

CHAPTER

6



Energy Blockage Relief: Free Flow of Prana

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The Life Force Within

The life force is the supreme factor for health. The flow of the supreme energy must move freely in all of the *Prana* channels. When the energy flow is obstructed, blocked or sluggish by tension, anxiety, worry or poor health, the nervous system does not function properly and cannot transmit messages to the various organs and other vital activities in the entire body enabling them to regulate or act accordingly.

Over time, many nerve passages in the normal body will clog up and have blockages due to bodily toxins, unnatural living habits and an unhealthy environment. To maintain health and support healing, the body's life energy pathways must be free from blockages so that the life force can flow smoothly.

Free Flow of *Prana* Essential for Healing

Paramahansa Yogananda taught:

“Medicine, massage, spinal adjustment, or electrical treatment may help bring back a lost harmonious condition to the cells by chemicalization of the blood or by physiological stimulation. These are external methods that

sometimes assist the life energy to affect a cure...”³⁶

The body requires balance to ensure wellbeing. In order to have good health, we must clear any blockages inside the *Prana* channels and allow the free flow of the life force. Thai massage is one of the methods to promote effective healing since massage releases obstructed life force enabling it to carry out its function as the main healer of physical diseases.²⁶

According to Tom Tam in “*Tom Tam Healing System . . .*”, a blockage means where the *Chi* or bioelectricity is impeded in passing through nerves or Meridian³⁷—in Thai massage this is known as *Sen Sib*.



Tom Tam at his Boston clinic taken in 2006

Blockages occur when the body's communication system in the brain, nerves and organs are impaired. The basic theory of the Tom Tam healing system is similar to the teaching of Paramahansa Yogananda in that the brain is the power-battery house that supplies the energy with its various names: life force, bioelectricity, *Chi*, *Prana*, or *Lom Pran* through nerve fibers. The energy or bio-signal flows from the brain downward through the spinal cord and spreads throughout the body through the spinal nerves.^{36,37}

The life force then flows from the top to the lower part of the body. Tom Tam compares the brain to the central computer system and that all energy is conducted from the brain. When there is a blockage along this path, the energy will have difficulty passing through a nerve or an energy pathway.

The main teaching of the Sen Sib theory in Thai massage is also to enable the life force to flow freely throughout the body along the Sen Sib pathways. The ancient Thai teachers explained that the blockage theory was similar to the ten Ayurvedic Channels and that illnesses were caused by blockages when the *air* element was unable to flow freely along the energy pathways.

Though the channels and the symptoms may not be the same, the theory of blockages is very similar in both teachings. However, they do not emphasize the flow from the top downward.

What are Blockages?

A blockage area can be found along the spinal column, which is the most common blockage area. Areas of blockages are the head, neck and back muscles along spinal column. To picture the blockage areas think of the brain and the spinal

cord that covers the head, neck and the center of the back.^{36, 37}



Brain, spinal cord and 31 pairs of spinal nerves

Most people are not aware of the condition of their neck and back until some physical illnesses occur such as a cancer, a brain tumor, heart disease, high blood pressure etc. Then, through examination by a massage practitioner who has knowledge of blockages release, a lump, a knot, a spinal problem or pain and sensitivity to touch in the blockages area may be identified.

What Causes Blockages?

There are many things that can obstruct *Prana's* pathways. It can be from our own doing such as poor posture in daily activities. It is very important to sit and stand with the back straight to enhance the flow of *Prana* in the spine and prevent the vertebrae from misalignment in the long term. Neck and spine curvature may also result from muscle tension along the spine and push the spine out of shape. Stress and tension can create knots in the muscles along the neck, shoulders and back and press on the nerve's roots impeding the flow of the life force to the body cells and organs causing malfunction.^{36, 37}

Here are the example X-ray of the reversed cervical curvature due to muscle spasm or contraction and compare to the nearly normal cervical curvature X-ray film.