the temple bone area. Press and roll both temple bones with the fingertips.

(3) Press both thumbs and move sliding out to the sides (by following the direction of the arrows) to the temple on each side. Repeat the other two lines.





(4) Press the middle point between the eyebrows and move sliding out along the eyebrows toward the temples.



(5) Repeat the same procedure as in above with the lines on the cheeks



(6) Then massage the lines on the chin with the fingertips.

4. Massage the Ears

(1) Rub both ears by rolling the soft tissue between the thumb and the fingers tip.



(2) Put the tips of your middle fingers in the receiver's ears, move and spiral them in to massage inside the ears.



(3) Press your fingers to create suction, hold for a few seconds and release. Or you can use the palms to press the receiver's ears, hold for a few seconds and release.



Chapter 5

Side Position

(Lying on the side)

In the “**Side Position**”, the massage will stimulate the energy flow between the trunk and legs. It also works on the four energy lines located to the sides of the spine. A healthy back should be very flexible, and be capable of bending and rotating in many directions. Back pain is very common and can be caused by many things. But the techniques of *Traditional Thai Massage* are very powerful and can correct postural imbalances and release muscle spasm to achieve a healthy back.

The receiver lies down on one side, when that side has been massaged; the same procedure is used on the other side.

Lying on the Right Side

Let the receiver lie down on their right side, bend the upper leg (left leg). Massage the leg nearest you (right leg) first .



A.

Massage the Sole of the Right Foot

(1) Using the double thumb pressing technique, massage the medial arch of the foot.





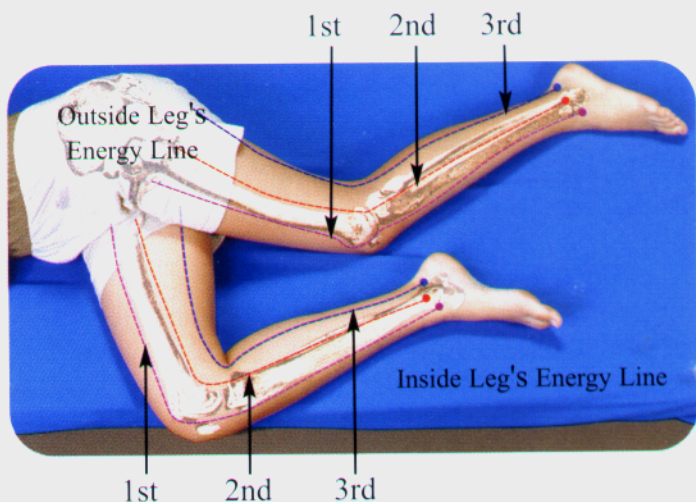
(2) Press your left knee on the sole of the receiver's right foot.



(3) Sit on the floor and with the receiver's right foot on your left lap. Massage the sole with your elbow, press and roll.

B.

Working on the Second and the Third Energy Lines (Inside Leg's Energy Lines)



(1) Using the double thumb pressing, press on the side of the Achilles' tendon, calf and inner thigh (second and third energy lines of the inner leg).

(2) Massage all the way up to the groin, then back to the ankle.



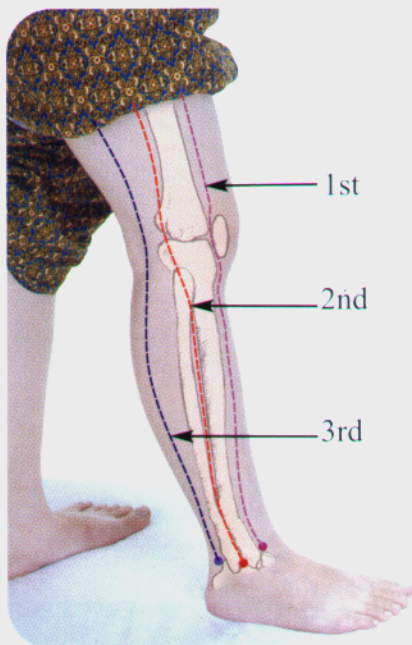
(3) Repeat with the palm pressing (second and third energy line of the inner leg), from the lower leg up to the thigh. Press up and down.



C.

Working on the Upper Bent Leg (Three Energy Lines of the Outer Leg)

Work on the upper bent leg (left leg).



(1) Using the thumb, massage around the outer ankle of the bent leg.

