

A session with Vishwas.

I call it: "Emotional release massage". The child must have a name!

"Who are you", said one client. "A gift send from God?"

"My body has never received so much attention", said another.

"You are the best" said a third.

These testimonials say very little about me, but everything about the client – on that hour, on that day, in that phase of her life. They say with all clarity, that she is ready to experience and accept everything that her body tells her.

It does not matter, actually, how I touch you – implied and provided I do not abuse you. What matters is how you receive the touch, how you act or react to the touch and how you think about the way you acted or reacted.

This is important. Most of our trouble in life (with ourself) arise when there is a contradiction between the way we behave, and what we think about the way we behave!

So - you feel like a saint, but behave like a slut. Or you want to be a slut and have all the fun they have (apparently), but are stuck by the conditionings your upbringing gave you.

It does not matter any, if you are the saintest of saints, and that is how you want to be and feel good about being.

It does not matter any, if you are the kinkiest of the kinky, if you do not hurt or misuse any other person – or the planet – and feel good, happy and content about it – giving no energy to what other people may think about you.

Pain can be the key to emotions which are being suppressed – is often, but not always. Sometimes the softest of touch will trigger the held back emotion. There is no answer book to tell me. I may make mistakes, but not on purpose. I will take a path, and if that path does not create a reaction, I will try another path.

The body has trigger points, which are painful when being pushed. But they hold energy, often because of an unreleased trauma from earlier in life, which can be released.

Can you – during the massage – and in your life – say yes, ah, more when it is pleasurable, and can you say au, no, stop when that is appropriate.

So when I push a trigger point and it hurts, do you get in touch with the anger: "How dare anybody inflict this pain on me" and act accordingly, saying STOP when it is too much?

Or is the pain actually "pleasurable" in that you allow yourself to give it words, movements, screams. Joyfull pain even – energy – leaving the body exhausted, liberated?

The same touch can for one person be total joy, bliss, trust, while it for another will ring all the alarm bells of mistrust, fear or anger. No emotion is better or more right than the other – it is just what is there – today.

But off course – life is easier if we can meet the world with trust rather than mistrust.

So – however many times you have encountered betrayal. never give up to dare to trust – it IS possible.

So it does not matter how I touch you. What matters is how you react to the touch – in body and in mind. Should you feel mistrust – or even feeling abused – are you able to, dare you, say STOP. Or are you so conditioned that you believe, that I, the masseur, know better what is good for you than you do yourself? I do not!

Before any session we always talk a little and I explain in which sequence the massage will proceed and that I include the breasts - but not the genitals unless requested and appropriate – in the massage.

One woman, when I touched her breasts, opened her eyes and said: "This is not nice".

So then I did not touch her breasts, but after that even the front massage was too much for her and we ended the session.

Was this a good or a bad session? Some women like to have their breasts touched as part of the massage. Some are even grateful. But for this woman it was not nice.

For you – feel how it may be for you – take a decision – tell me – and change your decision along the session if that feels better.

The aim of the massage is not actually to release the tension in the body. The aim is much more to let you experience, to guide your attention, that there IS tension in the body.

Then you can ask yourself these questions: Why do I have that tension? Why do I have it there?

How do I treat my body – treat myself – so that I get that tension – there? Do I need that tension?

What could that tension tell me? What can I do to treat myself better?

Just ask the questions – silently – inside – to yourself. Do not expect an immediate answer. An answer, an insight, may come – or may not come – but you have become more aware.

Most often, off course, the massage WILL ease a big part of the tension in the body – but this is more seen as a side effect than as the goal.

Imagine a tall, slim glass filled with water and icecubes, the icecubes being so big, that no two icecubes can pass each other – only one icecube can be at the surface at any time.

Each icecube represents an issue you have – anger, resentment, joy, father, mother, sexuality, rage, hate, love, revenge, mistrust – any host of issues.

At the session we can only work with the icecube – the issue – that is on the top in the glass at that moment. We can only work with the issues below, when the top one is dissolved (for the time being or for good).

Let us say you come in good faith and want to work with your sexuality, because you are aware that it somehow is not working for you. But very fast into the session the body closes with mistrust, anger and rage. So then we must work with that – the mistrust.

Or you come, you want to release your emotion – you want to be able to scream, to cry.

But very soon as the body is being touched, it starts to move in the joy of sexual energy being released. So the top icecube is skin hunger – the lack of being touched, the longing of being touched, the need actually to be physically touched, which is becoming an issue in our modern life.

Only when that need is recognized and accepted the icecube dissolves, you may feel the empathy with yourself and open to the emotion involved.

In the massage I use the Tantric touch. A touch of pure awareness, it only exists in that moment, and it can never be repeated.

Looking from the outside – at one session, or at more sessions – it off course looks as if the same strokes are being repeated – same as if you watch a guitar player – one hand is moving up and down, the other back and forth. It looks the same. But the music that comes out is never the same – so the strokes can never be the same.

