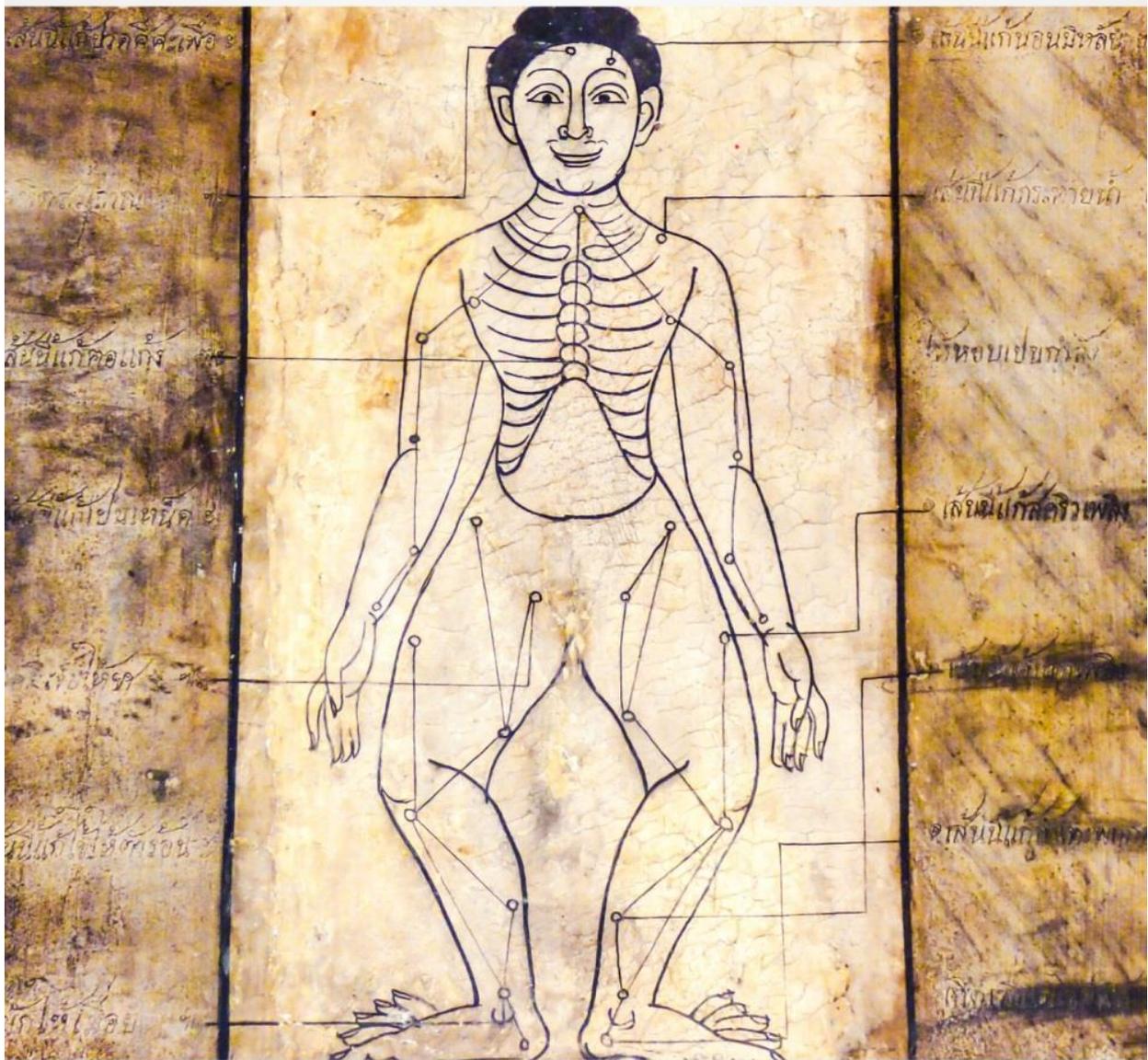


# SIB SEN

## ENERGY LINES

THE THAI PATHWAYS OF LIFE



BY [TRADITIONALBODYWORK.COM](http://TRADITIONALBODYWORK.COM)

# Table of Contents

---

<b>Preface</b>	<b>4</b>
<b>Sen Line Concepts &amp; Theory</b>	<b>6</b>
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 .....	49
Sen Lines and the Chakras .....	51
Sen Sumana, Sushumna, and Saraswati Nadi.....	53
<b>Sen Line Approaches &amp; Understandings .....</b>	<b>55</b>
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
<b>Sen Line Practice &amp; Therapy</b>	<b>79</b>
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> .....	136
<i>Sen Pingkhala</i> .....	139
<i>Sen Kalathari</i> .....	142
<i>Sen Lawusang</i> .....	145
<i>Sen Ulangka</i> .....	147
<i>Sen Sahatsarangsi</i> .....	149
<i>Sen Thawari</i> .....	152
<i>Sen Nanthakrawat</i> .....	155
<i>Sen Khitchanna</i> .....	157
Acupressure Points Chart.....	159

## **Supplement 162**

Ayurveda   The Science of Life.....	163
Chakras   Prana Distribution Centers .....	165
Meridians   Traditional Chinese Medicine (TCM) .....	171
rTsa   Tibetan Energy Channels .....	175
Three Major Nadis   Ida, Pingala, and Sushumna .....	176
Yoga   Physical, Mental and Spiritual practices .....	180
Yoga Nadis   Energy Channels.....	182

## **Appendix 185**