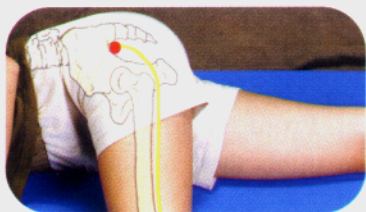
(2) Using the double thumb pressing technique, press the first, second and third energy lines of the outer leg. From the lower leg up to the thigh then to the hip and buttock.



D.

Massage the Buttock

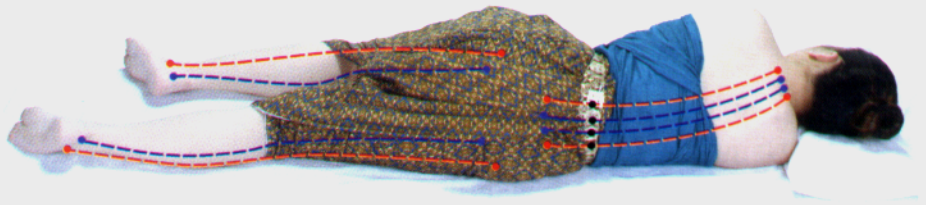
Massages the buttock by massaging the extension of the third energy line up to the buttock and the hip joint between the sacrum and the hipbone. Press the thumb around the buttock or use the elbow. Push down at the hipbone towards the buttock to release tension.



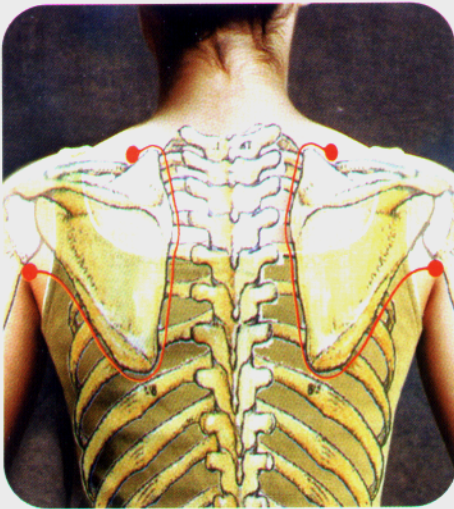
E.

Massage the Waist and the Four Energy Lines on the Back

The energy lines of the back are the main channels of the body. Work on these lines will stimulate energy flow between the trunk and legs. The energy lines on the back continue from the third energy line of the outer leg up the back of the leg to approximately the midline of the lower border of the buttocks. It continues up the back along the full length of the spine on both sides. There are two energy lines on each side of the spine. The inner energy line is about two finger-widths and the outer line is four finger-widths from the midline of the spine.



(1) Using the double thumb pressing technique, press on each side of the spine from the lower back (lumbar), waist, upper back, and up to the shoulder. Massage along the four energy lines up and down.



(2) Using the thumb press technique massage around the scapula.

F.

Massage the Neck and the Head

(1) Using the thumb press technique massage the neck with the thumb kneading on one side, supporting the neck with the other four fingertips.

(2) Massage the three points under the base of the skull (between the neck and occipus).



(3) Massage the area behind the ear.



(4) Massage the temple with the thumb, moving the thumb in circle on the temple bone.



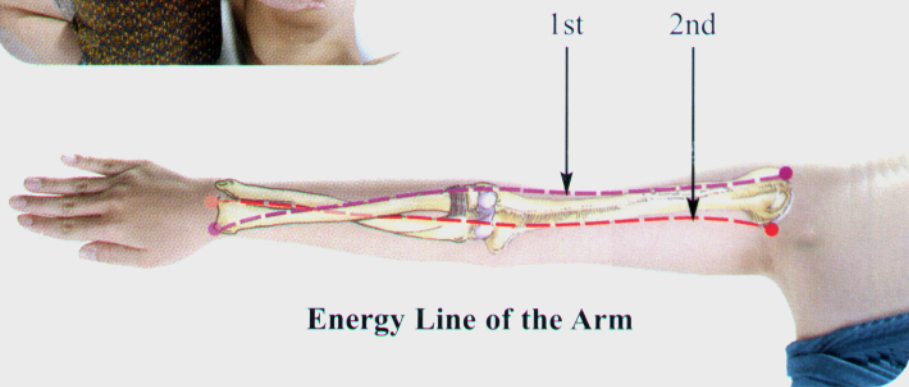
(5) Scrape the skull with the fingertips (the same as shampooing the hair).



