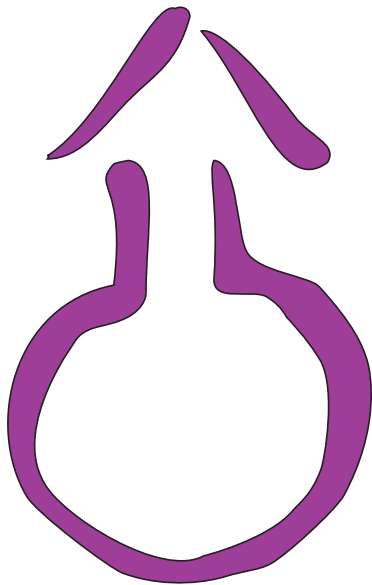


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# Origins of Shiatsu

2

**S**HIATSU IS INDEED AN ANCIENT HOLISTIC METHOD of healthcare that originated in China. 8,000 year old stone and bone acupuncture needles have been discovered in mainland China as well as neolithic mummies showing acupoint tattoos.

## Northern & Southern China

China is divided climatically in that northern China has wind-swept plains similar to the steppes of Russia or the grasslands of America, while to the south it is warmer and more humid with lush vegetation. And, just like the indigenous people of the plains, northern China consisted of nomadic tribes that either followed herds or domesticated them as they travelled wherever the animals grazed. And, in southern China society was more agrarian-based. That is, they planted food items, tended their crops and harvested according to the seasons.

As a result of these climatic differences, the lifestyles they were raised in, the food they ate, and the diseases they suffered were affected by the environment in which they lived. One can almost see that the people to the south relied upon herbs to heal themselves of various maladies, while those up north would use hot or cold to comfort themselves, and pressing and rubbing sore body parts. Thus, oriental herbology, and acupressure & moxibustion developed independently of each other in separate areas of China.

## History of Shiatsu

While **Huang Ti** (the *Yellow Emperor*) lived approximately 2,600 BCE and is credited with unifying both northern and southern kingdoms into a single unified



*The northern plains of China have much less vegetation than southern China.*





*Huang Ti, the Yellow Emperor reigned a unified China from 2698 to 2598 BCE. He directed the creation/compilation of the Yellow Emperor's Canon, which contained all of the known world's knowledge. He was said to be a taoist and is called the Father of Chinese medicine. Other works (re-translations) of his original work are also called the Yellow Emperor's Canon; although clearly not written in his lifetime.*

country, his legacy was to have created a large volume of 18 written works — the **Yellow Emperor's Canon** — that first documented traditional Chinese medicine (TCM) including: Taoist philosophy, the concept of chi, yin & yang and 5 element theory, energy pathways called channels/meridians, and acupoints along the pathways. It was in the Yellow Emperor's Canon the use of *finger pressure* as an ancient form of medical treatment was mentioned. Some scholar's argue over whether acupressure massage (ANMO) or acupuncture appeared first. This author leans toward acupressure coming first, with people eventually using stone and bone needles later on to activate acupoints more fully.

By 300 BCE — about the same time as Hippocrates, the Father of Medicine, in ancient Greece — it was required to hold a Doctor's degree to practice oriental bodywork in China. Then, in 552 CE, a buddhist monk from China travels to Japan on one of the first trading vessels between the two countries and brings to the Japanese people knowledge of acupuncture, acupressure, and bodywork.

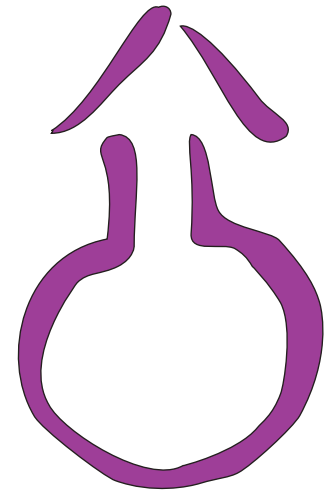
**IT IS IMPORTANT TO NOTE HERE THAT:**

- *Acupuncture uses needles to puncture the skin to activate points where energy becomes blocked or is deficient*
- *Acupressure uses the same point system, but hand, finger, elbow pressure etc. is utilized so the skin is not penetrated*
- *Both acupuncture & acupressure treat illness after it has manifested, which is similar to western medical models that treat illness individually after the fact*
- *Acupressure bodywork, even though it uses that identical system of points that can treat illness, differs from both acupuncture & acupressure in that it can treat in an holistic fashion (the entire body being treated regardless of the individual health complaint, and can be used for health maintenance to prevent illness)*

