

LOMI LOMI

A Holistic Energetic
Lifechanging Massage

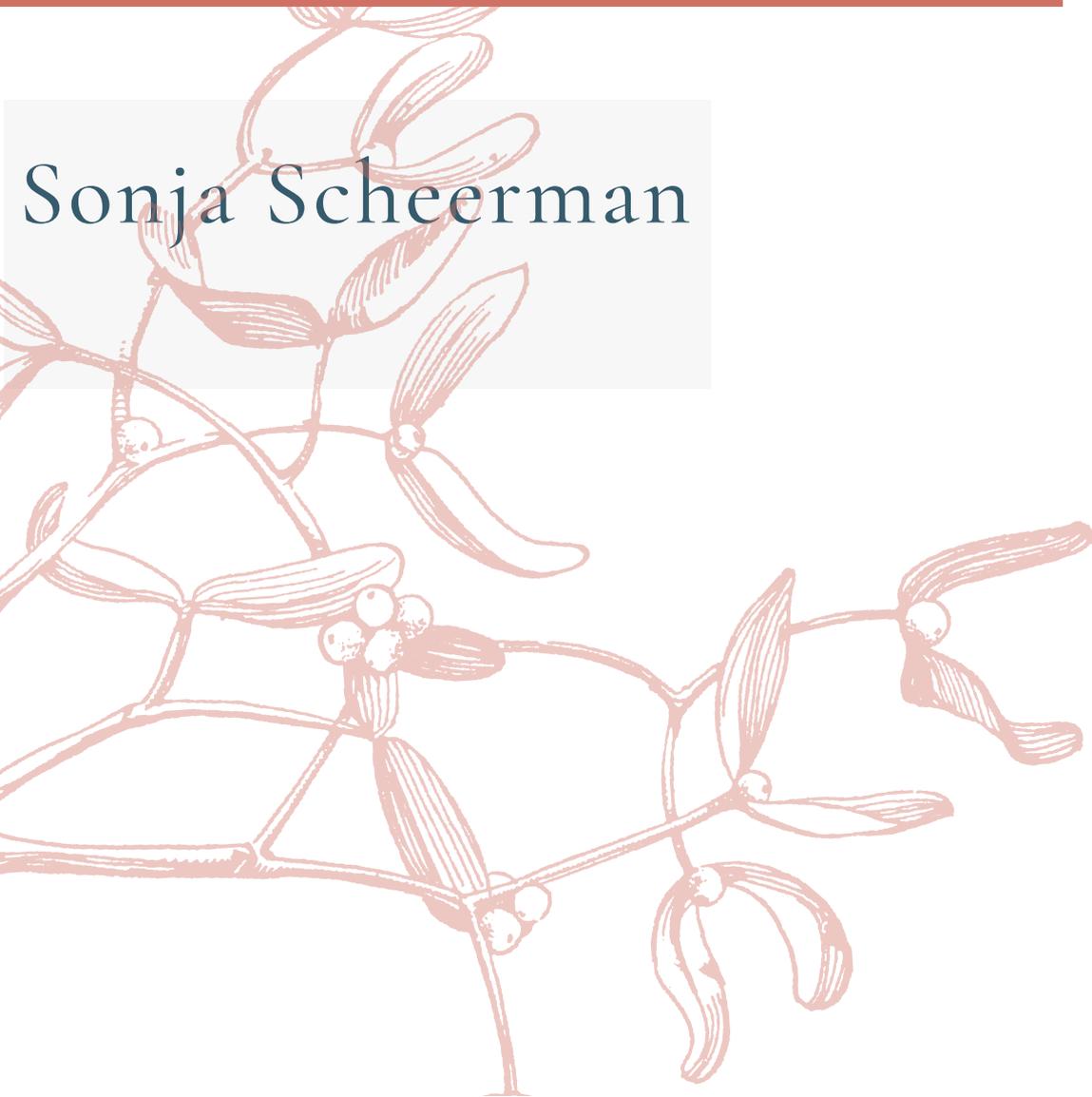
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WELCOME

Boho Touch Massage Circle in Portugal

*In this handout I show you how to give yourself
a Hawaiian, holistic massage that was given by
the shamans after or before a special event*

Sonja Scheerman





What about

At the tender age of 16 I already knew that my calling in life was to become a mother and masseuse. During halftime of a handball match, I used to massage my teammates' calves to help them relax before the second half. Although a career in physiotherapy was not an option, I never lost my passion for massage.

I started my journey as a sports masseur in the Czech Republic and further honed my skills through online resources and by working at a wellness hotel. I have given over 15,000 massages over the past 11 years and now share my knowledge and techniques through an online program that can be accessed anytime, anywhere.

But it wasn't until I discovered Ayurveda that I found my true spiritual calling. Ayurveda taught me to live in harmony with nature, to live in cycles and to be in tune with the universe, the moon and the seasons. This way of life has brought me immense peace and happiness, and I have learned to love and accept myself with all my imperfections.

As a mother, grandmother, masseuse, online massage coach and Yin Yoga teacher, I have already made many people happy and I am convinced that everyone can massage with love and integrity. There is so much to say about this wonderful way of caring for each other and spreading love.



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I

CHAPTER 1

What does Lomi Lomi mean?

*L*omi Lomi massage, also known as Hawaiian massage, is a traditional healing method that originated in Hawaii. The word "lomi" means to rub, knead, or soothe, and Lomi Lomi massage is designed to relax the body and promote physical, emotional, and spiritual healing.

The history of Lomi Lomi massage is deeply intertwined with the culture and traditions of the Hawaiian people. It was traditionally practiced by Hawaiian healers known as kahunas, who used their hands, forearms, and elbows to apply rhythmic pressure and long, flowing strokes to the body. The kahunas believed that physical pain and illness were caused by a lack of harmony or balance in the body, and that Lomi Lomi massage could help restore that balance.

