



โรงเรียนอาทิตย์นวดแผนไทย SUNSHINE MASSAGE SCHOOL

ในความควบคุมของกระทรวงศึกษาธิการ เลขที่ ชม. 01-001/2548

26 November 2006

Dear Sunshine School Staff,

I reflect on my first experience with the Sunshine School, knowing it will not be my last. In the rush of the final day of class, I did not have the opportunity to provide you with the depth of feedback you so richly deserve.

Right now, as I close my eyes and focus on my "Sunshine" experience, I see smiling, friendly, welcoming faces and warm, generous hearts. Much "Metta" through out the entire 2-week class. The entire staff-from the office general housekeeping, the teachers, and even max, who has to run the whole show, I see and feel only open hearts, hear only kind loving words, and experience endless Metta from them all.

I found the curriculum very well organized, rigorous, and challenging. Quite challenging for me at 66 years to survive the organized chaos of jet lag, heat, humidity, city traffic, heavy pollution, new food, language, people, sleepless nights... So I personally was highly challenged just showing up everyday. At home I live quietly in the hills looking down of forest, lakes streams-out of the city. So Chiang Mai was for me quite chaotic and stressful in ways even I don't fully realize.

I am retired and live a leisurely life and have a rather open, loose lifestyle. Waking up every morning and having to be some where at a certain time is way, way, back in my past- another lifetime ago.

In spite of the environmental stress surrounding my stay in Chiang Mai, when I entered the Sunshine School each day, I felt I was entering a nest, a womb, an island of peace and tranquility and support that both nourished and revived me.

All the instructors I met I would love to work with again. The two I did not work with, Edgar and Richard, while very different in personalities and styles were quite engaging, friendly, caring, sincere, and helpful. I look forward to working with both in the future. The course Richard was teaching about anatomy and specific treatments is especially appealing to me. I loved Edgar's vibrant energy and Richard's rock steady, clear minded, philosophical and theoretical musings. But, most of all, the authenticity, or "realness" of both.



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And this brings me to the three instructors I experienced in class on a daily basis.

Last summer in Montreal, at the Lotus Palm School, I met a woman from Toronto, Maggie, who shared that she had spent a month in Chiang Mai studying at the Sunshine School with two very special women. It didn't take me very long to realize that I had been fortunate enough to be blessed with the some instructors as Maggie. I felt their special-ness and (here's that word again) "Metta" right from the start. Though Dot is, or appears at first to be a bit reserved, quiet, and even shy, this is not the impression of her I am left with, I found her to be quite insightful and laser-sharp in her observations and instructions, I loved the way she would just come over and work a part of the body that wasn't being worked on. Not only did it not interfere with the client / practitioner dynamic, it instead enhanced it. For me her gentleness and caring flowed through everything she did. When we talk about having passion for the work, Dot is a model for this passion.

In fact passion and deep caring for the Thai Yoga Massage being done well, was deeply ingrained in all three instructors. They all three, have different versions of the English language, and pronunciation/grammar were far from perfect. But rather than detracting from the learning process, I feel learning was somehow enhanced by it. I myself am intrigued by the use of language in the learning process. In this case, I think their accents and word choices made my focus intently on what they were trying to convey. And it was engaging fun to be able to help find the "right" word. They were all great sports about it, and seemed to love learning new words to express their knowledge wisdom.

I loved Ohm's teaching style. As a long-time trainer of teachers, I feel she would be at the top level of any group I've worked with, anywhere. She's lively, energetic, clear, and confident, while, at the same time funny, witty, wise-cracking, snappy, finger popping, tough-clicking, expressive and so, so very Metta, Of all the teachers live ever met, she's perhaps the most authentic of all. Or at least she's on the very top rung of the ladder in a very elite group. She felt more like a caring friend and companion in the learning process rather than the director of it.

I felt whenever our eyes met, it was a soul-to-soul connection, much like I experienced with all the people I encountered in my travels to Tibet.

Ironically, I felt the same connection, eventually, with Johan. At first I was disappointed that Johan was to substitute for Dot. When me began the week, I think I resented a bit his "replacing" Dot as the instructor. Johan is tall and imposing in stature and I felt I would be in for a week of snobbish "holier than thou" B.S. Wow, was I wrong! Johan, proved to be an excellent instructor a wonderfully encouraging, coach and a



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daring explorer in alternatives and options. Most of all, though, his human-ness and again Metta emerged as the week progressed. Again, he was more a loving companion in the learning process than a director of it. He was ever eager to share his knowledge in kind, sincere, loving, compassionate way. My 1st impressions of Johan were proved to be about 180 off. Thank God!!

Overall, my lasting impression of my experience at Sunshine School is a positive, supportive, nourishing Metta-filled adventure in learning.

As a 30 year professional curriculum designer of adult learning; I could be tempted to tweak and shape the presentation of this course's content. And I might have fun altering and I might have fun altering the flow a bit. (I do feel there's a bit too much content-too many exercises presented in too short a time) but that may be more a function of my again brain and my own level tolerance for rigorous training at this stage in my life.

I know all I want to do right now is go to the beach a play. So, that's what I'm going to do. And, of course, I'm most eager to share my new-found knowledge, skills, and wisdom (must of all "Metta") with my world.

As Ohm would say, why not?!!

My heartfelt thanks gratitude for all you all have given me. I hope I reflect your spirit in my work.

With Metta –

Loving kindness,

Roger Peters

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