

MU Massage - The Art of Conscious Touch

“The body is the visible soul and the soul is the invisible body”.

Osho

Our body - fantastically complex

The human body is probably the most complex mechanism in this existence; it is simply fantastic. Everything we perceive, we experience through the senses of our body. Our nervous system registers everything we see, hear, smell, taste and feel and sends all information to our brain at an unimaginable speed. The approximately 1.2 million bit/sec. selects/filters our brain to a processable amount of information. An overload of input, on a mental or sensory level, can literally get on our nerves.

If this is the case, we lose the overview, the serenity and the contact with our living and feeling aspects of our body. Our attention is mentally concerned with solving problems and we do not perceive our inner, physical tension. We are not present and are not 100% available to life.

Sensitivity is what makes us conscious

Movement is important for us. Scientifically we are designed as endurance runners. Sitting a lot harms our body. Training is important, so we reduce stress (tension) and our vital energy remains in a healthy flow. However, you have to pay attention to variety, otherwise the stress in us can increase. If you only steel your muscles in the fitness studio, you will keep moving, but you will build up more physical "armour" through muscle mass. The inner tension gets a kind of "knight's armour". The question is, how fine can we perceive the feelings hidden inside? Does it strengthen our ability to consciously perceive fine emotions in us or does it not rather limit us to clearly name or describe things?

From tension to illness - dis-ease

When we constantly ignore mental and physical tension, our body sends us a clear signal through pain: something is wrong, something is out of balance, an initial feeling of illness. The English word 'disease', dis-ease clearly shows it: Lightness is missing. We feel pressure in the chest, load on the shoulders, fear in the neck, a stone in the stomach, a sting in the head...

Physical pain is a clear announcement of the body calling for attention and treatment. It loudly expresses stress, inner conflict and restrained emotions, which then become noticeably painful in physical tension. It has been scientifically proven that heart disease, cancer and burnout symptoms are often associated with permanent stress.

Faiths shape our perception

Our behaviour is governed by our beliefs, of which we are mostly not or only rudimentarily aware. These beliefs are primarily shaped by past impressions - at an early age we adopted them without reflection. If we want to change something in our lives today, it is possible that old beliefs are activated in the underground and collide with the new ideas of life. Anyone who has ever tried to consistently change their diet or quit smoking knows how to wrestle with old patterns. We repeat behaviors that we would like to avoid. And it seems like it is a never-ending story. If, however, we pay attention to our body signals sensitively, precisely, attentively and alertly, we have great

chances of tracking down our strongest resistances and of moving something really big within ourselves.

Trapped for life or wide awake and full of life

Our brain is highly efficient. Countless cell connections are created every moment neuroplastically. With our mind we consciously and unconsciously choose which new information is linked with old information and stored in the limbic part, the emotional brain. Our attention plays an important role. Our thinking follows our attention and so it happens that we find ourselves trapped in a thought cycle. Worrying about the future is a popular thriller in which scenes are lined up with horror scenes. This creates tension in everyday life, yet far away from any reality. In reality all concerns dissolve into pleasure. A deep sigh of relief follows and we become aware of the tension we have created mentally. The more awake we realize our own thinking carousel and the faster we stop it, the more we avoid worried feelings and gain a lot of time for the sensitivity and clarity of the moment. A brooding mind holds us captive, an attentive one is sensual, lively, creative. The body takes over the most important function: it is our direct medium of perception, transforms information of the soul and the spirit into tension signals and thus illuminates our life.

Being Active

Hiking, golf, jogging or cycling are typical forms of exercise where natural movement is used to find our way back to us and stimulate the vital flow of energy. The lungs absorb fresh oxygen, which also benefits the heart. Regular self-checks in which we "listen in" to ourselves are a good way to perceive how our body is doing. It takes a little practice, no more than a small moment, to look inside with the 5 senses. Mindfulness is nothing else than to pay attention to something in the moment: Am I calm or is there tension somewhere? What am I thinking? What do I feel in this moment? Breathing and heart - even and calm?

Thus, the self-check very quickly becomes an active motor of change for quality of life. We perceive emotions, learn to distinguish serious matters of the heart from worrying brooding and are able to distinguish between the important and the unimportant. In this way, all emotions are gradually sorted, reconnected and integrated. In this way emotions and mind come to rest and we find ourselves surprisingly in a moment of being so.