By approximately 1300 CE., **ANMA**, which means *press & stroke* had advanced as a science in Japan to require the title of “Master Bodyworker” before you could practice. So, one thousand years had passed between the time China had an organized educational system to teach the art of healing with acupressure bodywork, and when Japan had organized a similar teacher/student relationship to practice what they called ANMA or AMMA. *It might be noted here that AMMA THERAPY® is not the same Anma practiced in ancient times, but different.*

During the **Edo Period** (1602 – 1868 CE), anma had reached its peak in development. However, this was also the time that western medicine and knowledge of anatomy and physiology from Europe came to Japan via the Dutch Trading Company as well as other countries. Prior to the fall of the Shoguns, they relegated anma to be performed by the blind as part of a welfare system. While the blind were adept at tactile awareness, unfortunately there was no formal schooling for the blind to learn anma. Before long anma split into two separate forms, that of **Genko Anma** performed by the blind for primarily relaxation purposes, and **Koho Anma** performed by more knowledgeable practitioners for the purpose of medicinal therapy. Eventually wealthy and powerful warlords were swayed by the capabilities of western medicine and outlawed Anma upon penalty of death. Those that practiced true Anma had to do so underground, as it were, to keep from being executed. And, because these same wealthy people enjoyed the touch aspect of Anma, they allowed it to be practiced only as a sensually-related form of entertainment for rich and corrupt individuals — similar to the massage parlours of the 1960-1970’s in America.

By the onset of the **Meiji Period** (1868 – 1912 CE) and the fall of the shoguns being replaced by imperialism, the desire for all things western was fully embraced. Just as in America, government and law enforcement worked together to weed out the practices of sensual pleasure parlours to gave way to legitimate therapeutic massage clinics, so Japan eventually weeded out their seedy Anma establishments. In 1911 the government asked anyone still alive that knew true



*The ancient Chinese pictograph for the word “tsubo” represents a jar with its cover. Just as this container stores its contents, the “tsubo” is the storehouse of the vital life force energy, KI. Activating tsubo points accesses the energy within to encourage the self-healing process.*



Above photo: Tamai Tempaku. Photo below: Katsusuke Serizawa.



anma to please come forward and assist them codifying the **Oriental Acupressure Regulation Law** to curb this form of prostitution. An elderly gentleman named, **Tamai Tempaku**, (*top left photo*) stepped forward to help the government write the new law.

### Modern Shiatsu

In 1915 and again in 1919 CE Master Tempaku wrote two books on anma, and first coined the term “SHIATSU”, which translates as *finger pressure*. Before he dies of old age, Master Tempaku passes on his knowledge and skills to three people who would become famous in their own right:

- **Katsusuke Serizawa**, (*bottom left photo*) a physical therapist, who integrated shiatsu and physical therapy and wrote a book called, “TSUBO THERAPY” on the virtues of oriental acupressure complete with a list of ailments and which acupoints to work to treat these disorders. His emphasis was working tsubo with acupuncture, acupressure and moxibustion, but never really pursued performing shiatsu massage.
- **Mrs. Masunaga**, a cleaning woman, who learns from Master Tempaku. While she practiced shiatsu, it is her son, **Shizuto Masunaga**, who attends the Japan Shiatsu College, teaches there and ends up blending zen buddhist philosophy and psychology learned at the Kyoto University with shiatsu; coming up with “ZEN SHIATSU”. He wrote a book after the same name. The main emphasis is in TCM and making connection with the client on a physical, emotional and spiritual level; however acupoints take a second seat to stance and protocol. His style of shiatsu becomes popular in the UK and Europe, and eventually on the East coast of the US.
- **Tokujiro Namikoshi**, who likes what he learns and opens two schools to pass on his knowledge and skills of shiatsu to others. These schools were the Shiatsu Institute of Therapy in Hokkaido Japan, and the Nippon Institute later