Lomi Lomi massage was also used as a way to communicate with the spirit world and to connect with the divine. In many traditional Hawaiian communities, Lomi Lomi massage was accompanied by chants, prayers, and other spiritual rituals.

Over time, Lomi Lomi massage has become more known and practiced outside of Hawaii, but many practitioners still honor the traditional techniques and spiritual aspects of the practice. Today, Lomi Lomi massage is often used to promote relaxation and stress relief, as well as to address specific physical and emotional concerns.



Disclaimer

Before you start massaging you have a chat and you want to know if the person is physically healthy.

It is important that we are clear in our intentions.

We don't want to put ourselves in the chair of a doctor or psychologist. That's not our job. In that case, you refer people to their GP or other healthcare professionals. We listen and when advice is requested we give it appropriately.

Someone who is going to massage you is allowed;

not taking blood thinners

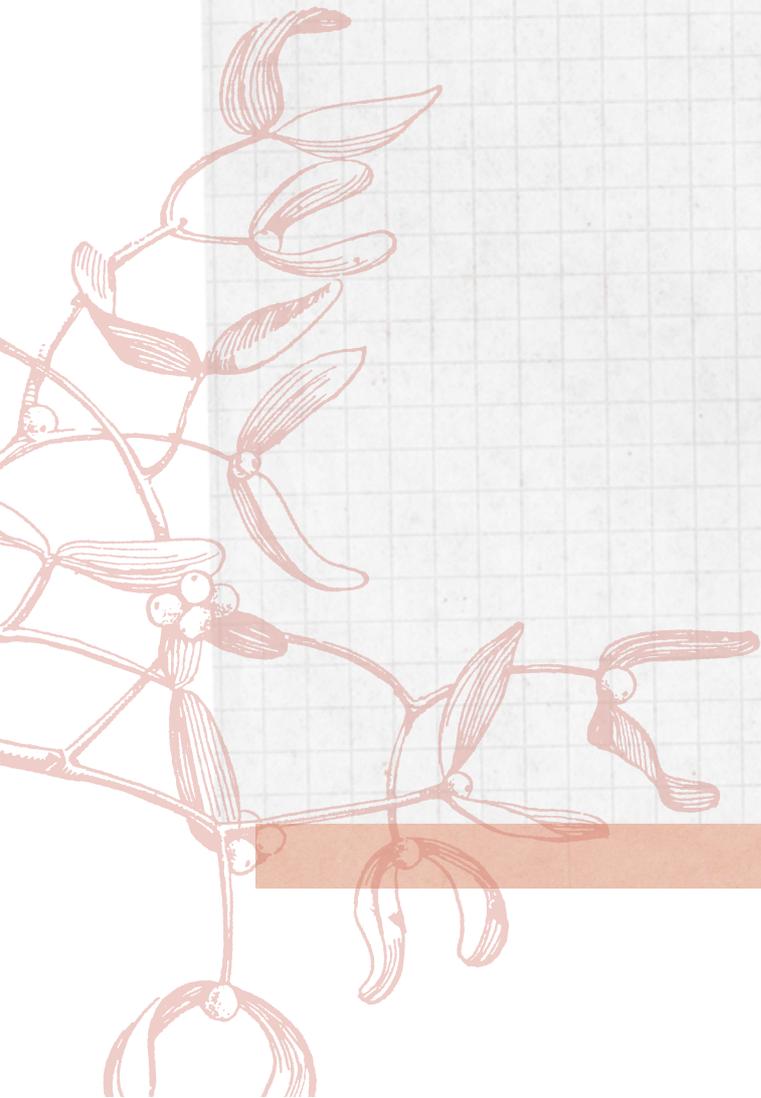
don't have cancer

not be in the first three months of pregnancy, have varicose veins,

do not have the flu or fever.



Notes



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CHAPTER 2

What you need

What will your massage room look like and what do you need to give a nice and professional massage?

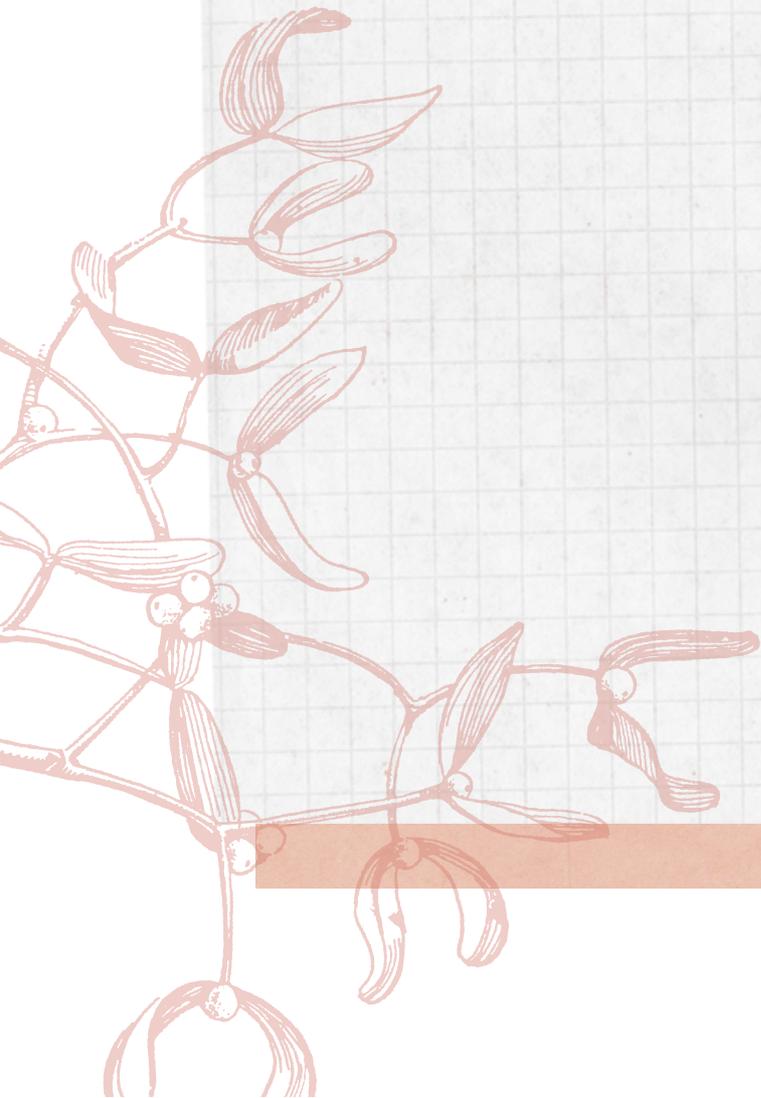
If you are going to set up a massage room, a number of things are very important, such as;

