

What is your intention?

"What is your intention?" I looked into her eyes.

She was surprised, perhaps even shocked. The standard questions usually evolve around: "What's your problem?", "What brings you here?", or "How can I help?"

"I want to release all negative emotions from my body", she answered.

I looked into her eyes and said: "No, this is not your intention. Look deeper."

Negative emotions were only at the surface. They were important but not the real thing.

"It is about anger", she said, "I feel it all over me. I'm angry about my life. It all sucks." she added, "I feel de-pressed by circumstances. Overwhelm by what is. I am empty-handed. I have nothing to build on."

Then she started to describe the issue in more detail. I stopped her half way.

"I'm not asking about the details." I said. "They are not important."

"What do you mean?" she asked.

"What you describe is not about your intention", I continued.

She recognised the truth.

First, an intention is not about problems. It is not about what you don't want, or what you want to avoid or release. Intention is about whom you want to become, what you want to do or experience.

"Search deeper", I demanded. "Name it."

Of course, she knew what her intention was. She pretended not to look at it, deep inside. But ... she knew what she came with.

She was afraid to bring it into the light and to name it.

She was afraid because the intention was huge. The intention was encompassing the unknown. The intention was about something totally new. She was scared.

"Name it." I repeated.

In a surge of insight, she did. She made it explicit. Personal. About the real thing.

Suddenly her eyes were filled with tears. She touched the truth in myself and she felt both relieved and vulnerable in that moment.

"I recognise this is the truth. Let's work on it."

What followed was an amazing massage that helped her to release the pain, not only on the surface, but the deep inside...

Massages act wonderfully on the whole person. It may seem that they only work to relax the body. You may think that we can achieve similar results by other means such as: stretching; martial arts; team sports; meditation, prayer or social events. I don't think so.

Massages are a different modality that cannot be easily replaced. While regular exercise does wonders, while friends can lift our spirit, we cannot address all tense and difficult areas in the body. They hold the tension and by obstructing blood flow, in time, the internal tensions remodel our thoughts, actions and outlook on life. Tension, stiffness and pain will naturally colour of what we feel and experience.

In the very old times, the healing massage techniques were kept secret. They were available to the privileged ones, such as emperors, leaders or priests. Why? Because massages were meant to re-model the person: help her/him to get rid of all patterns and beliefs impressed by upbringing, experiences or community. The goal was to prepare a person for an advanced and fast learning.

Nowadays we have a plethora of manual therapies available, but we don't treat them with respect. They can help you change, abandon limiting beliefs and transform the patterns that hold you in the past.

Why is it so?

All the stress is built up in the body. It is the physical tensions, stiffness, immobility, knots and pain. There is stagnation. It is real. On the physical level, your tissues lack oxygen and nutrients. The working of your autonomous nervous system is compromised. The connection between various parts is lost because the nutrients are not properly delivered and absorbed.

If you take the roads and waters as a metaphor of your body, any traffic congestion has a bad effect on the logistics. Now imagine permanent traffic jams, delays, roundabouts in many places. A huge problem, indeed.

You are stuck. In your pain. In your depression. In your thoughts of impossibility. If you want to start changing it, contact me for a massage appointment. The medical massage, tuina, works fantastically on both the body and the mind.