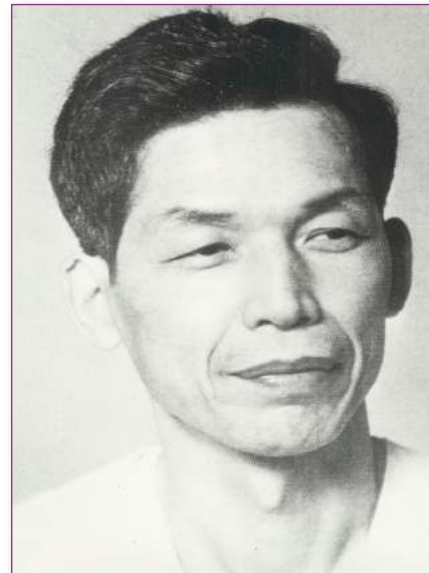
called the Japan Shiatsu College in Tokyo. His work blends western anatomical and musculo-skeletal knowledge with shiatsu massage on acupoints, which gains recognition and popularity in Japan and notoriety throughout the world as he works on many famous celebrities, including Marilyn Monroe who becomes ill on her honeymoon after her marriage to famous New York Yankee baseball star, Joe da Maggio in the 1950's. Tokujiro sends his son, Toru, to Los Angeles to teach and set up a Namikoshi-style shiatsu clinic on the west coast of the USA, where it gains popularity. Master Namikoshi fights for recognition of shiatsu as a healing modality and sees the Ministry of Health classify it, so shiatsu is now part of the health care system in Japan.

### Derivative Shiatsu's

The Namikoshi style of shiatsu has an acupoint driven technique. It uses thumb pressure along with some palmar and elbow pressure. There have been many forms of shiatsu that have come and gone since then that copyright or coin new terms. These are called *derivative shiatsu* because all can be traced back to variations from a single form or are influenced by a single form from which they derive.

Actually the first derivative form of shiatsu is Masunaga's **Zen Shiatsu**, which is derived from Namikoshi-style, which his mother knew and which he learned and later taught at the Japan Shiatsu College. He spun off as he blended buddhist philosophy, psychology and a movement away from memorizing the acupoints. He eventually expanded the known meridian system to extended meridians called Zen extensions. He also developed a series of meridian stretches he called Makko-Ho; six stretches in all for 12 meridians to help the practitioner stay healthy and thereby help the client also.

Another variant of Zen Shiatsu is **Ohashiatsu**® by *Wataru Ohashi*. He incorporates healing touch, meditation, and self-development into the session to assist the practitioner to relax more thus assisting the client to do so as well.



Above left photo: Shizuto Masunaga, author of Zen Shiatsu.

Above right photo: Wataru Ohashi developed Ohashiatsu.

Photo below: Tokujiro Namikoshi, author and founder of Japan Shiatsu College.





Above left photo: Pauline Sasaki,  
author of Quantum Shiatsu.

Above right photo: Shizuko Yamamoto famous for  
barefoot (macrobiotic) shiatsu.

Photo right: Ruthie Hardee,  
founder of Ahshiatsu Oriental Bar Therapy®.

Yet another variant of Zen Shiatsu is **Quantum Shiatsu** developed by *Pauline Sasaki*. After becoming ill while visiting Japan, traditional doctor's could find nothing wrong. But, after having a shiatsu session she was back to normal. After returning home, she attended a shiatsu school where she was exposed to Masunaga's work. The experience opened a more subtle world of energy. As a result, she melded quantum physics and shiatsu to discover the importance of a spiritual connection in how the physical body is perceived and how it heals.

The next variant is **Barefoot (macrobiotic) Shiatsu** of *Shizuko Yamamoto*. Because of a serious illness with ongoing surgeries over an eight year period during her childhood, she developed a distrust of western medicine. At the behest of her mother, she tried a shiatsu session to deal with the pain and stiffness associated from all her previous surgeries. Additionally, she was introduced to yoga and decided to improve her diet. A macrobiotic diet includes: whole grains, vegetables and beans as the mainstay of the diet along with fresh fish, seafood, locally grown fruit, nuts and the general avoidance of meat, dairy, eggs, processed foods and refined sugars. After studying shiatsu and yoga, she developed a barefoot approach to working on the body; thus the name barefoot shiatsu.

A reference here to barefoot shiatsu is **Ahshiatsu Oriental Bar Therapy®** developed by Ruthie Piper Hardee. She had many opportunities growing up to travel the globe as her parents worked on medical missions in third world countries. In the Philippines she witnessed pilipino women massaging men with their feet while supporting themselves with poles overhead. Later, in India she saw a man suspended by white cloths massaging someone using his feet. She eventually attended massage school and became a massage therapist. One day while exhausted & working on a muscular individual, she used her feet while using supports overhead. She referenced a book by Shizuko Yamamoto on barefoot shiatsu and even took a course on it, however instead of basing her sessions on oriental medical theory, she focused rather on using her feet to provide deep tissue bodywork and designed a wood suspension system to train others on.