- The colors you use in the interior.
- The temperature.
- The table and knee support.
- Massage oil and essential oil. Towels and blankets.
- A window so you can air out.
- A place where you can wash your hands. The clothes you wear.
- The music your guest will listen to.
- A jug of water with a glass and the bill.

For the Lomi Lomi massage it is nice to wear tight and comfortable clothes.



Notes



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CHAPTER 3

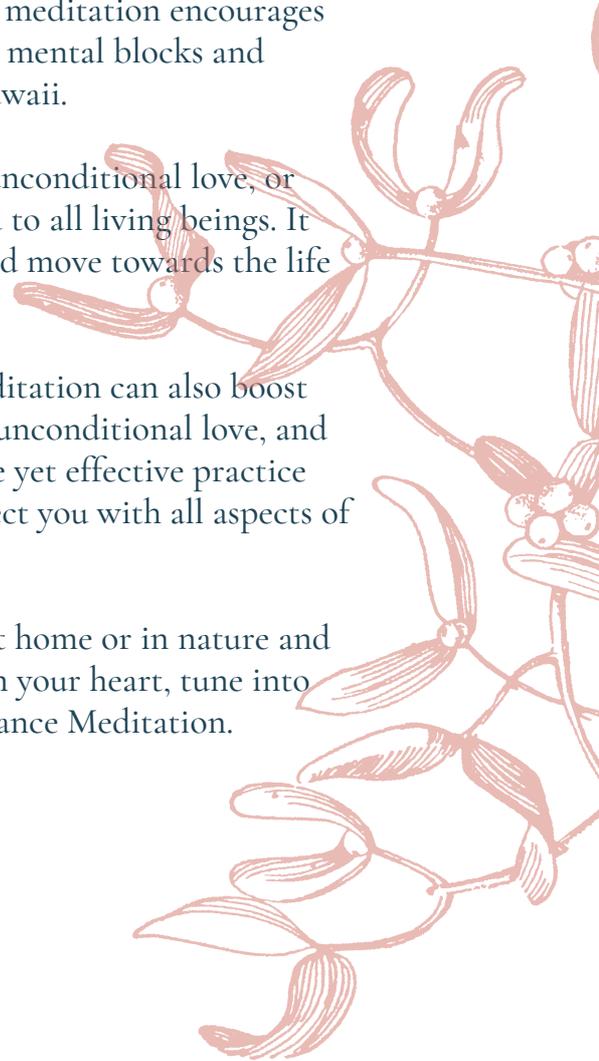
Why a flying meditation?

The Flying Dance Meditation is a Hawaiian movement meditation accompanied by beautiful Hawaiian music. This meditation encourages fluid and infinite movements that can help clear mental blocks and immerse yourself in the loving aloha spirit of Hawaii.

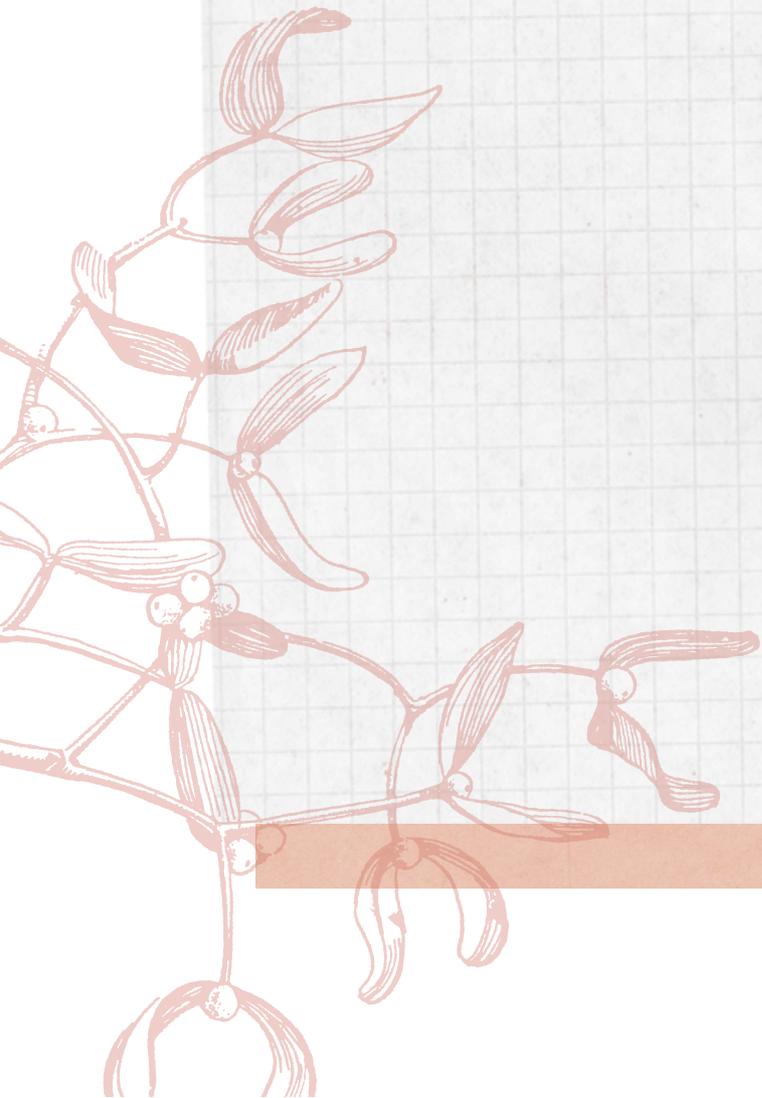
By practicing this meditation, you can develop unconditional love, or aloha, for yourself and others and feel connected to all living beings. It can also help you move past limiting patterns and move towards the life you desire.