Which form of movement is the right one is very individual. Simple hiking is a powerful thing for our body. The feet are connected to the whole body via the reflex zones and send nerve impulses to all organs. This helps us on our way to clear our head and free our heart. Dancing keeps the spine supple and exercises the brain in creating complex connections. This also happens in yoga, in addition to which consciously contracted muscles can be loosened and stretched with breathing. Qi Gong, acupuncture, conscious body work and active meditation keep the body, posture and behaviour elastic.

Silence is important for the brain

During sleep our brain processes information which we absorb during the day and hide from our consciousness in favour of concentration. Our technologized, modern world has become much more information-heavy compared to the times of campfires, starry skies and nocturnal silence.

Today, tsunamis of images and sounds are roaring above us. That this requires more resting time for the mind is obvious. According to the current state of brain research, the brain area needed for stress management, the hippocampus, shrinks as stress persists. Fatally, this reduces the ability of our

brain to deal calmly with stress - a circulus vitiosus begins. The means of choice that counteracts the process is silence.

1. silence frees us from stress and tension

Silence frees us from loud noises that have a risky effect on the cardiovascular system. It calms an overexcited amygdala in the brain and thus reduces the frequency of the release of the stress hormone cortisol.

2. silence replenishes our mental resources.

The continuous processing of stimuli stresses the prefrontal cortex and other areas. Attention is reduced to thinking through complex things, making decisions and solving problems is more difficult. Small pauses in silence bring us back new freshness, ideas for more decision-making power.

3. in silence we can think better and more creatively

There is a so-called "resting state network" in the brain, which becomes active when it is not stimulated by stimuli such as sounds or tasks. For example, when we meditate, fantasize or simply let our thoughts wander.

In this mode we have better access to complex networked data such as emotions, memories, ideas and thoughts. The overview makes it easier for us to reflect. We recognize the meaning - the connections in our life - rather and can feel ourselves better into other humans. We are also more creative. It is, as the Scottish philosopher Thomas Carlyle wrote: "In silence the truly great things are born". To do this, however, we have to pull the plug and free ourselves from distractions for a while.

How Mu Massage Helps

Elementary in Mu massage is the touch of the craniosacral pulse, a second pulse beyond the heart pulse and breath. This pulse moves our cerebrospinal fluid rhythmically up and down between our skull (cranium) and sacrum (os sacrum). It renews itself continuously, regulates and influences our nervous system - which it protects and strengthens.

In order to release tension and pain Mu Massage works with techniques from old Buddhist traditions and new scientifically founded techniques, such as structural integration, i.e. the work on fasciae as known from **Rolfing / Rebalancing**. One goal is to bring the individual body segments (feet, lower legs, thighs, pelvis, torso, neck and head) back into balance and at the same time into a relationship to each other.

A further element of Mu Massage is to make the joints more supple again, so that movement flows more easily, rounder, softer and more freely. The basic assumption that joints that move easier, rounder, softer and more freely affect the entire organism comes from Milton **Trager**, one of the great pioneers and masters of joint loosening.

Further elements from **Shiatsu**, **acupressure** and the **polarity work** of Dr. Randolph Stone round off my work with clients holistically.

What quality is for me - what makes me different?

Beyond all these techniques it is fundamental for me as a therapist to be awake, conscious and intuitive. Unlike traditional methods, it is not about judging what is a right or wrong posture or comparing what would be better. Rather, I devote my undivided attention to my client in order to

support him, through integration and silence, in his own discovery and exploration of the self in and about his body in such a way that inner peace can expand.

For many years it has become more important for me as a therapist to practice myself in my own silence, to reflect on myself, rather than to optimize body therapeutic knowledge alone. This is the main reason for the quality of my touch.

This form of bodywork is non-invasive, non-confrontational, yet very transforming. It is based both on scientific knowledge and on the psychology of the Buddhas*.

**The psychology of the Buddhas is the traditional understanding of wisdom teachers about the connections between mind and body based on deep experiences. Through their own sensitive experiences, these people have discovered that emotions and thoughts control the body and that a healthy body influences thoughts. Beyond that - and this is actually revolutionary - the wisdom teachers or Buddhas discovered that there are levels in the body system that are beyond mind and tangible body matter: consciousness.*

With the Mu Massage we not only stabilize and balance the body-mind system, but also move into deeper levels of consciousness. This is what makes this massage so unique and soothing.

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