Another derivative of Zen Shiatsu is **Tao Shiatsu** by Japanese Buddhist priest, *Ryokyo Endo*. His emphasis is truly zen and taoist philosophy. While most of oriental medicine is focusing on meridians and points and gives acknowledgement of the universal life force of ki, he believes that only by becoming one with ki can one understand, feel, connect with and manipulate it in others for healing purposes. So, his emphasis is not to focus so much on the mechanics of TCM theory, but to focus becoming one with the way of nature and then doing it.

The last reference is of **Watsu**, developed by *Harold Dull* at Harbin Hot Springs in California. Wikipedia describes it as, “a form of aquatic bodywork in which a practitioner or therapist gently cradles, moves, stretches, and massages a receiver in chest-deep warm water for deep relaxation and aquatic therapy.” While he studied shiatsu with Shizuto Masunaga as well as Wataru Ohashi, it was at Harbin Hot Springs that he began experimenting with Zen Shiatsu in water. He has also created Tantsu to bring the experience of watsu back onto land. However, it does not contain traditional shiatsu protocols either in water or when brought back onto land with Tantsu. It is a wonderfully intimate form of therapy where practitioner and client connect with cradling, rocking, supporting and passive stretches that help profoundly relax the client and offer a therapeutic relationship for letting go of emotional and physical restrictions.

### This Book

This book teaches an expanded form of Namikoshi-style shiatsu. It focuses not only on the points, but the meridians in which they lie as well as indications for a variety of health complaints. The author also acknowledges how precious shiatsu is for its combination of subtle energy work that also addresses the physical body.

(AUTHOR’S NOTE: *The inherent weakness is that something is lost in the translation of the term shiatsu. The original Japanese bodywork – anma – translates as press & stroke; not finger pressure. Shiatsu in its original form is not just about pressing, and certainly not with just fingers or thumbs. Please, remember that shiatsu is an acupressure massage.*)



Above photo: Ryokyo Endo, proponent of Tao Shiatsu.

Photo below: Harold Dull, author and founder of Watsu, Tantsu, and Tantsuyoga.





## Review Questions — Chapter 2

1. How far does acupuncture date back in China?

*Approximately 8,000 year ago.*

2. Did pressing and rubbing originate in northern or southern China, and why?

*Northern China, because nomadic tribes would rub their sore muscles rather than use herbs, which were unavailable to them.*

3. Which publication first mentioned finger pressure as a medical treatment and approximately when was it originally published?

*The Yellow Emperor's Canon was originally published in approximately 2600 BCE.*

4. How and when was oriental medicine introduced to Japan?

*It was introduced to Japan by a Chinese buddhist monk in 552 CE.*

5. How does acupressure bodywork differ from acupuncture?

*Acupressure differs from acupuncture in that the skin is not penetrated but stimulated by using hands, fingers, elbows, etc. Also, acupressure bodywork treats the entire body; not just one area for one specific malady.*

6. What was shiatsu originally called, and what did that mean?

*ANMA means press & stroke.*

7. Explain the difference between Genko Anma and Koho Anma.

*Genko Anma was performed by the blind for primarily relaxation purposes, while Koho Anma focused more on treatment of medical conditions.*

8. When did the Oriental Acupressure Law go into effect and what was its primary purpose?

*The Oriental Acupressure Law was enacted in 1911 CE for the purpose of curtailing prostitution, which had taken over the anma profession similar to how it had pervaded massage parlors in the United States in the 1960's and 1970's CE.*

9. Which shiatsu practitioner opened two schools of shiatsu and became widely popular in Japan?

*Tokujiro Namikoshi.*

10. What do the terms ANMA and SHIATSU mean, and why is that significant?

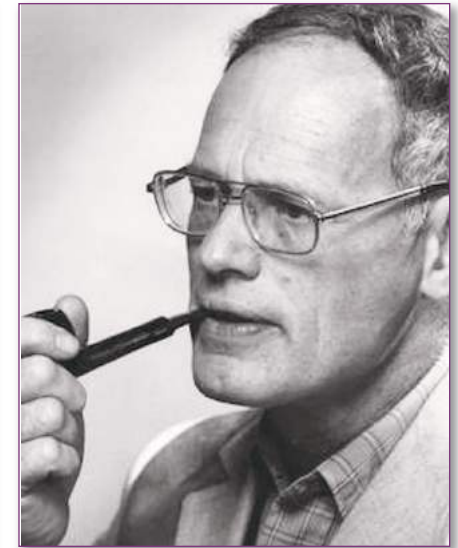
*Anma translates as press and stroke, while SHIATSU translates as finger pressure. The significance comes when someone is practicing shiatsu, in that does the practitioner merely use finger pressure during the bodywork session or do they use more traditional anma strokes (similar to swedish massage) instead to help their client?*