Aside from these benefits, the Flying Dance Meditation can also boost your energy, clear your mind, connect you with unconditional love, and ground you in the present moment. It is a simple yet effective practice that can rejuvenate and enliven you and reconnect you with all aspects of your being.

You can practice the Flying Dance Meditation at home or in nature and forms the basis of the lomilomi massage. So open your heart, tune into Aloha and experience the power of the Flying Dance Meditation.



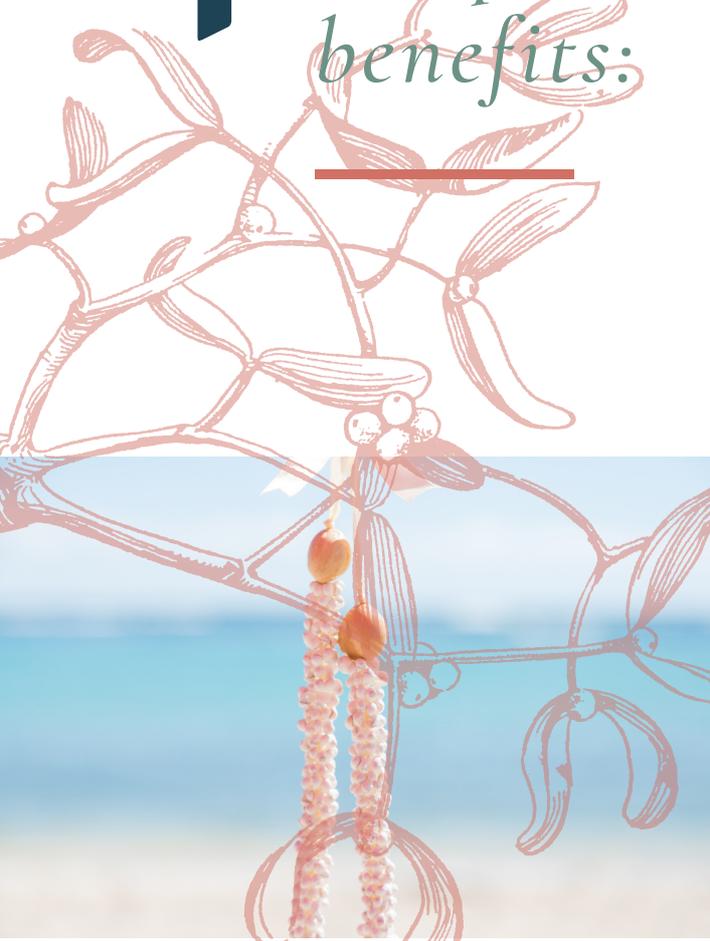
Notes



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CHAPTER 4

Making a Hawaiian lei can provide several benefits:



Creative expression:

Making a Hawaiian lei can be a fun and creative way to express yourself.

The process of selecting and arranging flowers, leaves or other materials can be a relaxing and satisfying experience.

Cultural Connection:

The lei is a traditional symbol of Hawaiian culture, and making a lei can help people connect with the history and traditions of the Hawaiian people. It can also be a way to honor and respect Hawaii's culture and heritage.

Social connection:

Making leis can also be a social activity that brings people together. It can be done as a group activity or as a way to connect with friends and family members.

Benefits of aromatherapy:

The scent of flowers and other materials used in making the lei can have a calming and uplifting effect and provide a natural form of aromatherapy.

Symbolism:

The lei can also have symbolic meanings depending on the type of flowers or materials used.

For example, a lei made from plumeria flowers is often given as a symbol of love, while a lei made from chain mail is a traditional symbol of honor and respect.

Overall, making a Hawaiian lei can be a meaningful and enjoyable activity that offers a range of benefits.

Notes



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CHAPTER 6

Lets go



Step-by-step plan Lomi Lomi Massage:

The legs:

- *Start lomi dancing inside and out, connecting the ankle and shoulders.*
- *Use your foot against the receiver's shoulder and create waves with your forearm.*
- *Straighten the thigh and lift the leg to properly position the towel.*
- *Mobilize the frog leg and straighten the knee on the table while massaging the upper leg and buttock.*
- *Massage the back of the leg and the heel to the buttock while hand massaging the shoulder.*
- *Repeat the same steps for the other leg. Massage both legs at the same time with long strokes also along the front.*
- *Cross the legs and heels toward the buttocks, then switch. Cover the receiver, let it rest for a while and ask it to turn around.*

The frontside:

Repeat the base with oil but now also go under the body at the abdomen, shoulders and neck.