G.

Working on the Hand

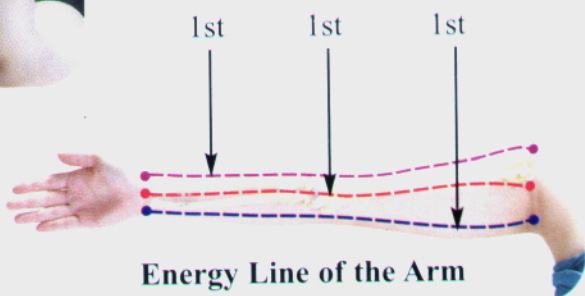
(1) Lift the arm up straight and using the thumb press on the outer arm (the first energy line), from the upper arm, to the forearm, and the wrist.



Energy Line of the Arm



2) Using the thumb, press on the inner arm (the first and the second energy lines), from the wrist to the forearm, and upper arm.



(3) Lifting the receiver's left arm over their head, place the palm flat on the floor above the head. Push the arm and the hip to stretch the upper arm and the side of the back.

(4) Using the palm, press along the upper arm.



(5) Repeat using forearm press and roll on the upper arm.



(6) Lay the left arm beside the body and with your left hand hold the receiver's left wrist. Using the palm, press the outer arm, from the upper arm down the forearm and the wrist. Then move back to the upper arm





H.

Stretching and Twisting

1. Stretching the Waist

(1) Put your right hand on the receiver's left shoulder and the left hand at the outside of the knee.

(2) Push the knee forward and the shoulder downward in opposite directions.

2. Stretching the Shoulder and the Arm

(1) Press your knee on the inner thigh of the receiver and put the receiver's left hand on their right shoulder.

(2) Clasp the receiver's right hand in your right hand and press their buttock with your left hand.



(3) Pull the clasped hand by leaning your body backward to twist the waist and stretch the arm and shoulder.

3. Stretching the Leg

Method one

(1) Press your left foot on the back of your receiver's left thigh, just above the fold behind the knee, holding their foot with both hands.

(2) Push the receiver's leg toward the buttock to stretch the leg.

(3) Release and move your foot along the thigh, repeating the procedure above.



Method two

(1) Using your left hand hold the receiver's left ankle and bend the leg about 90°.

(2) Push your heel on the inner thigh of the receiver, just above the fold behind the knee.

(3) Then pull the leg toward you.

(4) Release and move your heel along the thigh, repeating the procedure as above.



4. Stretching the Lower Back, Buttock, and Thigh

(1) Put your right hand on the receiver's waist and your left hand holding the receiver's left leg around the knee.

(2) With your right hand push the receiver's waist, while the other hand pulls the receiver's leg very gently and slowly towards you. Move your right knee to push the lower back just above the sacrum to stretch the lower back and the front of the thigh.



(3) Move your right hand to hold the receiver's shoulder and move your right knee to push the buttock. Again pull the receiver's leg towards you. Then move your right knee along the inner thigh and repeat the procedure, until you reach the fold behind the knee.



Caution:

Always observe and asks the receiver for feedback, especially as you approach the maximum press or stretch.



(5) Kneel on your right knee, hold the left leg with your left hand around the knee and supporting it on the left side of your lap, use your right hand to massage the front of the thigh, from the groin to the knee, then back to the groin.

Repeat the Same Procedure on the Other Side

Chapter 6

Prone Position

(Lying on the stomach, face down)

In this chapter, we concentrate on strengthening the spine. Some of the exercises work on the same energy lines described in chapter five, but in a different position and using different techniques. Massage of the energy lines on both sides of the spine will have positive effects on many of the body's organs. The massage outlined in this chapter also stimulates energy flow between the trunk and legs.



A.

Massage from the Sole, up to the Leg, the Spine, and the Arm

The receiver lies in the **“Prone Position”** (on the stomach, face down). The practitioner can kneel on either side of the receiver.

