

Table of Contents

Preface	4
Sen Line Concepts & Theory	6
What are the Sib Sen Energy Lines?.....	7
Origin and History of the Sen	10
Sen Lines Foundation of Thai Massage	13
Sib Sen Theory and Concepts.....	15
Different Sen Line Names for the Same Sen.....	17
Different Sen Line Charts for the Same Sen.....	21
Are there 72,000 Sen Energy Lines?.....	24
Why are there 10 Principal Sen Lines?.....	27
Lom Pran and Prana Vital Life Force.....	31
Body, Citta, and Energy Circle of Life	33
Sen Lines Substance and Structure	35
The Four Elements: Earth, Water, Wind and Fire	38
Winds The Concept of Lom	44
Sen Line Branches and Extensions.....	47
Sen Lines and the Navel Umbilicus	49
Sen Lines and the Chakras	51
Sen Sumana, Sushumna, and Saraswati Nadi.....	53
Sen Line Approaches & Understandings	55
Pancha Kosha Sheaths and Sen Lines	56
Circulatory System Approach of the Sen Lines.....	60
Myofascial Approach of the Sen Lines	64
Ayurveda and Sen Line Theory	66
Kineo Energy and the Sen Lines	69
Sen Lines and Chinese Meridians	72
Sib Sen versus Yoga Nadis.....	74
Synthesis of Sen Line Theory.....	77
Sen Line Practice & Therapy	79
About Sen Line Therapy.....	80
Learning the Sen Lines	82
Sen Line Diagnosis	84
Sen Line Injuries and Obstructions.....	87
Sen Line Pathways are not Fixed	89

Sen Line Acupressure	91
Acupressure Protocols	93
Are Sen Lines Needed to Give Therapy?	95
Working with the Sen Lines	97
Sen Line Numbering.....	99
Warming Up the Sen Lines before Therapy.....	101
Tools and Techniques to Work the Sen Lines	103
Special Massage Techniques to Manipulate the Sen .	107
Stretches and Correlations with the Sen Lines	111
Four Elements in Correlation with the Sen Lines	113
Sen Lines in Correlation with Therapeutic Indications	115
Opening the Wind Gates Blood Stops	117
Reflexology and the Sen Lines.....	120
Herbal Compresses and Working the Sen.....	122
Sen Therapy and Sexual Healing	124
Low Back Pain and the Sen Lines	126

Sen Line Trajectories 129

Sen Lines Charts.....	130
<i>Sen Sumana</i>	132
<i>Sen Ittha</i>	135
<i>Sen Pingkhala</i>	138
<i>Sen Kalathari</i>	141
<i>Sen Lawusang</i>	144
<i>Sen Ulangka</i>	146
<i>Sen Sahatsarangsi</i>	148
<i>Sen Thawari</i>	150
<i>Sen Nanthakrawat</i>	152
<i>Sen Khitchanna</i>	154
Acupressure Points Chart.....	156

Supplement 159

Ayurveda The Science of Life.....	160
Chakras Prana Distribution Centers	162
Meridians Traditional Chinese Medicine (TCM)	168
rTsa Tibetan Energy Channels	172
Three Major Nadis Ida, Pingala, and Sushumna	173
Yoga Physical, Mental and Spiritual practices	177
Yoga Nadis Energy Channels.....	179

Appendix 182