

The FakirmatTM



*Users guide and instructions
to the natural pain reliever*

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What is The Fakirmat?

The Fakirmat is a mat with inspiration from the ancient India and the so called Fakirs who used a nail of bed for meditation and spiritual realization. The word Fakir also was the name for people who gave up their material possessions to focus on their spiritual journey and it's origin comes from the Arabian language. Today the Fakirmat doesn't consist of long nails made of iron on wood, but of +7500 plastic nails put on soft cotton. The Fakirmat also includes a neckpillow. Something that the ancient Fakirs didn't use or need as we know, but it's something that we in the 21st century need to relieve from the modern high-speed society.

The Fakirmat was developed by Swedish yoga teacher and ayurvedic masseur, Linus Knutsson. The idea of the neckpillow came as a result after meditating in his yoga studio a rainy evening in October 2008. Together with his girlfriend, who studied psychology and medicine at the university, The Fakirpillow was developed into its' final design.

How can the Fakirmat help me?

The Fakirmat helps improve the blood circulation, just like massage, general touching or itching does. The difference is that The Fakirmat can give you relaxation even if you're alone and without large costs. Using the Fakirmat is also the ultimate way of improving your lymphatic system and to increase your levels of feel-good endorphines and hormones such as oxytocine and dopamine etc. This along with the feeling of laying still and spending a moment for yourself relaxing can bring you much joy. Also when adding a different pain to a painful area the nerves acts

*The Fakirmat might reduce the following symptoms & conditions**

-Stress	-Menstrual pain
-Aching muscles	-Poor bloodcirculation
-Stiff joints	-High bloodpressure
-Backproblems	-Cellulites
-Neckpain	-Depression
-Headache	-Problems with sleeping pattern
-Fatigue	-Fibromyalghia

*Due to relaxation the body selfheals and improved blood circulation causes less pain. For more info: www.thefakirmat.com

How do I use The Fakirmat?

For backproblems/general relaxation

Place the Fakirmat on a bed. Lay down carefully without a shirt on the Fakirmat, so it covers the most parts of the back. Take a few deep breaths to focus on the feeling the nails give.

For neckproblems

Do the same as above with or without the Fakirmat. But this time place the pillow under your neck.

General instructions

Start with 10 minutes on the mat and then increase time with a few minutes every day. After 2 weeks of use, use the mat for an estimated time of 20-60 minutes. We recommend to start with using the mat on the back or/and neck and then progress to other parts of the body if you like. As a general rule, always start gentle and progress slowly. Spend the time afterwards for calmer activities so the body recharges as effective as possible. Many people like to use just the mat before going to bed, which definitely will give you a better night's sleep.

The more often you will use your Fakirmat, the better the results will be. Best results will come through a daily use. If you use your Fakirmat on the same time every day it will be easier to develop a daily routine. Also keep in mind that every day is different, which means one day it will feel better than the other. Just keep going and you will become energized.

Questions and answers

1. How do I wash The Fakirmat™?

Remove the cotton with the nails to handwash it in lukewarm water. Then let it hang to dry. Avoid washing machines as this may damage the spikes.

2. Why do I get sad when I lay on The Fakirmat™?

Some people may have many emotions buried in their bodies. By laying on The Fakirmat™ these emotions start to show again. That is why some people get sad, others get angry and some feel all these emotions at once. It's just a way for your body to deal with emotions it doesn't need anymore in a natural way. Do not fight this! If you want to scream or cry, then do it. Just remember to not hurt someone just because you feel a lot of emotions. If you have any doubts concerning your use of The Fakirmat™, please consult your doctor.

3. Does it hurt laying on The Fakirmat™?

In the beginning it may hurt a bit, but this will transform into a warm and tingling sensation. If you find it very difficult to lie on the mat you can use a thin t-shirt or textile.

4. I am pregnant. Can I use The Fakirmat™?

We wouldn't recommend it, but it could possibly be used as a pain reliever during child birth.

5. Why does The Fakirmat™ have 7500 spikes?

There's no research that shows that more than 7500 spikes will be better. On the back we have the biggest receptive fields on the whole body, and the pressure points need to be placed more than 70mm apart from each other to be experienced as seperated. The effect would also be less with more spikes since your body weight would be divided over more places.

6. Can everyone use The Fakirmat™?

Almost everyone can use The Fakirmat™, but you should consult a doctor before usage If you:

-Have a Heart disease

-Take Medicine for thinner blood

-Are a Pregnant woman

-Have low blood pressure

-Have a medical diagnose and/or are doubtful about the use of the Fakirmat

7. Can The Fakirmat™ be used on the whole body?

Yes it can, but we do recommend to start with back and neck before you proceed to frontside, legs, hips, hands and feets. Please take it very carefully when used on hands and feets and maximize time to 5 minutes.

8. Can children use The Fakirmat™?

Children normally like the mat and feel relaxed!

Do you want to know more about
The Fakirmat?

Please visit our website at
www.thefakirmat.com

For inquiries about your Fakirmat please email
info@thefakirmat.com

**ENJOY YOUR FAKIRMAT
AND STAY HEALTHY!**