IN OVER TWENTY-FIVE YEARS OF STUDY & RESEARCH ON JAPANESE SHIATSU, I have read enough to suggest other proponents of shiatsu felt that Tokujiro Namikoshi's choice to include western anatomy & physiology into his style, understanding and teaching people somehow denigrated his bodywork style's quality; regardless of his popularity throughout Japan and the remainder of the world. In fact, their choice to shun a western approach for strictly eastern/oriental theory caused a rift in the healing community that has, for the most part, persisted over the years.

Whether Master Namikoshi was continuing to ride the wave of western popularity gripping Japan at the time in his choice to reference western anatomical terms in describing shiatsu, or deliberately chose this as a way to demonstrate the commonality inherent between western & eastern medical perspectives is unknown. My own view is that the healing possible in shiatsu can be explained in western terms for those individuals who cannot fully understand traditional chinese medical theory, while at the same time showing how "spot on" the ancient chinese were in how the body operates and how it heals thousands of years prior to other cultures.

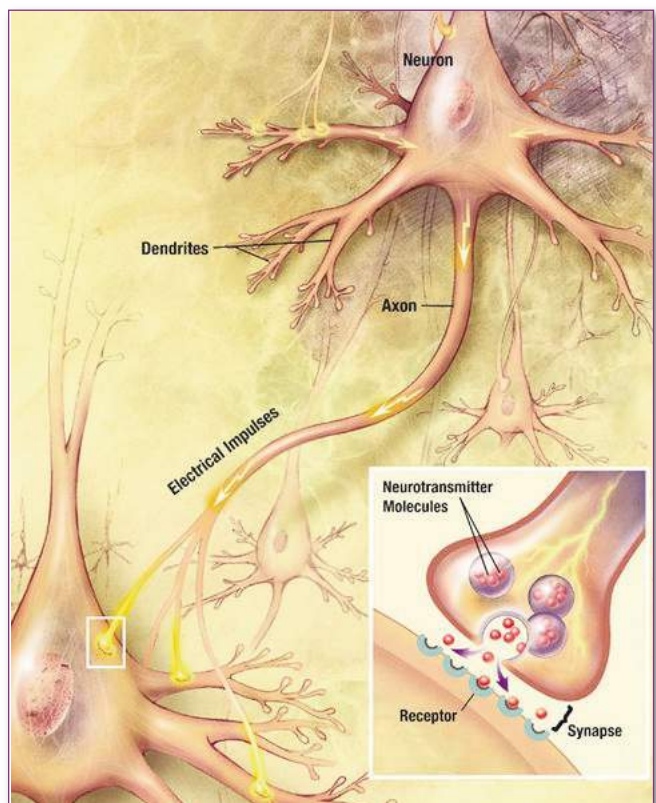
## Western Perspective, Part One

In the early 1960's a physician decided to go into medical research to discover why certain species on planet earth regenerated limbs and why humans did not. His name was Dr. Robert O. Becker, M.D. And, what he uncovered from twenty years of research was absolutely astounding — not only from the standpoint of how the regenerative phenomenon occurred, or how it might help countless



*Above left photo: Tokujiro Namikoshi*

*Above right photo: Dr. Robert O. Becker, author of Body Electric.*



Nerve Axon — DC electrical impulses travel along the length of its sheaths — coverings. This charge reverses when the body experiences pain. This electrical reversal is the catalyst in a healing response.

(This image is public domain in the USA.)

Author: Looie496, US National Institutes of Health, National Institute on Aging created original)

amputees, but also that it was known in ancient China for its recuperative powers on virtually any illness for thousands of years.

As he began his research, Dr. Becker wanted to see what, if any, work had been done on limb regeneration in the past. He found:

- Writings of a French physician in the late 1800's who worked with a farm hand who had his arm severed below his elbow in a piece of machinery. The physician treated him by having the wound placed repeatedly in a mild saline solution. This solution cleansed the wound and killed germs growing in the area. Over time several inches of the man's forearm grew back exactly as before (*every hair, every freckle*) before he stopped using the treatment.
- Papers from a Russian scientist who worked with an amputee during the early 1900's, except this scientist used a pin to prick the wound, keeping it open and active; supposedly on the premise of ascertaining the extent of nerve damage. Again the same results — the limb grew several inches before the patient decided not to play "pin cushion" for the good doctor.