The legs:

- *Make contact with both feet.*
- *Start at the foot and make long stretches across the top of the foot.*
- *Massage the toes and the entire leg.*
- *Make circles around the knee and twist the knee as you extend it to both sides.*
- *Massage the whole leg again and lift the knee. Massage the upper leg and lift the lower leg to mobilize it.*
- *Smooth the inside of the leg, bring the knee to the chest and stretch.*
- *Massage the leg back and go all over the body.*

Belly:

- *Place your left hand under and your right hand on the body at the level of the abdomen.*
- *Make large clockwise circles at the top and bottom, alternating hands up and down.*

Arm:

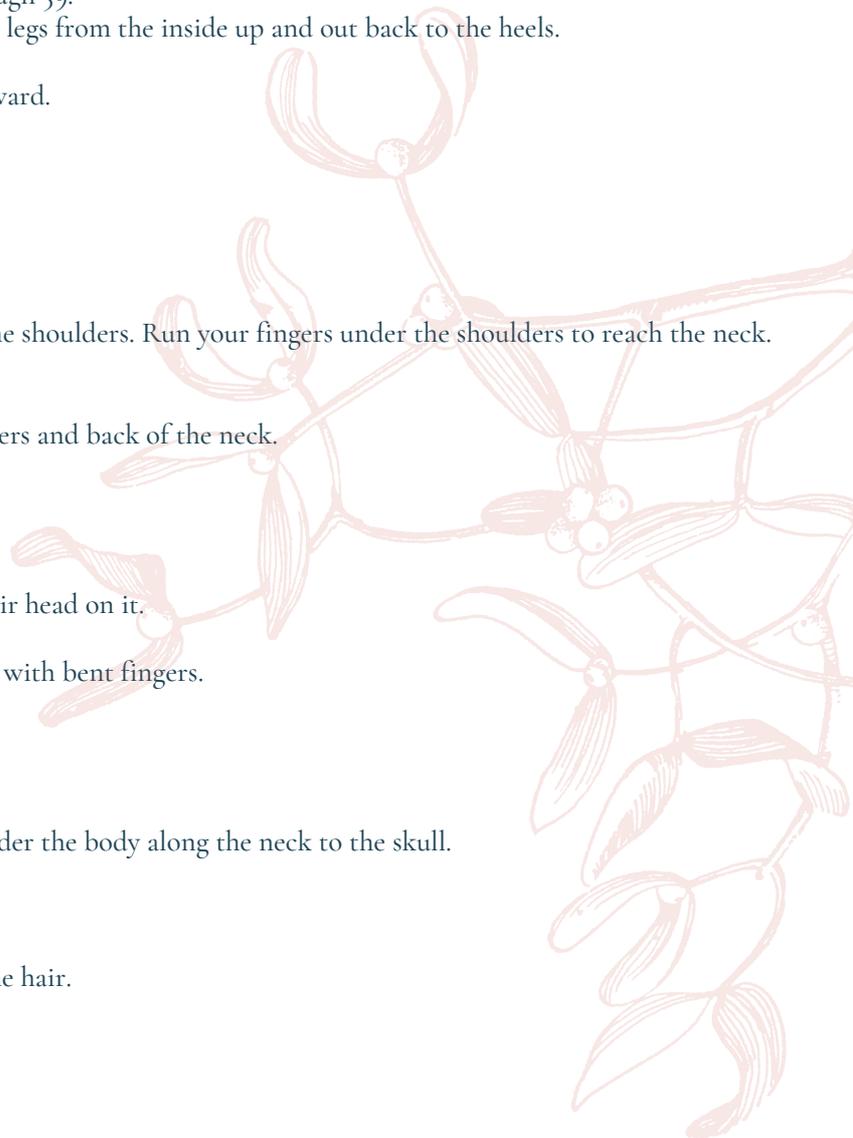
- Bring your right hand under the right shoulder blade while tilting the left hand.
- Repeat several times and move on to the arm.
- Make long strokes over the arm and hand, then grab the hand with both hands and bend the palm over your fingers.
- Massage the fingers and palm.
- Take the right hand in your right hand and make long strokes across the arm, then pick up the arm and bring it vertically in a smoother motion.
- Place your left hand on the elbow and with the right hand, stroke arm, armpit, shoulder to hip and hand under body to spine while pulling back with finger pressure.
- Repeat a few times, massaging the upper arm while switching hands.
- Make circular movements under the shoulder blade, then extend the arm, hold it by the wrist and stretch slightly.
- Bring the arm back next to the body.
- Go through the décolleté to the other arm and repeat points 66 to 76 (switch hands).
- Lomi-lomi dances all over the body.

Repeat the abdominal point: 60-61-62.

- Place both arms under the body and cradle.
- Switch to the other leg (left) and repeat points 49 through 59.
- Reach to the foot end and make long strokes over both legs from the inside up and out back to the heels.
- Lift heels and legs and lean back for a stretch.
- Place your hands on the soles of your feet and lean forward.
- Cover the receiver.

Start by going to the receiver's head.

- Massage the décolleté area.
- Place both hands on the décolleté and move towards the shoulders. Run your fingers under the shoulders to reach the neck.
- Repeat the previous step.
- Hold the receiver's head in your left hand.
- Use long strokes to massage the head, décolleté, shoulders and back of the neck.
- Repeat the previous step.
- Make "figures" behind the receiver's ear.
- Switch hands.
- Make "figures" behind the receiver's ear.
- Place your hand under the recipient's head and rest their head on it.
- Curl your fingers and lean back.
- Use your other hand to move from the hip to the spine with bent fingers.
- Fan under the shoulder blades.
- Curl at the base of the neck.
- Go up to the skull.
- Fan each shoulder separately.
- Smooth outwards over the décolleté and then move under the body along the neck to the skull.
- Make "figures" behind the receiver's ear.
- Make circles on the crown with your right hand.
- Switch hands.
- Form your hands into a fork shape and rake through the hair.
- Massage the ears.
- Fold the ears.