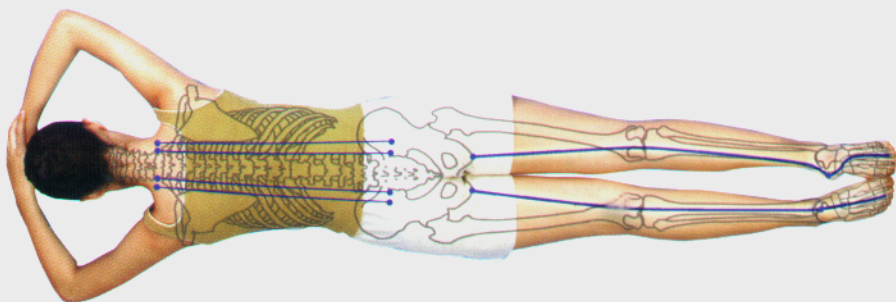
1. Massage from the Sole up to the Thigh.

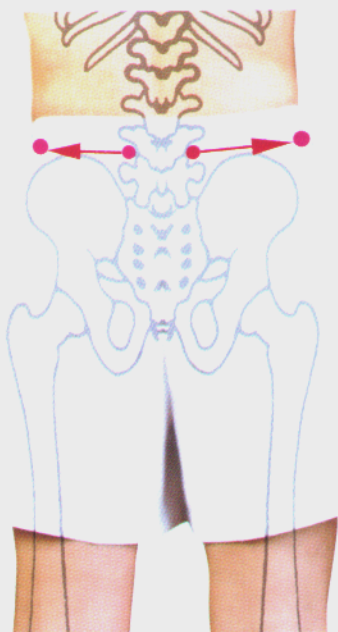
(1) Start with the leg nearest you (i.e. the right leg, if you kneel on the right side of the receiver).

(2) Using the double thumb facing press, massage the middle line from the sole all the way up to the knee, when you reach the thigh change to using the double thumb parallel press up to the buttock.

(3) Then massage back to the sole with palm presses.

(4) Repeat the same procedure on the other leg.





2. Massage the Waist

The waist (Qi Belt) is located above the hip and below the kidneys, about the fourth lumbar vertebra (level with the navel).

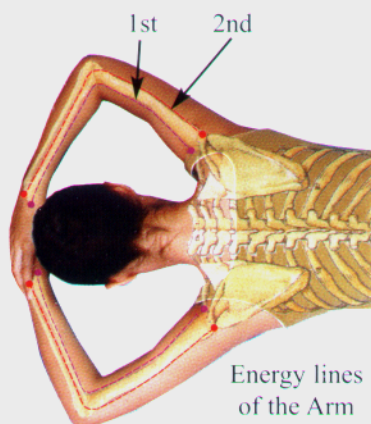
(1) Using double thumb pressing, press on both sides of the spine.

(2) Move along the waist and press both thumbs away from the spine to the side of the body.

3. Massage the Four Energy Lines on the Back and the First and Second Energy Lines of the Arms

(1) Using the double thumb press, work on each side of the spine from the lower back (lumbar) to the waist, then the upper back and up to the shoulder.

(2) When the shoulder is reached, change to using the palm press and press on both sides of the shoulder, upper arm, forearm and down onto the back of the hand.



(3) Then reverse direction with the palm pressing all the way back to the arm, shoulder, upper back, waist, and lower back.



B.

Massage from the Waist up the Spine to the Shoulders and the Arms

Kneel with your knees on the receiver's buttocks (with your feet between the receiver's legs).



(1) Use the butterfly palm press and press from the spine to the sides along the waist (Qi belt).

(2) Continue to press on both sides of the spine from the waist up to the shoulder. When you reach the shoulders, move the receiver's arms to the side of their body with the palms facing up. Press on the upper arm, forearm, and the back of the hand.

(3) Return back down to the arm, shoulder, upper back, and waist.



C.

Stretching and Massaging the Legs

1. Kneel between the receiver's legs

Start on either side.

(1) Bend the receiver's left leg across the back of the other leg (making a "No.4"). With your right hand holding the heel of the bent leg, use your left palm to press the outer thigh, calf and the ankle. Then move back along the leg up to the thigh.





(2) Bend the left leg up (make a “No.1”) with the right hand holding the receiver’s left foot. Using the left palm, press the shin of the lower leg, up and down.

(3) Repeat exercises (1) and (2) with the other leg.



(4) Bend both legs up (making a “No.11”) and push the toes downward to flex the sole of the foot. Release, and push the toes toward the buttocks and press down.



(5) Cross the bent legs (making a letter "X") and push the feet downward. Re-cross the legs in the opposite direction and push the feet downward again.