In both cases — a *saline solution* & a *pin* — discomfort or pain was the common denominator. Somehow the discomfort experienced by the patients was acting as a catalyst in the regenerative process; and, the absence of pain halted the regenerative growth which had occurred.

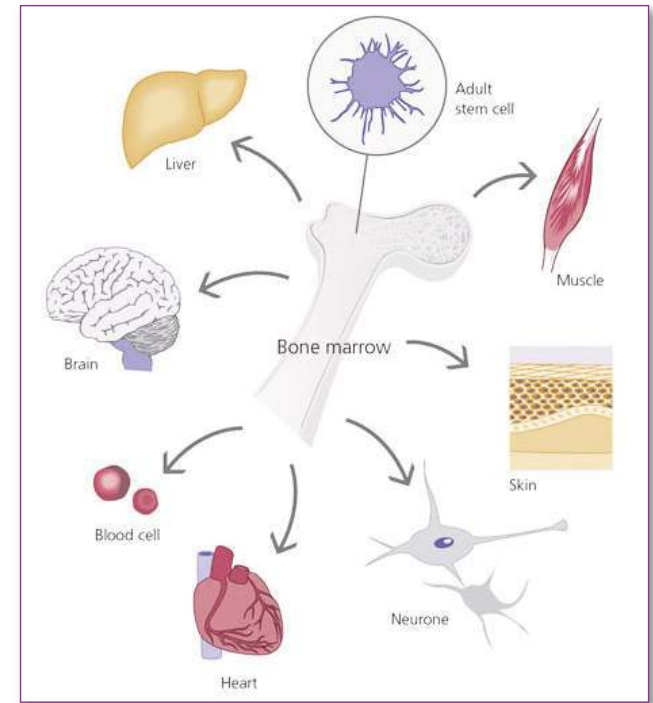
Then, Dr. Becker started to study animal species that did have the regenerative abilities to regrow limbs or tails or other body parts: i.e., *flatworms, salamanders, etc.* What he found was that the body has a slightly detectable direct current (**DC**) **electrical field** complete with positive and negative charges that happen to reverse when the test subject experienced an appendage removal. No matter the species, even those that did not regenerate exhibited the same electrical charges that reversed under a painful experience.

He was already familiar with the piezoelectric effect of skeletal tissue when bent or broken. Bone is a type of connective tissue in the body. When a bone is fractured or broken, the skeletal tissue gives off an electrical charge, supposedly this would stimulate regeneration or repair to the surrounding tissues and bone. *(When set correctly in a cast, the bone would heal in a matter of 6-8 weeks depending on the severity of the break.)* But, the electrical charges he was observing were not at the sight of bone. The minute electrical charges were travelling along nerves, which are *soft tissue*. So, the hypothesis was that all connective tissues — not just bone — generate piezo-electric fields to assist in repair of the body.

When electric polarities reversed, it triggered several actions:

- **Differentiated** blood cells in the area of the injury changed into primitive **non-differentiated** cells as they travel to the site of injury
- A **blastema**, a sort of protective scab over the area, then forms at the injury site
- As the non-differentiated cells congregate at the site of injury, they begin to **re-differentiate** into exactly the type of cells that are needed; i.e., *bone cells, nerve cells, muscle cells, skin cells*, etc. in exactly the places they are needed
- As soon as everything is **regenerated** like prior to the injury, the polarity reverts back to its original pre-injury charge

At least that was the case in those animal species that had the ability to regenerate body parts. In those that could not regenerate, the polarity reverted back to normal as soon as a scab formed over the wound and the level of pain diminished; thus no chance to regenerate fully.



*Using adult stem cells (non-differentiated) like those found in marrow within cancellous bone, scientists are now able to grow a variety of differentiated cells in a laboratory environment needed to restore the patient's health; i.e., skin or muscle grafting, new organs, nerves, or blood — even brain tissue.*



*It was Dr. Becker's hypothesis — as well as this author's view — that oriental acupressure and, of course, SHIATSU stimulate the recuperative/rejuvenative/regenerative processes in the human body. The discomfort experienced when working acupoints indicates that piezoelectric charges do indeed trigger a self-healing response that is significantly more than mere temporary pain relief.*

Another factor rich in its implications from Dr. Becker's research is differentiated cells changing to non-differentiated cells when the discomfort reverses electrical polarity. That is, non-differentiated cells are also called **stem cells**. So, Dr. Becker discovered that our bodies create their own stem cells when needed to repair damage that occurs...back in the late 1960's & early 1970's. Stem cell research today is still thought of not only as controversial, but cutting edge.