So your body is that guitar with it's strings – and my hands and arms are playing the strings. What comes out is your music – in that moment, on that day. If I on another day play your strings exactly the same way – which I cannot – another music would come out.

I cannot fine tune your strings either – only you can do that – consiously or unconsciously.

Some days it may be Wagners 5th symphony that comes out - at other times it may be the bamboo flute whispering in the tall grass – or it changes drastically during the session. Your music.

A session is a massage of the naked body using oil, lots of oil. If you for some reason – shame, guilt, mistrust – dare not be naked, then wear a string and bring a pair of clean nickers, so you can change before you go home.

The room is heated. I will be in my sarong and move around your body in a sort of ritual dance.

The session is your possibility to meet yourself from the inside.

Anything can happen during a session – but nothing special must happen or is supposed to happen.

I encourage you to breathe – to keep breathing. I encourage you to use your voice, say ah when it is pleasant, and say auh when it hurts.

Anything I do – if you do not like it, if the pain is too much, you say STOP – loud, so I can hear it, and I stop. Then we talk about what it was and how we can continue.

I encourage you to let your body move. The body wants to move – in pain, in pleasure – all you have to do is to allow it.

If we hold the breath, we can hold back any emotion there may be. If we hold the breath we can avoid to let the body move even the slightest inch. So breathe – deeply.

We have learned to be quiet, not to move – so forget all of that – find out if you dare set yourself free – maybe just for this moment – maybe just in this room – whatever happens inside the walls of the massage room, stays within those walls. The massage room is in this context a playground, where we can play new games, practice new behavior. More beneficial behaviour.

When required – because it opens during the session, or because it is asked for from the start of the session – the Yoni massage will be included.

Often a Tantra massage, given by an experienced masseur, will result in a feeling of freedom, liberation.

Our genital area is an integrated part of our body. It also wants to be touched when the rest of the body is in pleasure and joy. But it is also our "private part". It can hold so much fear, disgust, anger and mistrust. So much abuse can be associated with the genitals.

Your sexuality belong to you. Of course you can – for some time or for ever – give it to some other person exclusively – but even so it still belongs to you – and you only.

I never touch the genitals unless I ask first – or you ask – and it is agreed, that this is what we do.

The aim of a Yoni massage is not the orgasm. If it happens – go with the energy and enjoy.

The aim of the Yoni massage is to allow you to experience your sexual energy, without having to give it to or share it with somebody else.

Even if you have asked to have a Yoni massage, you can stop it – say no – during any part of it. You do not have to go through with it – and should not go through with it – if you feel you are not ready or if you experience mistrust.

Sometimes the mind is ready: I want the Yoni massage. But during the session it becomes obvious, that the body is not ready – the legs will not open f. eks. - in which case I will not go through with the Yoni massage but end the session in a caring, loving way without touching the genitals.

If, on the other hand, that you have come for an emotional release massage, but your body goes into joyfull, sensual movement (which is, by the way, also emotional release), I may say: "It is obvious what your body wants. Do YOU want me to touch your genitals?"

This will be the moment for you to decide if you want to go with the energy or keep it for later use – and watch how you feel with the desicion you took.

One woman, halfway into her second session, turned around and said: "Now I can tell you, why I

came. I cannot orgasm”.

Okay. Then that icecube is on the top.

So we worked with that issue. And it was true. She could not orgasm. Her body would not allow her. She had been abused. As long as we worked in the massage mode, her body was moving and enjoying, but when it came to touching her genitals, her legs closed.

But it was a beautiful session. We communicated all the way.

When the session was over, she jumped off the table and gave me a close hug with her naked, oily body. She left, smiling and dancing. Happy, I believe, because she had dared to address the issue and finding, it may not necessarily be the final answer.

A massage – with plenty oil on the naked body – from a total stranger is anyway a big step to take for many. It takes courage to go into a room with this unknown, half naked man, take off all the clothes and go naked on the massage table. It takes courage.

But the body is the keeper of all the secrets. And if these secrets prevents you from living a life in liberty – this may be the way.

We all have boundaries. We need to have boundaries, otherwise we would not know how to behave in life and run into all sorts of trouble.

I will not breake your boundaries. If your boundaries, however, are too narrow, your life will be restricted. So maybe we can push your boundaries a little bit, giving you more room to breathe.

Then maybe – hopefully – you will learn that you can move your boundaries yourself at will – expand them and retract them according to what is appropriate and beneficial at this moment at this stage of your life.

Bodywork will get you in touch with yourself. You will meet yourself – your fears, your anger, your sadness, your lust, your desire – your naked self.

It is not all pleasure to meet oneself – it can be very painful!

And it is not cheap – I totally agree.

But what else to do in life than to find oneself – finally to accept yourself as you are with all the black and white and muticolored facets you contain. Only then you can change if you want to and get rid of those facets that are no longer beneficial for you.

Finally to find peace with yourself.

A session may take anything from 1½ hours to 3 hours.

Maybe you will find one session is enough – for now.

Sometimes more sessions are needed.

Vishwas