

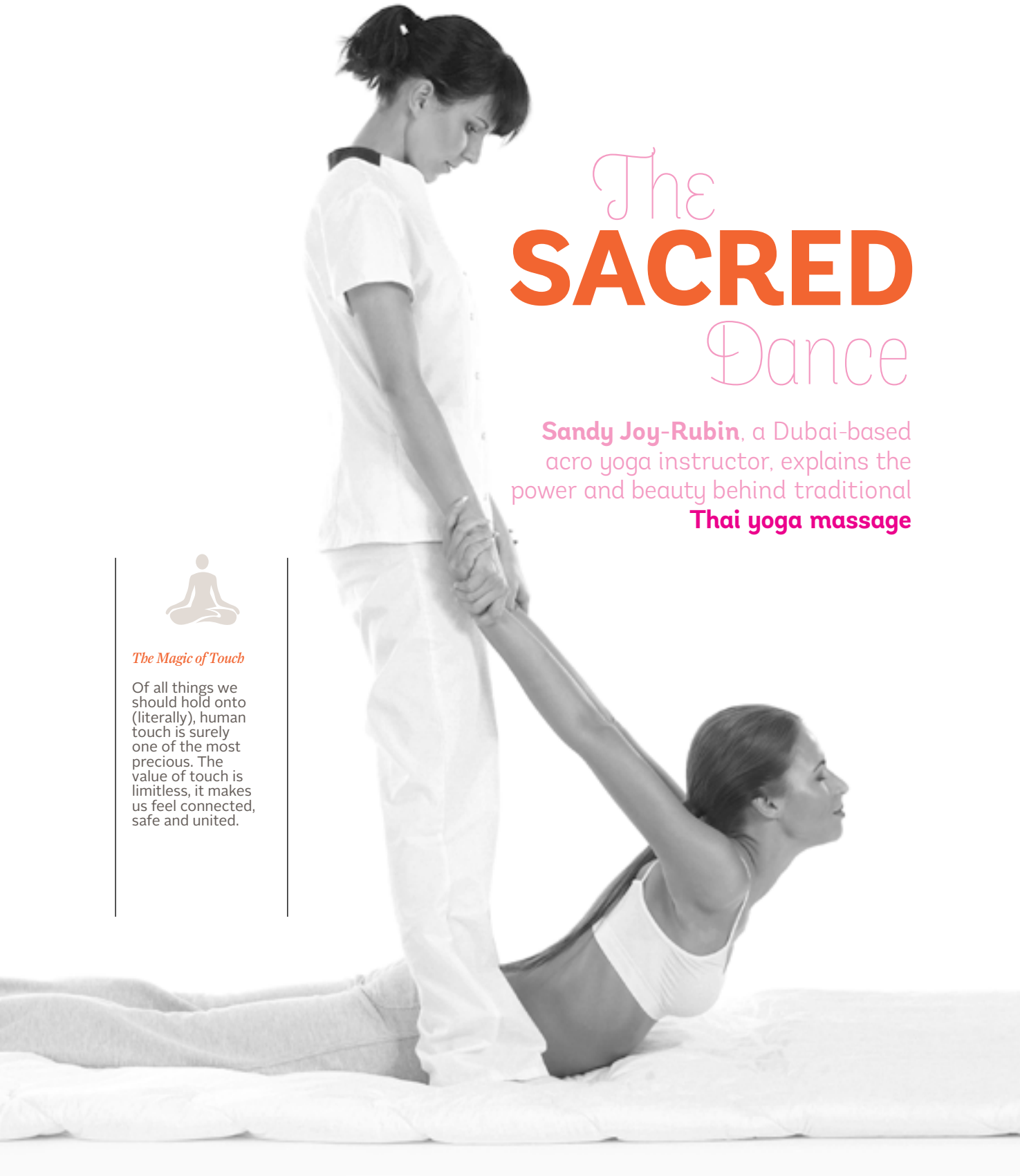
# The SACRED Dance

**Sandy Joy-Rubin**, a Dubai-based acro yoga instructor, explains the power and beauty behind traditional **Thai yoga massage**



### *The Magic of Touch*

Of all things we should hold onto (literally), human touch is surely one of the most precious. The value of touch is limitless, it makes us feel connected, safe and united.



**A**s our lives become more and more steered towards telecommunication and speed, we are slowly shutting ourselves off from touch, a powerful and beautiful form of communicating.