2. Kneel by the side of the receiver

Assuming you are starting on right side of the receiver with the right leg still bent (You can start on either side).

(1) Slide the fingers of your left hand under the receiver's right knee. Use your left arm to support the lower leg and pull the knee up.

(2) Use your other hand to press from the lower back up to the middle of the back and back to the lower back. As you press the back pull the knee up more.



3. Stand between the legs of the receiver

Start on either side.



(1) Bend the receiver's left leg and hold the receiver's left ankle with both of your hands. With your right foot, step on the inner thigh of the receiver and pull upward. Move your foot backward and forward along the thigh.



(2) With your foot still on the receiver's inner thigh, use your right hand to hold and push the receiver's foot toward the waist. Use a rocking motion move your foot along the thigh, backward and forward, while pushing the foot towards the waist.

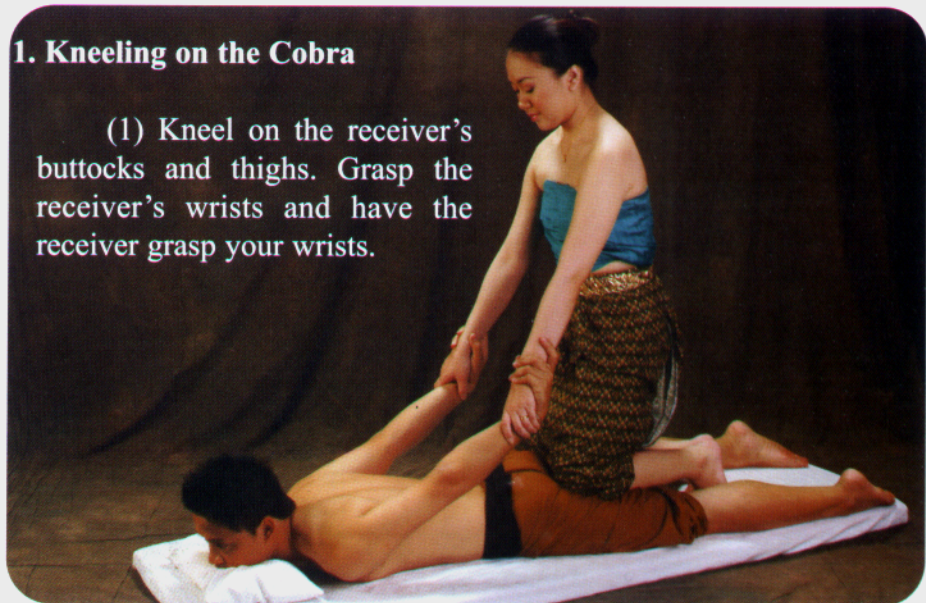
4. Repeat b. and c. on the other side

D.

Stretching the Back with the Cobra Position

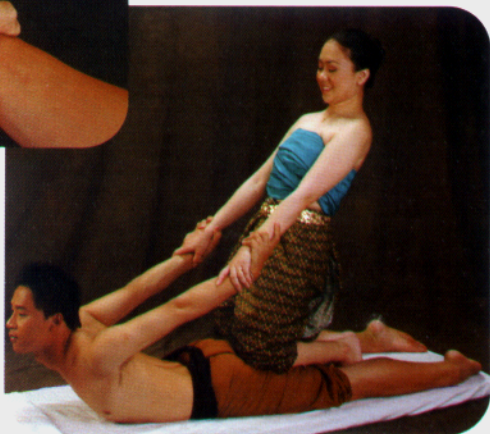
1. Kneeling on the Cobra

(1) Kneel on the receiver's buttocks and thighs. Grasp the receiver's wrists and have the receiver grasp your wrists.



(2) Lean back very slowly, using your body weight to lift the receiver's upper body up off the mat. Hold for ten seconds.

(3) Relax, and let the receiver down.



2. Sitting on the Cobra

(1) Bend the receiver's legs upward about 90° and interlock the receiver's hands behind their head.



(2) With you sitting on the soles of the receiver's feet, pull the shoulders up. Hold for ten seconds.



(3) Relax, and let the receiver down.

3. Standing on the Cobra

(1) Stand on the receiver's thighs, just below the buttocks. Grasp the receiver's wrists while the receiver grasps your wrists.

(2) Lean back very slowly, using your body weight to lift the receiver's upper body up. Hold for ten seconds.

(3) Relax, and let the receiver down.