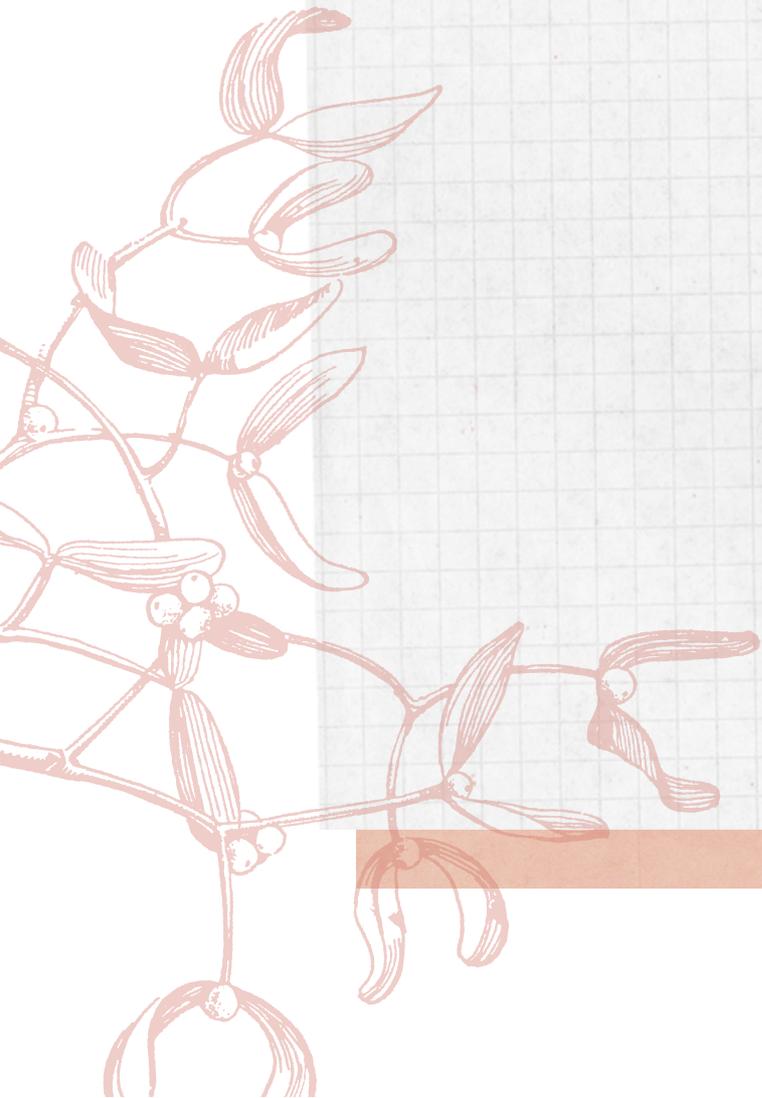


- Put your hands together and place them on the recipient's forehead. Slowly smooth outwards and downwards, across the décolleté and back.
- Stroke along the eyebrows.
- Stroke along the cheekbones.
- Massage the cheeks.
- Stroke the upper and lower lip at the same time.
- Stroke the chin with each hand.
- Place your hands on the recipient's forehead again.
- Fan your hands and move them down their face, décolletage, shoulders and under the shoulders. Use your fingers to massage the neck up to the skull.
- Make "figures" behind the receiver's ear.
- Take a moment to rest.

Complete:

To complete the Lomi Lomi massage, stand next to the person receiving the massage and place your left hand on their forehead and your right hand on their décolleté, solar plexus and lower abdomen. Slowly remove your hands and bring them together on the receiver's sternum, knocking off any remaining energy. This marks the end of the massage session.

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CHAPTER 6

Ho'oponopono



Singing ho'oponopono and playing on a ukulele can be a beautiful and meditative experience.

Ho'oponopono is a Hawaiian practice of atonement and forgiveness that involves a deep sense of responsibility for one's actions and a commitment to healing and restoring relationships. It is often used as a form of meditation or prayer to cultivate inner peace and harmony.

Singing and playing ho'oponopono on a ukulele can be a powerful way to deepen your practice and connect with the healing energy of the music. The ukulele is a popular instrument in Hawaiian culture and is often associated with joyful and uplifting music.

To sing and play Ho'oponopono on a ukulele, you can start by learning the chords and basic strumming patterns for the song. There are many resources available online that can help you learn how to play the ukulele, including tutorials, chord charts, and how-to videos.

