

The art of asking questions



Insights into Hawaiian bodywork

by Hedda Feldhoff-Reif

The art of asking questions

LomiLomi'Oluea massage and the healing space

LomiLomi'Oluea teaches sophisticated massage techniques in deep connective tissue. Joints are loosened, the muscles and fascia are worked on and with wave-like movements ("a massage like the waves of the ocean..") blockages can dissolve.

A basic training can be completed on 4 weekends or 2 basic intensive courses, whereby the correct execution can take some time and requires a lot of practice, repetition and personal development.

We tend to want to learn everything in a rush - in Hawaii it took many years to train a student. If we want to get in touch with the depth of this work, we should be prepared to go on a journey.



Daniel Fowler is more than 40 years being a lomi practitioner and blended the knowledge of 6 different teachers into a system that he calls **Lomi 'Oluea**- "to make the burdens less" which he started in 1990. He has been evolving the program over the years.

He says that we first learn the techniques, then we deepen the techniques, at some point we will master the techniques, then we are ready to forget the techniques again.

Only after many years of practice I understood this sentence. Only when we have passed through the gross planes can we dive deeper into the subtle planes.

Beyond the techniques, a space opens up in which we are simply present and "wholeness" can be experienced. A state that is healing.

The art of asking questions

The more experience we gain in treatments, the more we realise that basically we know nothing and there is nothing to do. During treatment, issues and patterns emerge that limit our being. The language of the body is very direct and the body

does not lie. Our physical state is often a mirror of our mental state. Past traumas limit our future and our actions - until we resolve them and make a new choice. The trick is not to fall into the trap of giving advice and trying to find "solutions". The more we want to help and "do", the more likely we are to be "wrong".

Each person is unique in their expression and development and it is helpful to simply ask questions. The art of "asking questions" gives room for new insights, new ways of thinking, impulses that come directly from the client's knowledge. Questions are much more powerful than answers - questions open us up to new perspectives from which answers then 'emerge' of their own accord.

At first it was very confusing for me that during a session questions would appear out of nowhere. Questions that I could neither understand nor classify. Over time, I learned how to simply say these questions and was able to experience that the client understood and was able to classify these questions.

Helpful questions:

- "What would be the first step...",
- "What benefit do you derive from the fact that you have developed symptom xy".
- What advice would you give yourself if you were looking at yourself from the outside in this situation?
- "What would happen if you didn't have problem xy?"



An example

A young, athletic man comes for a massage. He has a very tense neck. He is a butcher by profession and has to work a lot with his right hand. However, this rather one-sided activity does not justify such tension..

While I try to work on the muscles in his neck, I ask him about his job. He says that he works in his parents' business and that he would like to do many things differently. I also ask him what would happen if he made that clear.

He imagines himself telling his parents what he would like to do differently - in one moment his neck cracks a bit and in the next his neck is much more flexible.

We are both amazed. When he gets up, his neck is more mobile than it has been for a long time. I encourage him (neck - throat chakra = self-expression or neck = connection between head and body / gut feeling) to express more what he thinks in the future.

Concept of a body map based on “The Art of Questioning”

A practitioner who applies his spiritual-intuitive knowledge from a Hawaiian cultural perspective can use a "body map" which describes all the limbs of the body in their greatest possible perfection of function - the original, happy state of health - and from this body map questions can be asked - the purpose is to find the ROOT or SOURCE of a problem and ask the body for answers. The body knows the truth - not you!

This concept assumes...

- 1) that every thought we think has power
 - 2) that every word we speak has even more power and becomes a manifestation
Our words are our prayers - good and bad!
 - 3) We are responsible for every action we take, with whom and how - we are responsible in every moment
 - 4) Everything manifests absolutely and literally
- Obstacles are often something we have excluded or manifested ourselves.

The body schema can be used to formulate questions that help the client get closer to their own truth. Here are some examples...

The shoulder blades - Hoe Hoe

The original function is personal strength and freedom. Hoe Hoe means paddle and if the shoulder blades are fixed and immobile, the question arises as to what or to what extent the person has restricted their personal freedom and strength ?

Why are the shoulder blades not free to move like oars in a boat (if the oars are not free to move, you cannot steer the boat). An other questions might be: What could be the next step towards your own strength and personal freedom?
What are the limits that prevent you from letting go?

Shoulder joint (head) -Po'o Hiwi

The original function is the beginning of movement - our action has its origin/birth in the shoulder. If the shoulder is immobile, you might wonder if there is any resistance or obstacle to moving. What's holding you back? What action should not be done? Other questions might be What will help me to move again?



Elbow - Ku'e Ku'e

The original function of the elbow is to determine direction and goal, to realise the purpose of life. When mobility is restricted, the question arises: is the direction we are taking still the right one? Am I on the path of my destiny? What is my purpose in life? Am I on the right track?

Arm/Hand - Lima

The original function is to connect the heart to creation, to the realisation of intention. How do I bring my heart into the "hand"? Am I following my intentions? Am I connected to my heart matters?

This body schema is not about diagnoses, but about impulses to restore the original function.

Experiencing wholeness

Symptoms are a way of becoming more aware of unconscious and limiting patterns. Ultimately it's about arriving fully in my body, my being and my potential. Hawaiian bodywork can help us remember and reconnect with our original divine nature. Tools include "Lomi Lomi" - vigorous kneading, "Ninau Pakahi" - the art of asking questions, the life-giving breath "Ha" and "Aloha" - unconditional love, respect and humility.

How can you use this knowledge for yourself?

Consider symptoms in yourself and/or your clients as helpful clues. What thought might have caused this in you or the client?

What have you or your client said out loud that is now manifesting in the symptoms? effectiveness?

What "prayer" did you or your client say? - Everything we repeat with fervour gets power...

Look at the body - think about what the original function is.

Think very practically - the neck, for example, is the connection between the head and the stomach. #



If the neck is blocked - ask yourself, is the connection between the head and the gut right? Why doesn't it flow freely? What is restricting the connection?

Asking questions opens up new insights into 'what is' and your own truth. clients.

Aloha, my name is Hedda Feldhoff-Reif and I have been enthusiastic about LomiLomi Massagen since 2004. Since 2009 I have been working full-time with LomiLomi'Oluea Massagen. Since 2015 I am authorized to teach LomiLomi'Oluea by Daniel Fowler. Together with a team of teachers, I offer teachings of lomi and wellness massages in the Allgäu, Franconia, the Canary Islands and (sometime again) Hawaii at the "OLUEA School for Holistic Bodywork".



More information about my work can be found at

www.ausbildung-lomi.de

www.lomilomi-massagen.de

www.befreite-energie.de

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