Caution :

In the Cobra Position, always observe and ask the receiver for feedback, especially when the exercise reaches maximum press or stretch.

Do not use this exercise with the elderly, anyone with osteoporosis or who has had spinal surgery such as lumbar fusion.

Chapter 7

Sitting Position

In this chapter we work on the energy flow between the trunk of the body, the shoulders and the head. The scapula (shoulder blade), the shoulders and the neck are the connection between the arms, the back and the head. Shoulders store tension. The blockage of energy flows in this area can result in many problems, such as headache, neck and shoulder pain and arm stiffness. Relieving shoulder tension will improve energy flow as well as energize and calm the mind. Work on this area is more convenient in the sitting position.

Many people feel discomfort if you try to raise their shoulders more than an inch. This stretching should only be performed on those who are reasonably flexible.

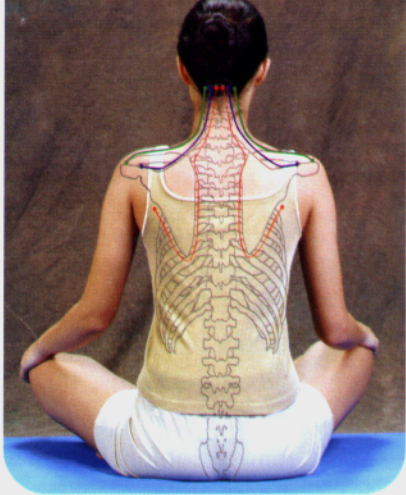
Massage the Neck, the Shoulder, the Scapula, the Head, and the Face



The receiver sits with legs crossed or sit on their heels, and the practitioner stands or kneels behind.

1. Massage the Three Energy Lines on the Neck, the Shoulder and the Scapula

(1) With the thumb, massage the first and the second energy lines on the neck down to each shoulder and onto the scapula, then return back.





(2) Continue to massage the energy lines on the upper shoulder down to the armpit, then return back.

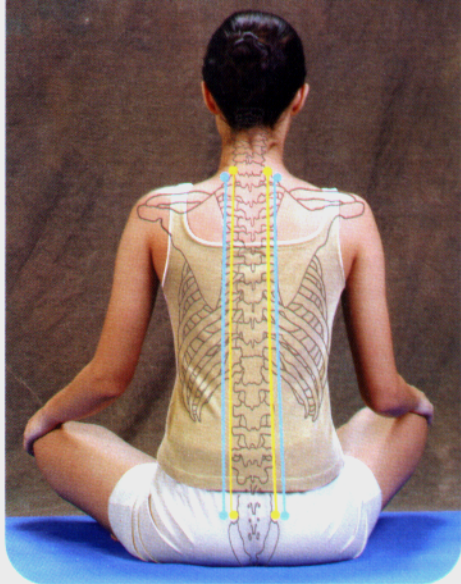


(3) When you reach the end of the third energy line, cross your receiver's arm to the back with the back of the hand on the lower back, so the scapula will stand out more clearly and make it easy to massage.

(4) Repeat on the other side.

2. Massage the Four Energy Lines along both side of the Spine

(1) One hand holds the shoulder.



(2) Using the thumb of the other hand, press on the soft tissue along both sides of the spine from the upper scapula down to the waist and then return.

(3) Switch hands and repeat on the other side.



3. The Three Energy Points at the Base of Skull



(1) One hand holds the receiver's forehead

(2) Using the thumb of the other hand, press the three energy points of the skull.

(3) Change hands and repeat the procedure.

