

## Article 216: Asava Massage -part 1

Considering what is known about primitive people, their healing treatments were part of the magic and spirit of life as expressed in their religion and views of the environment around them. Believing that sick or diseased evil doers obviously are being punished for acting against the Gods, that they are possessed by wicked spirits and are struggling against evil forces and magic, or that they are suffering from the actions of malevolent individuals, such afflicted individuals were frequently shunned, driven out of the village, or killed, ...yet, at the same time, in other societies, there is evidence that the surgical procedure of cutting a hole in the skull to relieve pressure or remove evil spirits (trepanation) was a common practice. The quality of healing treatment varied considerably between different groups of people and according to supernatural beliefs and practices, ...and though, at times, "specialists" were available to treat specific problems and illnesses, in most cases, since it was believed that diseases were primarily the actions of evil spirits, they were treated by a shaman, witch doctor, sorcerer, diviner, or religious prophet.

Considering hurts and wounds to be natural and physical not spiritual, patients with these problems were frequently treated by a healer using easing or comforting techniques such as rubbing or binding an injured area, holding a wound or applying an herbal compress to stop bleeding, sucking a puncture or laceration, mimicking animal behavior of licking a cut or wound, using warmth to make a patient comfortable ...or cold to deaden pain.

In either situation, these restorative practitioners were also expected to protect their patients from all sorts of afflictions and misfortunes ...such as loss of crops and livestock, natural and unnatural disasters, family infertility and disabilities, and many other tragedies. How many physicians, healers, or therapists today are willing to take on such tasks to protect their patients? ...yet Asava massageteachers, guiding patients to live as they truly desire ...and experience the benefits of that life, are helping to protect their patients from evil spirits, from loss of possessions and disasters which affect many individuals, from disappointment and unhappiness and from the disabilities and afflictions created and imposed through judgments, ...the evil spirit of judgments ...we might add.

Though you may believe that ancient people had mysterious or secret knowledge or a close connection to the earth and communication with natural matters which enabled them to live long lives, all evidence shows that their lives were substantially shorter than today's lifespan;

...and while they had some knowledge about herbs and minerals, their healing and therapy practices and techniques were extremely primitive ...and were generally ineffective. It seems that, as today, the body frequently repaired itself regardless of the medications and treatments applied ...or the techniques used to drive out evil spirits and forces possessing the patient.

To many ancient people, disease was a curse imposed upon individuals and/or their families and descendants by evil spirits, by God, or by other malevolent individuals. In order to “cure” a disease or sickness, the healers had to “divine” the sin the diseased person had committed, or had been afflicted with, and the seriousness of that sin, so the severity of the illness could be understood. This “divining the disease” is closely related to taking a patient’s personal and family medical history today, ...does your massage therapist, take a complete history? ...or do you as a massage therapist thoroughly question your clients about their pains and afflictions ...and life? ...about their beliefs and desires? If not ...why not?

Originally, Chinese physicians, believing their medical knowledge to be a secret power, jealously guarded that knowledge and passed it on only to trained and trusted family members ...or to other specially selected individuals, ...there were no formal schools for training healers. Yet, in other lands, ancient tablets written 4500 years ago, which formed a medical textbook, indicate that healing practices were not always spiritual or magical or jealously guarded ...and that many shared and expanded treatments were practical and effective; ...it is for the purpose of sharing Asava knowledge and information that we are offering you this guidance to self-awareness through Asava massageteachers, ...for the greatest effect of massage is its awareful influence on your mind, which does not, of course, diminish, in any way, the value of massage, ...but greatly increases and enhances the value and effectiveness of massage through self-awareness.

Primitive men, believing that diseases and sicknesses were caused by evil spirits and supernatural forces which invaded and controlled the patient may have created the first body massage treatments through their act of kneading, or striking, or beating a patient’s body to drive demonic forces out.

Many of the greatest contributions to medical treatments have not been in providing something new, but in destroying and replacing false beliefs and therapies. In relieving body stress and tension through massage, loosening blocked energy, strengthening weak energy, or

cleansing bad energy ...have we really moved very far from the practice of driving evil spirits out of the body? ...or attacking bad forces with good powers? Though the enemy or cause of disease and illness has changed from bad spirits and evil forces to weak or blocked energy, improper attitudes and emotions, or numerous tiny pathogens, the treatments for dealing with these “causes”, especially in the case of massage therapies ...and many similar treatments, have remained essentially unchanged in their actions to drive evil spirits out; ...such continued witchcraft cannot serve you today!

Have illnesses, ailments, or pains taken over your well-spirited body? ...and do you feel that it couldn't possibly be your “fault”? ...simply because your “good spirit” would never abuse you in this way? They ...maybe you are abusing yourself!

To ancient people, their belief in good and evil spirits seemed to explain every event and circumstance ...and relieved them from any fault or responsibility, for everything could be blamed on or understood as the unknown and unknowable vagaries and actions of spirits or gods, ...and it seemed to empower men as they endowed and empowered their personal, benevolent spirits and gods with even greater powers than others had. In many instances, life and healing became a practice of “spiritual one-upmanship”. And though these beliefs and actions seem to be the superstitions of the uninformed, maybe you are living by similar false beliefs of good against evil ...and still playing the same foolish games of life and healing therapies. Think carefully about this ...for your life, happiness, and enriching wellbeing depend upon your awareness and actions.

Let there be no mistake, massage creates a soothing and beneficial mental•emotional effect which reduces tension and stress, stimulates your skin (your body's largest organ), increases blood circulation, helps control or lessen some pains, frequently relieves muscle and soft-tissue injuries and stiffness, and promotes an overall sense of wellbeing, ...however, since these problems are self-created and self-imposed by you, massage is doing very little to treat the real problem ...which is **the self and life you are living!** ...and obviously struggling against.

The belief that you live in a world of good and evil events, situations, and forces, or good/evil spirits, persists today ...and completely controls every belief•thought•attitude•emotion•word•action you live, ...and you, like early man, to protect yourself from these evils or wrongs of life, and to appease and satisfy Gods and good spirits, have created and imposed

commandments and prohibitions upon yourself and others for almost every act of life ...with sanctions or even banishment of violators from your personal life and world. In this, you, like ancient people, are trying desperately to control your life and environment by gaining the acceptance and favor of a good-spirited self and life ...and healing has become an active part of these prohibitions and ceremonial acts to banish or overwhelm the illness-causing evil spirits and immoral or wrong actions ...and gain the blessings of good actions ...or a good-spirited self and life.

Just as doctors and therapist tend to wear identifying gowns today, ancient medicine men and witch doctors always dressed for their healing treatments. And, in an attempt to drive out the evil spirits possessing his patients, medicine men frequently gave their patients powerful though gruesome-tasting medicinal potents or tasks to perform which were intended to make the patient's body an undesirable place for the evil spirit to reside in. Ohh, certainly, most medications today are sugar-coated or compounded in flavored syrups, but have you tasted most natural or herbal medications lately? All such ancient actions and medications, combined with incantations, dancing and screaming, shaking rattles, burning smoke or incense, physical manipulation of the patients body, and other showings of magical powers had no effect upon the evil spirits, but such actions certainly impressed the patient ...who frequently *got better merely because he felt better* ...but little else was accomplished through such actions and demonstrations, ...and we've continued most of these actions in our treatments today, in different forms, but with much the same degree of effectiveness.

Of course, there are many exceptions to this illustration of ancient healing practices ...and many examples of direct pain•illness-relieving medications and treatments, but these came later in the development of healthcare ...or in more-learned and experienced societies, but underneath it all, as in today's falsely-created world of good and evil, very little has changed ...or can change.