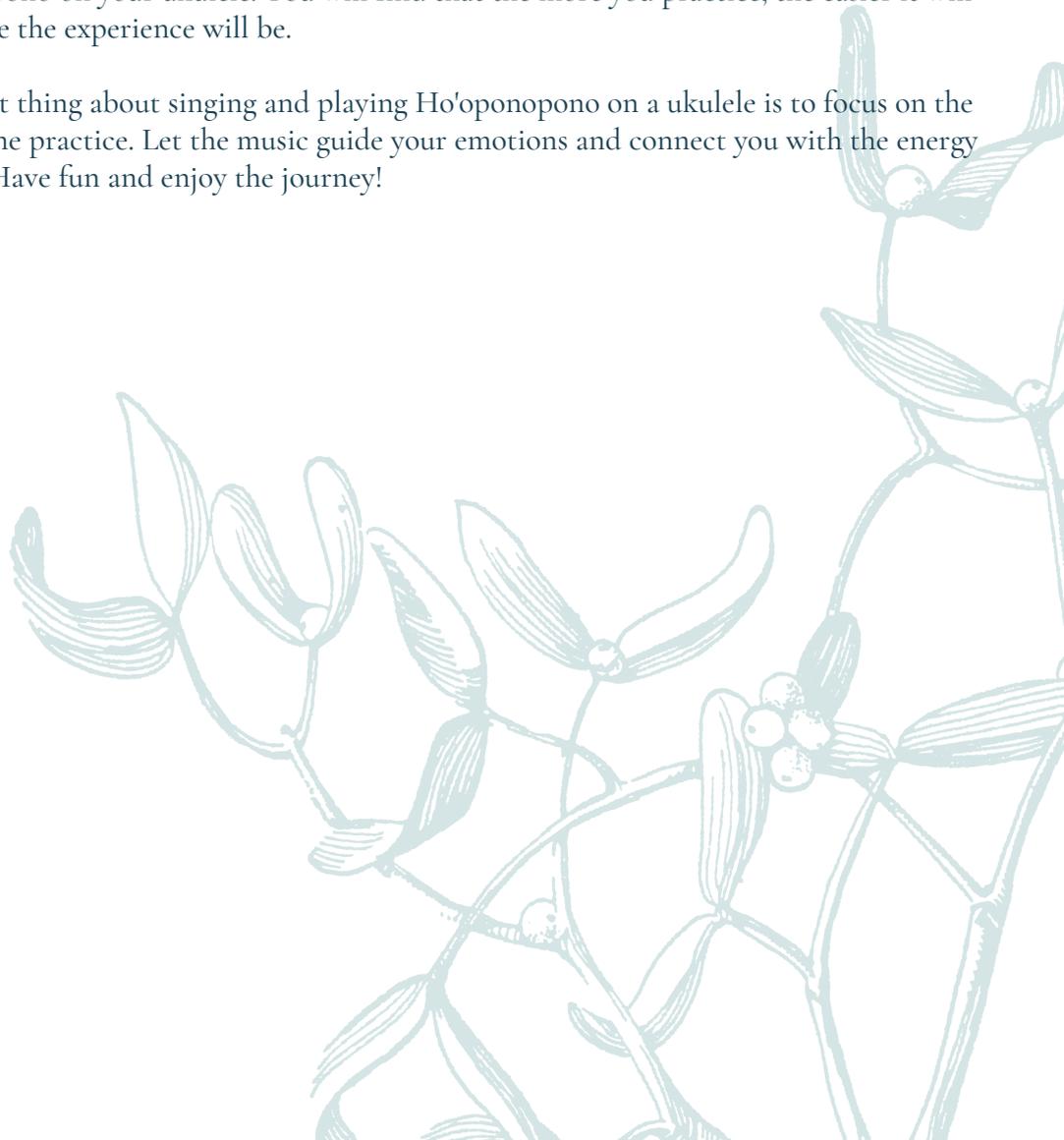
Once you've learned the chords and strumming pattern, you can start singing the lyrics to the Ho'oponopono song while playing the ukulele. The song usually contains simple and repetitive phrases such as "I'm sorry, please forgive me, thank you, I love you", which are intended to evoke feelings of gratitude, forgiveness and love.

As you sing and play Ho'oponopono on the ukulele, you can set your intent on healing and restoring relationships, cultivating inner peace and harmony, and expressing gratitude and love for yourself and others. The combination of music and prayer can be a powerful way to connect with your emotions and cultivate a deeper sense of mindfulness and well-being.

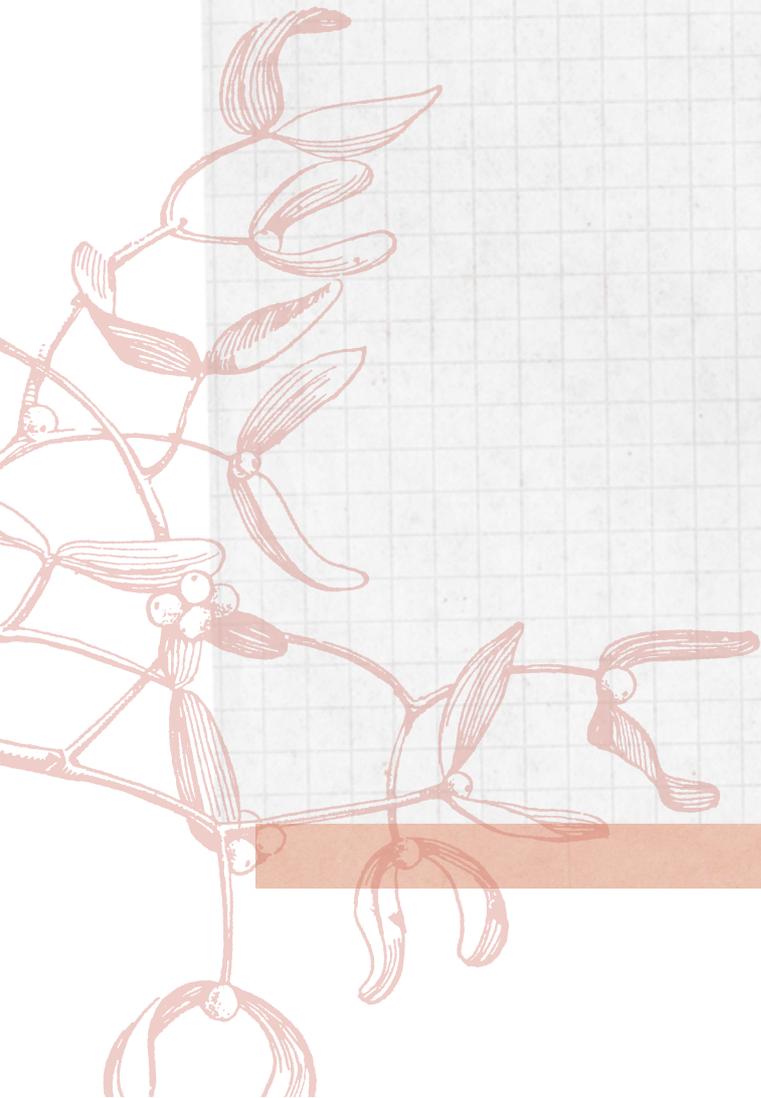
Here are some tips to get you started:

