

Article 222: Asava Massage -part 7

It is frequently pointed out by massage therapists that “when stressed or anxious, your muscles tense and contract in ways that cause pain and fatigue ...and restrict the flow of blood, movement, and body functions. To return matters to normal, the tensed muscles must be located and properly relaxed”, ...unfortunately, it is frequently difficult to discover the particular muscles which are tensed. And while gentle stroking tends to stimulate nerve endings in the area being massaged ...which signals your brain to release chemical endorphins~good spirits~to soothe and quiet disturbed or painful nerve cells~bad spirits~these feelings are not truly effect or lasting. The names have changed from bad/good spirits to pains/endorphins ...but the temporary actions and effects remain the same, for when the endorphins stop working, your pain will frequently return, ...in other words, instead of ending the pain, such treatments merely block your awareness of the pain. Asava Massage enlivens your awareness of self so you can end the pain by changing your painful way of life.

Though you may not believe this, to accept even the finest or best-intentioned external pressures or manipulations to adjust yourself or “correct” your pains, tension, rigidity and stress, circulation problems, ailments or diseases; to have your energy adjusted, released, or redirected; to struggle against bad internal actions or forces; to stand against judgments and illnesses; to adjust body postures or seeming malfunctions; or to strengthen or empower your lifeforce ...is to surrender your free will to live as you truly desire, ...thus, by continuing your present massage therapy, this is the price you are extracting from your clients ...or paying as a patient, ...is your massage treatment worth such a price?

Obviously, *pain is a learned response*, ...or, at least, any lessening or increased-severity of pain~including tension, stiffness, cramps, and stress~is learned and self-imposed. For example~and we recognize this is merely anecdotal ...but it illustrates our discussion as an example~in undergoing medical procedures, many Asian and South American children who constantly endure hardships in life, normally endure painful operations and treatments much easier and heal quicker than most western children, ...also, recent tests revealed that, animals raised in a pain-free environment were essentially immune to pain, ...from these examples, it appears that both pain and immunity to pain is learned ...and varies according to each person, yet massage and other healing therapies act to adjust your body to an assumed standard of “body correctness” ...without really considering the self and life and body you truly desire. For instance, if you want relief from a body pain, which outpictures the painful lifeseff you are living and struggling against, do you want to change your beliefs and ways to transform your painful self and life ...or do you want to drive the pain away so you can continue living “life as usual”? Remember, as your pain and severity of pain were learned and lived in your old life, they can be unlearned and relieved through new beliefs and ways, ...actually, in your body and life, *you are the pain*, for without you, your pain does not even exist, ...and neither does your stress, stiffness, or tension.

Relieving pain through massage continues the *learned, self-imposed response* that pain is normal and natural ...and if not lessened, must be endured. Struggling against pain does not help you “unlearn” your belief in pain ...or stress, stiffness, or tension, these are resolved or unlearned only by not living painfully, stressfully, stiffly, or tensely, for pain includes your physical and mental sensing ...and your reaction to what is being sensed, ...therefore, relieving physical pain, stress, stiffness, and tension will not succeed without

lessening or relieving your mental-emotional response to and memory of a painful situation, which massage alone cannot do. Offering a treatment of *out-of-body but not-out-of-mind* can never succeed, for matters continued in mind will expand and intensify until your physical pains, stress, stiffness, and tensions return and expand ...and become too bothersome and intense to bear. These discomforting actions in your body are personalized warnings and self-imposed incentives to arouse you to take action about the matters, like the pain, you are creating and living into your body and life today.

Changing your beliefs and ways changes your pain ...but changing your pain while maintaining your beliefs and ways changes nothing, for any relief will be temporary ...and your pains will quickly return, ...so pay close attention to every aspect of your self and life ...and be more-responsive to your own understandings. Standard massage, though soothing, offers very little to help you redirect your self and life. Stimulating your mindful understandings and empowerment is the focus of Asava Massage, ...are you willing to awaken and enliven yourself and others through Asava Massage?

