

The Breuss Massage

The Breuss Massage is a very gentle Spinal Massage that safely stretches, nourishes, aligns, energizes and heals our back!

It was developed by the late Austrian Healer Rudolf Breuss and it is a perfect combination with the Dorn Method.

Most Dorn Method Courses also teach the Breuss Massage today.

Rudolf Breuss said that there is no such thing as 'wear' of the intervertebral disc but the discs are somewhat 'degenerated', and he was convinced that regeneration is possible. Certainly the results achieved with the Breuss Massage suggest that this is quite possible!

For basic understanding: Our Spine is like any other living organism, it is in a constant state of 'stress and relief', needs nourishment, rest but also the right amount of 'stress' in a sense in form of active movements to maintain its strength and function. During the day our Spine and especially our 'discs' are stressed and they need to fulfill their duty as shock-absorbers whenever we stand, walk or sit. Because of that the discs are squeezed, some of the liquid within gets out and the discs get thinner. We are actually a little shorter in the evening compared to the morning after standing up! During sleep the Spine relaxes and stretches out and the discs somewhat can regenerate by 'sucking' the liquid they lost during the day back in, almost like a dry sponge placed in water. This mechanism is altered in a negative way when our metabolism is not in a balance or impaired for many different reasons.

The Breuss Massage is actively replacing in a sense a whole and healthy full night sleep by stretching the Spine and Using natural Oil in the Process the discs are nourished like the sponge given water. In this relaxed state the Spine also can be safely and painless re-aligned.

Healing Techniques further help in the regeneration process and balance the Spinal Energies so Blockages in the Physical as well as in the Psychical and Spiritual Levels are resolved!

I use the Breuss Massage in combination with the Dorn Therapy or as its own standing form of therapy. When the patient has strong sciatic pains or is very tense then I usually do the Breuss Massage before the Dorn Therapy to take away some of the pain and tension which can make the following alignment more effective.

Time required is only about 25 minutes but can easily be longer if you want.

Everybody who learns and experiences the Breuss Massage is convinced that this Massage technique is unique, highly effective, safe and totally relaxing. It has a definite potential to become a often asked for Massage Therapy in Wellness centers, Rehabilitation Facilities, Therapy Centers and other Health Clinics.

Because the Breuss Massage contains some Non Manipulative Healing Techniques it can be a link between Physical and Non Physical Therapies like Healing and bring both Sides closer together, which in turn allows a more 'wholistic' approach towards health and well-being.

Procedure:

The patient lies outstretched on the belly with the neck straight, head not tilted to the side if possible. Patient must be reached from both sides. The Spine must be reachable (adjust clothing accordingly). Feet best on a cushion. Maybe a little background music and some decent smell from an aromatherapy lamp.

Try to establish a relaxed atmosphere.

The Masseur stays on the right side of the patient if he/she is right handed and vice versa. With the right hand flat on the Spine and the left hand on top of the right hand strokes are made gentle but firm - NEVER CAUSE PAIN!- from the neck down to the coccyx that finish without any whiplash effect! The Therapist exhales while stroking down the back. This is repeated minimum 10 times. Use very little or

no oil first to achieve more friction and therefore more stretching effect.

The second stroke also called pincer grip stretches the Spine even further. The strokes are started in the middle of the spine then the hands move up and downwards. This is also repeated minimum 10 times.

Now these first two strokes are done once more but with lots of Oil applied to the back of the patient. The oil now penetrates and nourishes the Spine effectively after the stretching.

When finished with this the two alignment strokes are applied: First pass down the Spine with the index and middle finger directly next to the Spinous processes using firm but gentle pressure. The left hand adds pressure onto the fingers while stroking downwards. That is repeated 10 times min.

Second stroke: Starting with the hand on the upper hip area they are moved in a heart-shape upwards to meet at the neck but only with light touch, then moving back down, the fingers close together, firm pressure is applied with both middle fingers on the side of the spinous processes. This is done again minimum 10 times.

Now comes the energizing and healing part: Oil is added to the Spine again then a sheet of Silk-paper (Japanese paper) is place onto the Spine with the shiny side towards the body. The therapist passes with a very light touch downwards along the back and when one hand reaches the sacrum the other starts on the neck. This motion almost looks like a harmonious swimming stroke. The paper acts as a capacitor and insulator for the now stirred up energy. This is done for bout a minute or less. Part two of the healing: (Magnetizing) Right handed therapist stand now on the left side of the patient and vise versa, because of the polarity of hand and body.

The Hands are placed on the lower back at the sacrum and lumbar area with very light touch and the hand must not touch each other to

avoid a short circuit. The Therapist now channels Live Force (Divine Energy, Love, Light etc.) into the patient for about one minute and then changes hand position upwards to cover the rest of the Back while repeating the procedure. Last position is then with the hand close to neck and the other at the sacrum the fingers pointing downwards.

When the healing is done the therapist wipes the aura (energy field) 3 times by slightly touching the body and another 3 times stroking downwards without touching the body. To finish the therapist imagines a zipper he then closes from the coccyx upwards over the head towards the forehead (third eye). The gratitude is expressed to the Universe (Divine) and the patient.

This ends the Breuss Massage.

The patients still rests while the therapist washes the hands. The paper now is removed and disposed, the remaining oil wiped of and the patient slowly brought back to reality with a last stroke over the sacrum.

Therapist use mostly St. John's wort oil (in Europe) and here in the tropics I prefer extra virgin coconut oil for this Massage.

In my opinion the Breuss Massage is one of the nicest Massage techniques ever developed and the results are remarkable as well.