

Harish Johari

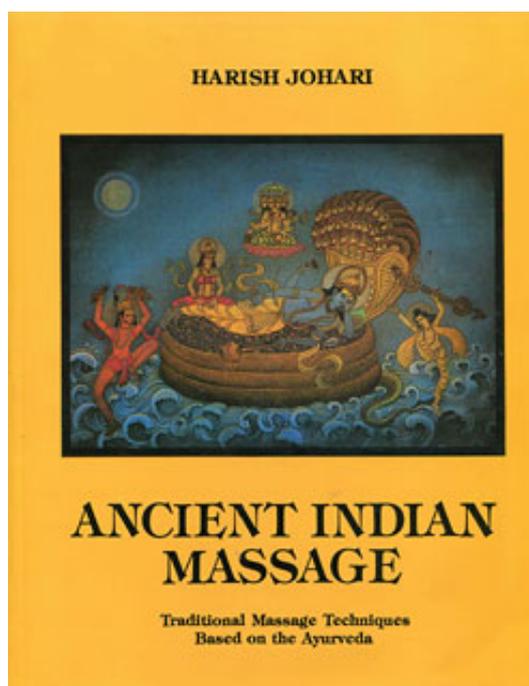
Ancient Indian Massage

Reading excerpt

[Ancient Indian Massage](#)

of [Harish Johari](#)

Publisher: Munshiram Manoharlal Publishers



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Principles of Massage

One who follows the natural contours and flows of the body insures the most effective massage.

One who works counter to the natural formation of the body creates imbalance and disease.

Intricacies of Massage

To be a good massager, one needs to look at the formation and function of the musculature. One who follows the natural contours and flows of the body insures the most effective massage. One who works counter to the natural formation of the body creates imbalance and disease.

The body can be divided into three general regions:

- The region from the base of the spine to the head (torso and head).
- The region from the pelvis to the toes.
- The region from the collar-bones to the fingertips.

The shape of the muscles in the first region—from skullcap to tailbone—is round and the energy flows from up to down and vice versa. In the formation of the limbs in an embryo, this part develops first and as a unit. The head develops first, then the rest of the fertilized ovum undergoing mitosis and meiosis becomes the rest of the torso, - up to the base of the spine. Thus we see that these parts are actually a unit and should be massaged as a unit.

In the second region, energy moves down from the pelvis to the feet as the body pushes against the earth and the force of gravity with the legs. The circulation is downward as this part keeps in contact with the earth and it is the lower region of the' body. This is the part of the body designed for the function of pushing. In *Shakti-Pat Maha Yoga* (transference of energy) the feet of the *Guru are* supposed to be worshipped because it is through the feet that the *Guru* transfers his energy to the disciple in order to open knots and make the flow of energy free in the spine and to promote spiritual growth. It is said that *Swami Rama Krishna Paramhansa* transferred his energy into *Swami Vivekananda* by hitting him through his feet.

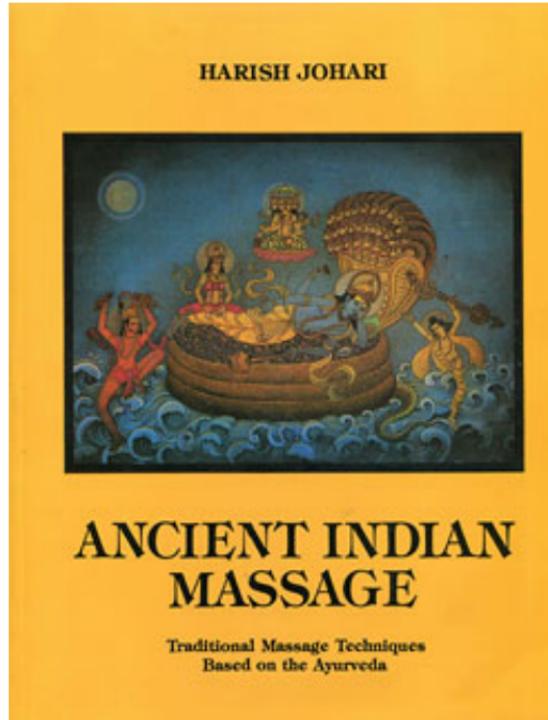
In the third region, the upper arms, elbows, forearms, wrists, palms and fingers form a co-ordinated whole to draw energy into the body. This is the pulling section. In both the second and third regions the formation of the musculature is linear, and the energy flow's from the torso downwards and outwards.

The hands are used to draw energy into the body to
pull
to express emotions
to help the psyche to express
and to save man.

Thus these hands work as a vehicle *of prana* (vital life breath). In dance, hands make *mudras* (postures) to tell the audience the feelings and the story. In worship they serve as connectors, they raise the energy level and help psychic currents to flow. The fingertips are the most important part of hands, because they transmit energy. All fine jobs a man does are done by fingers. Fingers are used in different ways by all workers and fine artists alike. There are many miracles related to the sensation of touching, the transference of energy through the fingertips from one man to another (or God to man, as Michaelangelo depicted on the ceiling of the Sistine Chapel). Fingertips point the way.

According to the structuring of each of these three major divisions the oil must be so applied. While working on the front part of the torso the hands should move downwards from face to neck, to chest, to abdomen, to waist. On the back side, however, the hands should move upwards from the base of the spine to the base of the skull, and outwards from the area of the ribcage.

If massage of the back portion of the torso is begun at the neck and moved downwards along the spine to the pelvis, energy is drawn down with the hands. Most sensual games begin in this manner, with patting of the rear of the skull and hands gradually moving downwards. *This flow of energy works counter to the principles of massage for better flow of energy upwards and should not be used except for sex play.*



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106 pages, pb
publication 2008



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