

What I Have Been Up to Outside of School

By Amy McIntyre

Being a teacher in Thailand is amazing. There are many opportunities for new things. You can learn so much that you never thought you could, and being in Surat it all seems to be at your doorstep.

Aside from teaching with Super English, I also wanted to come to Thailand to learn more about Eastern spirituality. I am a Reiki practitioner and I wanted to go to a country that would foster my spiritual growth. Thailand's strong Buddhist influence attracted me and Surat in particular because it is not a tourist destination; it is more of a Thai experience.

When I first arrived I found it a little difficult to achieve my goal of learning more about Eastern spirituality. Many locals do not speak English and no one else seemed to be seriously interested, so I was a little disappointed. However, during one trip to Khanom, a beach an hour away from Surat, I met a man named Jet Lie. He is an ex-monk in the Burmese Buddhist tradition. He has been a healer for 17 years and has been all over the world. He is originally Chinese and grew up in Hong Kong, but he lived in New York for 8 years. His latest project is Harmony House Healing Centre, where he offers Chinese cupping massage, reflexology, Reiki and Seichim treatments and teaches the techniques as well! Cha ching!!! My life had already gotten 100 times better for making the move to Thailand, but since meeting Jet my life has just doubled with happiness. I went to his healing centre where I discovered the many courses he offered in massage and spiritual healing. I got a message from him just to scope him out and he was amazing! As soon as I got a long weekend holiday I booked my first healing course with him.



This is the Harmony house. There are two medium priced rooms at the top and a dorm room at the bottom.



Harmony house is a 100 meters from the beach! So you can learn and sun bathe!

I decided I wanted to take advantage of Jet while I am here, as his prices are so cheap compared to anywhere else in the world. He is not out to make money. I have done my Seichim level one and two, both of which really complement the reiki. I have also just completed a Chinese cupping course. So if I ever wanted to make money from this I could go anywhere in the world and do so. For a one hour session in London it is £70 a pop! Chinese cupping is a method of applying acupressure. To apply a cup, the air inside it is heated, the cup is applied to the skin forming an air-tight seal, the air inside the cup cools and contracts forming a partial vacuum, enabling the cup to suck the skin, pulling in soft tissue, and drawing blood to that area.



Chinese cupping. Yep I can do this!!



These are the 300 Baht shacks. So cute! The bathrooms are the white building behind.



These are the more luxurious rooms.

If you sign up for a course with him he gives you discounts on the rooms. When he is busy teaching, his girlfriend, who is also very good and very sweet, can give you any of the treatments. They will always welcome you with some tea from Taiwan and local fresh fruit.

Even if you don't want to do a course it is a fantastic place to chill out by the beach. There are rooms from 150 Baht up to 800 Baht. All brand new and all really nice. The dorm room has four beds, so it's perfect if there is a group of you. There are also little huts for 300 baht which are very nice. Or if you want to splurge there are various other options.

All the teachers in Surat have been very supportive and open about my study of healing techniques. I have been able to get lots of practice in on many of them. I have also discovered you can do many retreats at temples. I am doing my first 10 day mediation retreat in Bangkok in March, although there is also 10 day retreat every month just 45 minutes outside of Surat at Wat Suan Mohkha.

Here is Jet Lie's website to see other treatment and courses he offers. If you are interested in learning mediation he is about to start a FREE workshop every Sunday afternoons which will include experience introductions to Massage, Body Balancing & Energy Healing Treatments, free Life Coaching consultation and you will get the chance to meet like minded people.

<http://www.theglobalhealer.com/workshops.html>