Does your massage therapist, or do you as a massage therapist, probe deeply into the soft issues of your pains, stress, stiffness, and tension? ...or merely the soft tissues of your body? Consider the following vital questions about some important soft issues in your life.

Are you aching to do something? ...aching to avoid someone or something? Who or what is distressing you? Is someone or something an ordeal? Are you tormenting yourself about someone or something? ...or merely worrying and disturbing yourself? Who or what is chafing or harassing you? Who or what is exasperating you? ...trying your patience? When long-desired goals are attained or fulfilled, it may pain you to realize that your lifeseif does not immediately change. Often, the harder you work to resolve a relationship or problem, the more-difficult and painful it becomes. Does it seem that your never-ending pursuit of happiness, love, self-discovery, success, and enlightenment is futile ...and painful? Do you constantly find yourself being attracted by and drawn into the same or similar painful events or relationships? Do you tend to repeat painful mistakes? Worry continues your distress, it does not overcome painful situations or conditions. Open yourself to new ways. The process of discovering and understanding can frequently be unpleasant and painful. What do you expect to gain by withholding invigorating life and enriching wellbeing from yourself? Are you taking out your frustrations on yourself? Are you impatient about and dismayed by delays and problems? Who or what is annoying you?

The word *pain* is related to the Greek word *paine*, meaning *penalty, fine*, ...which seems to indicate that, despite Hippocrates' teachings, the Greeks considered pain to be a penalty you impose upon your self and life for actual or imagined transgressions, ...what are those transgressions in your life? Are you penalizing or punishing yourself through pain? What do you expect to gain from such actions?

Assuming your pain is both a warning and an inciter, ...what awareness might this be arousing you to? Stop playing games to maintain appearances that everything is all right in your body and life. Are you on a path you've always known you'd take ...but didn't realize it would be so soon? ...or so difficult? Are you having problems renouncing preconceived opinions? ...living up to your word? ...taking back previous declarations or accusations? Are you beset with difficulties? What are you anguishing over? To change your self and life and pain is to act against your normal and highly cherished beliefs, thoughts, attitudes, emotions, words, and actions. Are you willing to forsake your precious beliefs and assumptions? If not, you cannot live anew without pain. Are you embracing a healthy lifestyle? Have you acknowledged and are you living your dreams? What aspects of your self and life are you concerned about? ...are painning you? Do you truly listen to others?

...to your own words? ...to your own body? What is being communicated? Could it be that you are pained by what you "believe" is being communicated? ...by your own judgments? Are you too sensitive and critical? Practicing principles of wellbeing will not succeed without enriching-wellness-thinking.

Enriching wellbeing is lived at all times, it is not something to be discovered and squeezed into. What heartaches and heartbreaks are you suffering with? ...even long-forgotten ones? Maybe your old anguish is more active than you believe ...and ordeals are continuing. In what ways are you making yourself miserable? Have you been wearing your problems and anguish as a badge-of-courage? ...until they are now beginning to control and overwhelm you? Stop testing your will and patience. It is all right and appropriate to satisfy, pleasure, and comfort yourself. Since life's goodness and benevolence always supports your choices, ...what does your pain reveal about your choices? ...about your beliefs and attitudes?

If you are not asking these soft-issue-questions about your self and life, maybe you don't really want to end your stiff, rigidly painful ways. Are you willing to forsake the controlling aspects of your self and life to be relieved of your pain? If so, you must pay the price FIRST, for you cannot live anew while desperately grasping onto what is old ...and unserviceable. Pain in your mindful body begins in your beliefs and judgments, stop taking pleasure in your pains. Your imagination is working against you instead of for you. Remove yourself from old beliefs and thoughts ...attitudes and ways. You are constantly embodying your self and life, ...is it possible that you are struggling against your own words and actions? Be careful of what you say and do. Are you afraid to live your high ideals ..through wise, passionate purposes? ...or through the understandings in these insightful questions? Stop dealing with soft tissues while leaving soft issues unattended to.