As recently as 2002, a study in *The Lancet* medical journal in Britain showed where patients' own stem cells were injected into their leg muscles creating new blood vessels to eliminate pain from poor circulation and helping to prevent gangrene or amputations. Controlling blood vessel growth — *angiogenesis* — is an emerging field of medicine because parts of the body starved of oxygen like the heart, limbs, and brain could benefit by this research. Yet, the ground work of this was research done and proved by Dr. Becker almost 40 years before.

Even though Dr. Becker was not allowed to complete his research due to cuts in government science grants, he hypothesized that the reason why oriental acupuncture (and acupressure) work was due to the piezoelectric charges given off when soft connective tissue are pressed or punctured, trigger the recuperative/rejuvenative/regenerative processes in humans much like the salamander's ability to regrow appendages when damaged.

### **Western Perspective, Part Two**

One of my bibles, that is, one of the books I read over and over highlighting new concepts that jump out every time I open the pages, is *Job's Body* by Deane Juhan. In it he discusses the efficacy for massage (and I imagine shiatsu also) on the body include: **(1)** the ability to move fluids; whether it is blood through the circulatory system, lymph through its vessels, food through the digestive tract, secretions of the glands or all the other fluids in and between our cells, and **(2)** the ability to lengthen and loosen stiff, thickened or shortened muscles and other soft connective body tissues.

I quote, “*These kinds of effects upon our fluids and upon our solids have been rightfully cited as benefits of any number of approaches to bodywork throughout its history. They would certainly be enough to establish its therapeutic value. But, it is my feeling they do not go half far enough in describing the positive changes that can happen as a result of skillful touching. We are much more than mechanical. We are a confluence of physics, chemistry, and consciousness, streams and quanta of energies that interpenetrate one another in enormously complex ways, that moment by moment create layers and layers of effects, and in which the subtle and the gross are always inextricably intertwined.*”

The above statement resonates with me. We are obviously both biochemical and bioelectric personages. Not only physical bodywork, but energy-related bodywork affects our health and stimulates the healing response in us.

My mentor, *Sensei Carl Dubitsky*, one of the founding members of the AOBTA — American Oriental Bodywork Therapy Association (*now known as the American Organization of Bodywork Therapies of Asia*), prior to his untimely death expressed theories formulated from decades of detailed research on how shiatsu worked from a western scientific perspective. While he was far more eloquent in his book *Bodywork Shiatsu*, I will attempt to put in my own words what I gleaned from a number of conversations with him on the subject.

When soft connective tissues are compressed in a shiatsu session, a number of inflammatory enzymatic amino acids are released into the body, including: histamine, serotonin, prostaglandin, etc. that strengthen the immune system. Additionally another enzyme, hyaluronic acid (*ground substance*) displays a thixotropic quality that is thicker and more gel-like as we age and become more sedentary or when we are cold. However, it changes to a thinner, watery state as kinetic energy is applied to it in the way of heat from either temperature or via friction of the tissues during a bodywork session; thus helping the body become looser and more fluid in its mobility and range of motion; thus pain free.



*Sample Kirilian photo of a practitioner’s hand during an energy healing session, when ki is flowing freely from practitioner to the patient.*



*Author demonstrating Japanese Full-Body Shiatsu technique in class.*

### Eastern Perspective

From an eastern perspective, we breathe in celestial or universal ki, and we process and metabolize ki from the food we eat and liquids we drink. In ancient times the belief was that from air, food and drink, our internal furnaces (sanjiao) break down the ki through respiration, digestion and elimination. These nutrients then travel physically through the blood and energetically through our meridians. Based on the lives we lead (*thoughts, actions, habits, etc.*), the environments in which we reside, the foods we ingest, the liquids we drink, the work we do, and our genetic disposition, our bodies may exhibit specific patterns of health and disease.

If we take on the model of holistic health by, treating the whole body in a preventive manner on a regular basis with, among other steps, shiatsu, ki flows unimpeded for the most part. But, if we take on the fast paced, drive through, live for today model of only going to the physician when ill health gets in the way of enjoying life, then blockages in the free flow of ki have occurred for so long as to finally manifest as illness. For, from the eastern perspective, everything is manifest on a spiritual or energetic plane before it ever manifests on the physical plane; i.e., blockages occur in ki before disease ever affects us.