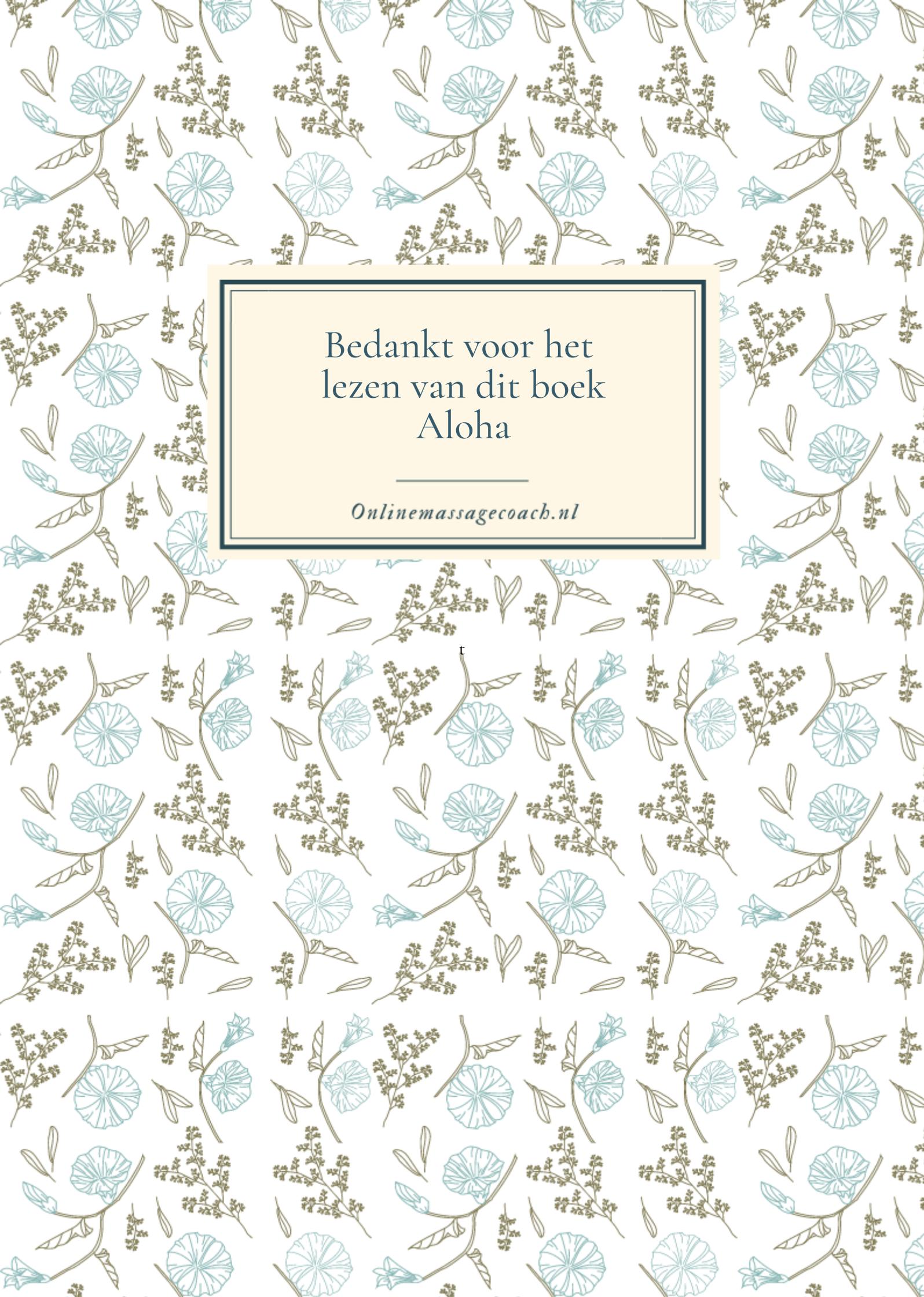
1. Learn the chords: The first step is to learn the chords for the song. The chords typically used for Ho'oponopono are C, G, F, and Am. You can find chord charts and tutorials online to help you learn the chords.
2. Practice the strum pattern: Once you know the chords, you need to practice the strum pattern. The strumming pattern for Ho'oponopono is usually a simple bottom-to-bottom pattern, but you can add variations to make it more interesting.
3. Sing the Lyrics: Ho'oponopono is a simple song with a few basic phrases repeated throughout the song. The lyrics usually include "I'm sorry, please forgive me, thank you, I love you." As you sing the lyrics, focus on the meaning behind the words and let the music guide your emotions.
4. Experiment with different styles: Once you've mastered the basics, you can experiment with different styles and variations. Try adding some fingerpicking or picking patterns to the song, or play around with the tempo and rhythm to create a unique sound.
5. Practice Regularly: As with any musical instrument, practice is key. Set aside some time each day to practice singing and playing Ho'oponopono on your ukulele. You will find that the more you practice, the easier it will become and the more enjoyable the experience will be.

Remember that the most important thing about singing and playing Ho'oponopono on a ukulele is to focus on the healing and meditative aspects of the practice. Let the music guide your emotions and connect you with the energy of forgiveness, gratitude and love. Have fun and enjoy the journey!



Notes





Bedankt voor het
lezen van dit boek
Aloha

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