4. Massage the Neck

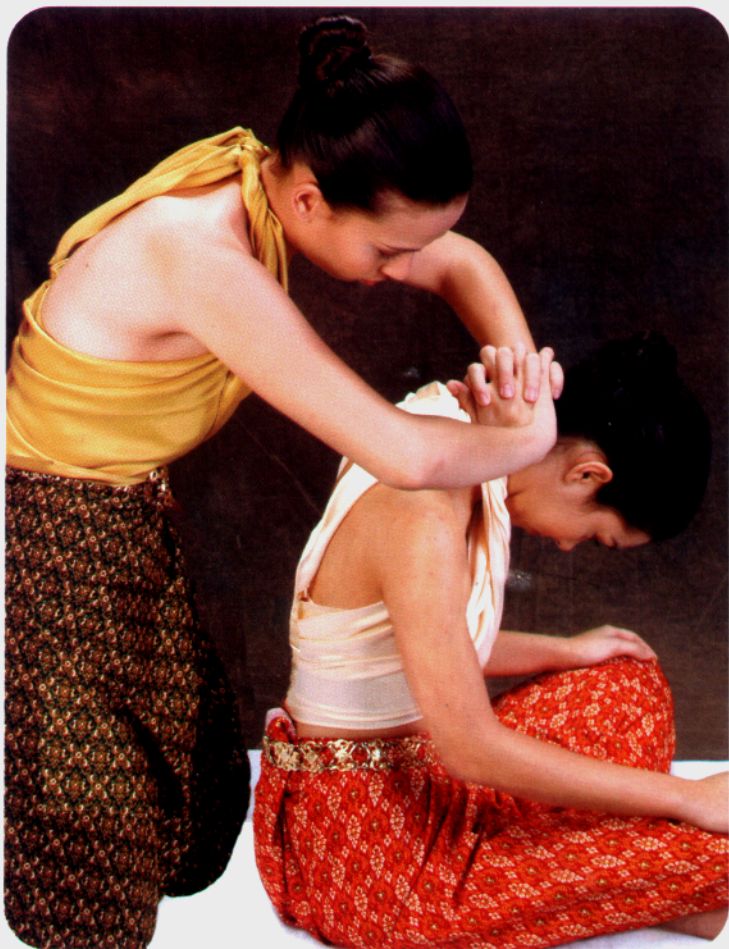
(1) One hand holds the receiver's forehead.

(2) Using the thumb and four fingers of the other hand, grasp the neck and squeeze.

(3) Work from the base of the skull down to the base of the neck, then return.

(4) Change hands and repeat the procedure on the other side.

(5) Tilt your receiver's head forward a little bit and clasp your hands by interlocking the fingers, Using both palms, squeeze up and down the neck on both sides of the spine.





5. The Points behind the Lower Ear Lobe

(1) One hand holds the receiver's shoulder.

(2) Using the thumb of the other hand, press in the depressions behind the lower ear lobe and the jawbone.

(3) Change the hands to repeat on the other side.

6. Massage the Temple

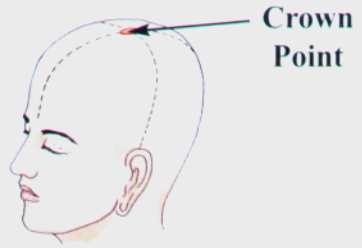
(1) Using the fingertips, rub both temple bones on each side of the head.

(2) Rub and circle clockwise and counterclockwise.

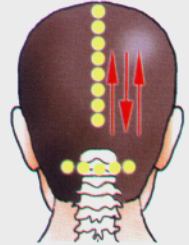


7. Massage the Crown Point and the Three Energy Lines on the Head

(1) Stand behind the receiver and turn your right foot. So that your outer calf presses against their lower back and is parallel with the receiver.



(2) Press and roll the thumbs at the "*Crown Point*".



(3) Resting their head against your thigh. Use the tips of your thumbs to press and roll from the crown along the first energy line down to the middle of the forehead, between the two eyebrows and then back to the crown.





(4) Continue using the thumb to press and roll along the first energy line to the neck and back to the crown.



(5) Move your fingertips out to both sides of the crown one finger-width. Repeat the procedure on both sides, this time follow the second energy lines as you did for the first energy line in (3) and (4).

(6) Move your finger tips out to both sides of the crown two finger-widths from the center. Repeat the procedure on both sides follow the third energy lines. Again, as you did for the first energy line in (3) and (4).



Stretching and Twisting Techniques

1. Stretching Method One:

The receiver sits with legs crossed. You can stand or kneel down behind the receiver.



(1) Place your forearms on the receiver's shoulders just next to the neck. Using your body weight press and roll your forearms outward. Move along to the outer margin of the shoulders and return.



(2) Clasp your hands by interlocking your fingers, and place your outer forearm on the receiver's outer shoulder. Place your other forearm against the side of the receiver's head just below the ear, and push outward using a very light pressure on the head and more pressure on the shoulder.

(3) Repeat on the other side.

Caution:

***Do not over stretch the neck.
Do not use this technique
with the elderly or someone
with osteoporosis.***

2. Stretching Method Two:

(1) Interlock the receiver's hands behind their neck. Press one of your knees on the receiver's thigh.