Traditional Thai Yoga Massage is a practice that values pure touch and unconditional love in a truly inspiring way. It's a treatment where no words are necessary, where your hands can feel the pulse and breath of your partner and you can rhythmically move their body passively as if you were performing the most graceful dance together.

I wholeheartedly believe that it is only when we are able to quiet the mind and free ourselves from judgment or negativity, that the body can truly heal itself. And so in order to offer positivity to others, I offer my full presence through TYM. It's an all-encompassing expression of compassion.

It is a cleansing and spiritual practice, a way to connect on a deeper level of awareness and feel the joy that comes from giving and receiving openly. TYM has its roots in Buddhism. The four Brahmaviharas, or the four divine emotions, Metta (loving kindness), Karuna (compassion), Mudita (empathetic joy) and Upeka (equanimity) play a big part in this practice. Loving kindness is the single most important aspect, teaching us how to love ourselves without boundaries and share this love with those around us freely and without expectation. It can be a tool to bring us to a deeper state of consciousness, a place where we are all one and all free.

TYM is much like a yoga practice. It allows you to be fully present, breathe deeply, clear out the body's energy lines and reset your system to take you to a more blissful state. It provides a safe place for the receiver to let go of stress, fear and judgment and drop into a sleep-like state of pure relaxation.

For the person giving the massage it is equally beneficial. Often referred to as 'the sacred dance', the therapist is moving their own body through various yoga asanas with ease and grace and



*Front top to bottom. Supportive back bend (opening of the shoulder and chest). Occipital ridge stretch; a gentle touch encourages the receiver to let go. Cultivating love pose; centering your body before you begin and bringing yourself into a state of giving and unity is important.*



Manipulation of the torso in a soft dance like manner, provides full movement of the joints to really stretch the body.

using the leverage of their body, rather than force, to work effectively. Every area of the body is worked upon while special attention is given to areas of the body that need to heal. The therapist will work along the sen lines (similar to the meridians) to unblock stagnant energy and allow the body to flush it out. This is all done on the floor with the receiver fully clothed.

Some say that TYM therapists are healers. I met my teacher, Julia Weis, in 2011 and was completely inspired by her capacity to see beauty in everything and everyone. She saw it in me and I remember distinctly saying to her that she was the kindest soul I had ever met. She replied, "I am just a mirror of your own kindness". It took me a while to really »

## heal

understand this. The more I am fortunate enough to work with others and see them when they are vulnerable, the more beauty I see in the world. Exposing our vulnerability takes so much strength, it is something so many people are afraid of and yet it is one of the most endearing and purest states of being. It's childlike, and we can always learn a lot from the actions of a child.

The true practice of the art of healing is presence and intention. Pure, unconditional and judgment free. Without trying to fix or change but accepting others as they are right now and offering compassion and love, true partnership and a sense of oneness. ✨

*Sandy holds regular Thai Yoga Massage workshops in Dubai. For more information email [sandy@phoenix-rising.me](mailto:sandy@phoenix-rising.me)*



## HISTORY OF THE THAI MASSAGE:

- ✨ The origin of Thai massage is in India and not in Thailand. It is not really a massage but a sacred dance.
- ✨ It is a holy communion between two people used to unblock energy stagnation.
- ✨ An ancient Eastern healing technique used as a tool to awaken our spiritual flames and inner therapist, and therefore first and foremost a technique to heal ourselves.
- ✨ This dance, a meditation movement that opens the door to a place where the layers of the personal ego peel off and the illusions of separation ends.
- ✨ This technique is about Metta (loving kindness) as one of the four stages of unconditional love.
- ✨ Using the vehicle of Thai massage in the right way we come to the realization that we are one and we are reflections of each other's strengths and weaknesses.
- ✨ The aim is not to heal, the aim is to create a space for others, for the process of change to begin.
- ✨ The physical body is just an extension of our higher vibrational being, creating a space where our partners can tap into their alignment with the Higher Self.
- ✨ Connection to the Higher Self brings you closer to the Divine. This is where all the healing happens automatically.



**Placing direct pressure on specific areas of the body allows the muscles to soften and relax for better manipulation and overall relaxation.**

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People usually consider walking on water or in thin air a miracle. But I think the real miracle is not to walk either on water or in thin air, but to walk on earth. Every day we are engaged in a miracle which we don't even recognise: a blue sky, white clouds, green leaves, the back, curious eyes of a child – own two eyes. All is a miracle.

—Thich Naht Hanh