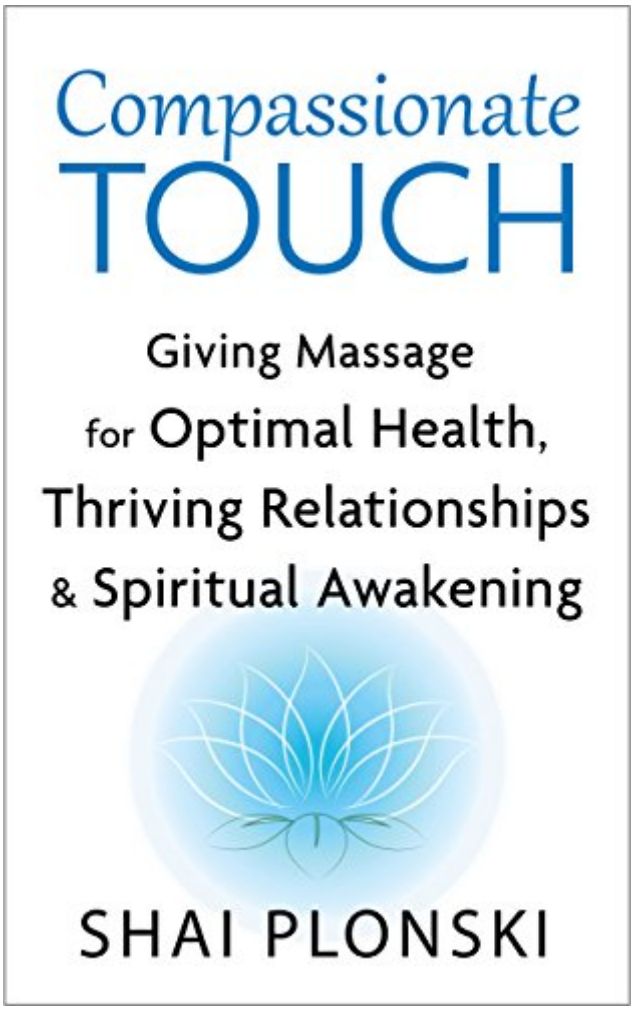
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Compassionate Touch: Giving Massage For Optimal Health, Thriving Relationships & Spiritual Awakening



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Synopsis

How To Give A Massage That Feels At Least As Good For You As It Does For Your PartnerMassaging the way of compassionate touch is preventative medicine that helps you to let go of stress and tension, replacing it with vitality. It helps you to feel younger while you help those you care about. It helps you to deepen your relationships from a place of non-judgement, simply touching with an attitude of IÃ¢â ¬â„¢m here and I want to lend a caring hand. By treating your partner as your primary teacher, you will learn to communicate better and this can have a dramatic impact on your relationships. This method teaches you to let go of baggage and patterns and instead see your partner as the wonderful person that they are. Doing something that feels this good for you and for them creates a spiritual awakening. It takes the benefits of a yoga, meditation, getting into nature, healthy eating, and/or a martial arts practice to a whole new level. ThatÃ¢â ¬â„¢s because we need each other to find peace within. Giving massage as compassionate touch is a way to do just that for instant results that will also last a lifetime. This kind of folk medicine has been practiced for thousands of years and now you can be part of this global community!You too can give a professional quality massage at home, to your loved ones, on a bed, on a mat, wherever youÃ¢â ¬â„¢re most comfortable!Giving an incredible massage is easier than you think. In Compassionate Touch: Giving Massage for Optimal Health, Thriving Relationships & Spiritual Awakening, you will learn how to: Give a 30-minute massage built on compassionate touchYou donÃ¢â ¬â„¢t need expensive equipment, just a bed or a carpet, a partner and the guidance provided in the bookWhether youÃ¢â ¬â„¢re a complete beginner or not, this book will give you everything you need to know how to give a massage that will bring your partner to heaven. And it will show you the way to do it that feels at least as good for you to give. ThatÃ¢â ¬â„¢s because you donÃ¢â ¬â„¢t rely on your hands or thumbs to give a massage. This is a meditative experience that comes from the inside-out, from your heart. As such, you can only give a massage that feels great to you at the same time that youÃ¢â ¬â„¢re sharing it with your loved ones. You will be coached by a teacher who has taught more than 3300 students over the past 15 years on three continents. Shai is a teacher who has also overcome injuries from massage and used all the knowledge gained from personal and professional experience to craft a system that honors your body and teaches you how to protect and know yourself. Shai teaches you in simple language, that is structured and leaves no stone unturned. In fact this is one of if not the most in-depth book there is on how to give the massage because his goal is to teach you as if you were going to teach this massage. That means there is:Ã¢â ¬Â¢ An extensive description of how to prepare for the massageÃ¢â ¬Â¢ Laying the foundation with the Four Pillars of Meditation, Body Mechanics, Body