(2) Inserting your hand under the receiver's armpits, grasp the receiver's arm between the wrists and the elbows.

(3) Twist the receiver's body in the opposite direction from where your knee is pressing, and release.

(4) Repeat on the other side.



3. Stretching Method Three:

(1) Interlock the receiver's hands behind their neck. Put your left foot on the receiver's left thigh.

(2) Using your right hand pull the receiver's right elbow toward you and use the other hand to push the receiver's upper arm and shoulder in the opposite direction.

(3) Pull and push the receiver's body in the opposite direction from the side where your foot is on their thigh.

(4) Release and repeat on the other side.



4. Stretching Method Four:

- (1) Step behind the receiver and kneel down, bend your right foot, and let your knee press on the right side of the receiver's spine.
- (2) Interlock the receiver's hands behind their neck.

(3) Using both hands, hold the receiver's upper arms just above the armpits, pull up and lean backward.

(4) Release and repeat the pulling, moving your knee up and down.

(5) Repeat on the other side of the spine.





5. Stretching Method Five:

(1) Interlock the receiver's hands behind their neck.

(2) Insert your hands under the armpits and hold the receiver's forearms just above the wrists.

(3) Squatting on your toes and put your knees against the back on both side of the spine just below the shoulder blades.

(4) Against a gentle resistance from your arms, slowly leans your body backward to increase the pressure of your knees on the receiver's back.

(5) Repeat several times, moving your knees a little further down along both sides of the spine, and release.



6. Stretching Method Six:

(1) Squatting behind the receiver, cross the receiver's hands in front and grasp their wrists.

(2) Squatting on your toes and put your knees against the receiver's back on both side of the spine, just above the waist.

(3) Slowly pull your arms and lean your body backward to increase the pressure of your knee into the receiver's back until firm. You might hear a cracking sound.



(4) Repeat several times and move your knees up and down along both sides of the spine, and release.



CAUTION:

- 1. Do not use this technique with the elderly or those who are very stiff. or***
- 2. Those who have a history of osteoporosis or spinal surgery.***

7. Stretching Method Seven:

The receiver sits with legs crossed. Kneeling by the right side of the receiver, place your right knee across the receiver's right thigh.

(1) Placing the receiver's left hand on your right thigh, use your right hand to pull the receiver's left shoulder.

(2) Put the receiver's other hand against the side of their head on the ear. Then grasping the receiver's right elbow with your left hand, push it toward the head while the other hand pulls the shoulder to create flexion on the right side of the neck and trunk. Hold for a few seconds, then release.

(3) Repeat on the other side.



8. Stretching Method Eight:

The receiver sits with legs crossed. Lean the receiver's body forward, placing the hands on the floor for support. Kneel behind the receiver's back.

(1) Using the palm, press along the side of the spine from the shoulders down to the waist and up to the shoulder.

(2) Repeat on the other side.



(3) Using the hands, chop from the shoulder, down along the side of the spine to the waist and return.

(4) Repeat on the other side.



9. Stretching Method Nine:

(1) Straighten the receiver's legs while their hands hold their legs just above the ankles. Using both palms, press the receiver's back to bend forward, then release.





(2) Get the receiver to sit with legs crossed. with one of your hands push the receiver's shoulder to bow to the floor. While using the palm of your other hand to press the side of the back.

(3) Change hands and press on the other side.



Caution:

With the "Stretching Techniques" always

- 1. start very gently, and slowly increase the pressure, and*
- 2. observe and ask the receiver for feedback, especially as you approach the maximum pressure.*

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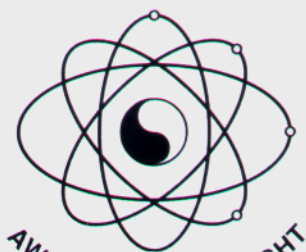
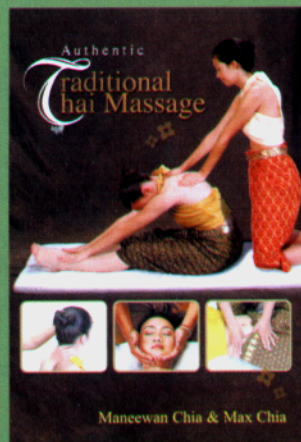
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Thai massage please see
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Authentic “Traditional Thai Massage”

Maneewan Chia & Max Chia



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