Movement and Quality Touch that teach you how to know your body and your partner before you put a hand on themÃ¢â ¬Â¢ Detailed explanations of every move include how to transition into it, how to do it, the benefits, safety considerations and helpful tips for you whether youÃ¢â ¬â„¢re massaging on a bed or a mat, and safety considerations for your partnerMore Than a How-to BookThis is a why-to book. Usually when people think of giving massage, they think of it as a chore and all about the person on the receiving end. ThatÃ¢â ¬â„¢s true even among long-time yogis, meditators, and health conscious people who are into living a high-quality life full of purpose.Shai says that there is no point in giving massage if it does not feel great for you. He goes on to explain in a deeply personal way why it is so beneficial in ways that will surprise you. HeÃ¢â ¬â„¢ll also share why touch is a lost art towards knowing peace, support, love and joy.

Book Information

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Customer Reviews

What a deeply beautiful, humble, inspired book this is! I was lucky enough to have Shai as my first Thai Yoga Massage teacher years ago and, with love and passion, he motivated me to keep learning and sharing; this has become an important part of my life even though it’s not my profession. This book reawakened my sense of the power of this practice and made me want to go

out and share it more and more. The writing is really involving and I think you get a wonderful sense of the author as a friend and mentor. Shai shares so much of his inner journey as well as his expertise, and it would be hard to come away from this book without feeling energized and more fully human. You will want to share what you've learned with everyone you love. The generosity of the book is deeply moving and I recommend it without reservation to anyone whose curiosity led them to this title. You will be so glad you read it!

Blessed with the opportunity to read this book before it was released, it's a lovely balance between a personal odyssey on the meaning of compassion and love interwoven with an excellent how-to manual on massage and touch. You'll find yourself inspired, wanting more and eager to begin employing these techniques and teachings into your own massage practice, whether professional or personal - it's a must read and must have in your collection!

I know first hand that Shai is an effective teacher after taking his class at Omega Institute. My husband and I continue to use his teachings, and our health and relationship are better for it.Shai's personal journey and poetry, his scientific explanations, the links, detailed instructions and student testimonies offer a complete package.I recommend Compassionate Touch highly!Jaki Florsheim

Love prevailed through this read. Learning to give a massage from the heart instead of the head makes the compassion to heal people feel more alive. As well you learn that your uncertain path in life was also someone elses and that it is alright to continue onto new adventures. And then finally the techniques taught in this book give you confidence that you can help heal friends and family without concern for harm.

Shai Plonski is a remarkable teacher of Thai massage. His technique for teaching incorporates compassion as the key ingredient to giving a wonderful massage. This book is easy to read and has detailed instructions. It is a must have book for anyone interested in learning Thai massage or for the seasoned professional. His teachings have truly inspired me.

Shai touched my heart on so many levels. His compassion exploded as I read the book. I think this book is good for healed, therapists and lay person. Practice on your friends, beloved and family using his easy to learn-great for one's health techniques. This is a keeper for my reference studies + a great gift for friends.

As a practitioner of Thai massage I found Shai Plonksi's offerings to be very relatable. He uses language that I have and might use myself.His book is very moving and heartfelt, it feels like the beginning of an open dialogue. I am truly grateful to walk this path with likeminded souls like Shai. I highly recommend this book for those who are just starting out on this path and for anyone looking for a reminder as to why this work is so important and very much needed in our ever changing world.A must read!

I read this book before it was released for sale and it is an excellent book for anyone wanting to learn more about massage techniques and how massage can strengthen your relationships with people in your life and add to your own life as a result.

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