So, here we have an ancient bodywork therapy — ANMA & SHIATSU — that have, for thousands of years, treated the body naturally and holistically without any negative side effects using the hand techniques that trigger the recuperative/rejuvenative/regenerative powers of self-healing that are innate within humans. Quite actually we have an “*ancient Chinese secret*” for good health and long life literally at our fingertips. Shiatsu is an energy-based form of bodywork that presses & massages acupoints to promote good health.

*From the writings of Dr. Robert O. Becker, MD, author of Body Electric as well as a 1975 article by Dr. Becker in Saturday Review magazine, and conversations with the late Carl Dubitsky.*

# Shiatsu Protocol

# 6

**W**HEN BEGINNING SHIATSU, THE CLIENT IS USUALLY unclothed, laying face down on a mat, futon, cushion, or therapeutic table. Although clothing can inhibit the practitioner's ability to sense skin temperature, muscle tension, and subtle variances in ki, the client's comfort & modesty during the session is paramount.

The practitioner wears loose-fitted clothing for comfort and ease of movement while kneeling, sitting, or squatting during the session. The environment should be warm, quiet, and softly lit, with or without relaxing music. The practitioner should be physically centered and have "*focused intent*" on healing.

The practitioner should place their hands on the client and breathe in unison with them. Before working tsubos, each area should be touched and brushed lightly to ascertain skin temperature, muscle stiffness, and also to relax the client. It is important that the practitioner work from their hara during the session.

Using body weight to press in an effortless motion, is a way to work from the **physical hara**. A practitioner may also access **mental hara** by focusing on sending healing energy to the client; not their own energy, but by breathing in ki, allowing it to flow into their body and out their hands as they connect with the client.



*Although clothing can inhibit the practitioner's ability to sense skin temperature, muscle tension and subtle variances in ki, the client's comfort & modesty is always paramount.*

*(NOTE: Photographs in this book are for ease of body landmark identification. These illustrations, in no way, indicate that shiatsu must be performed on a naked client.)*

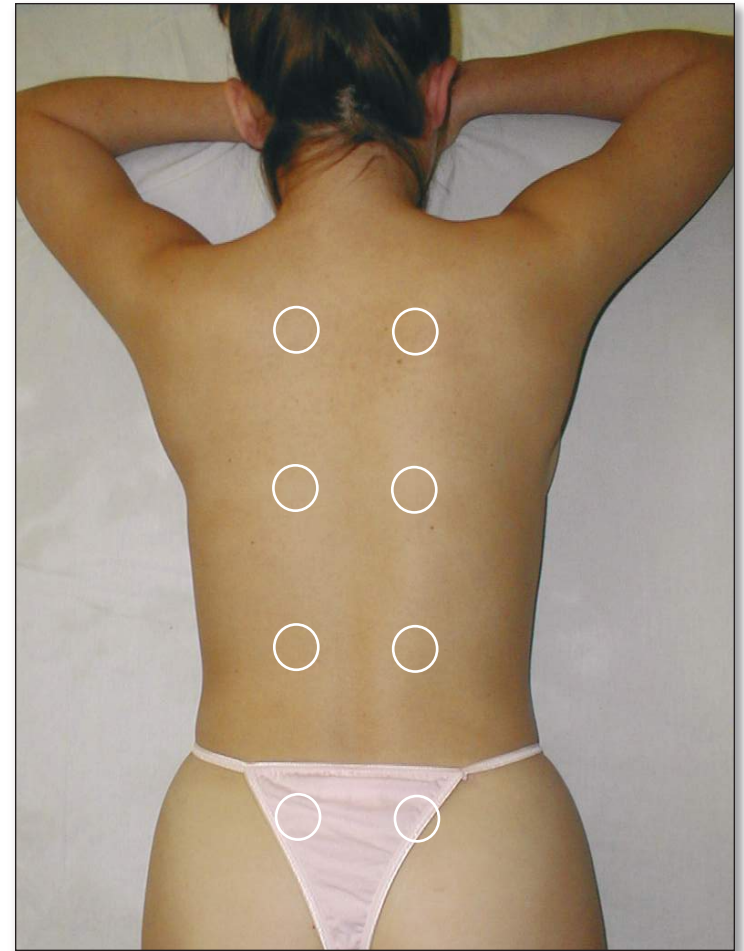


## PART 1 — POSTERIOR PROTOCOL

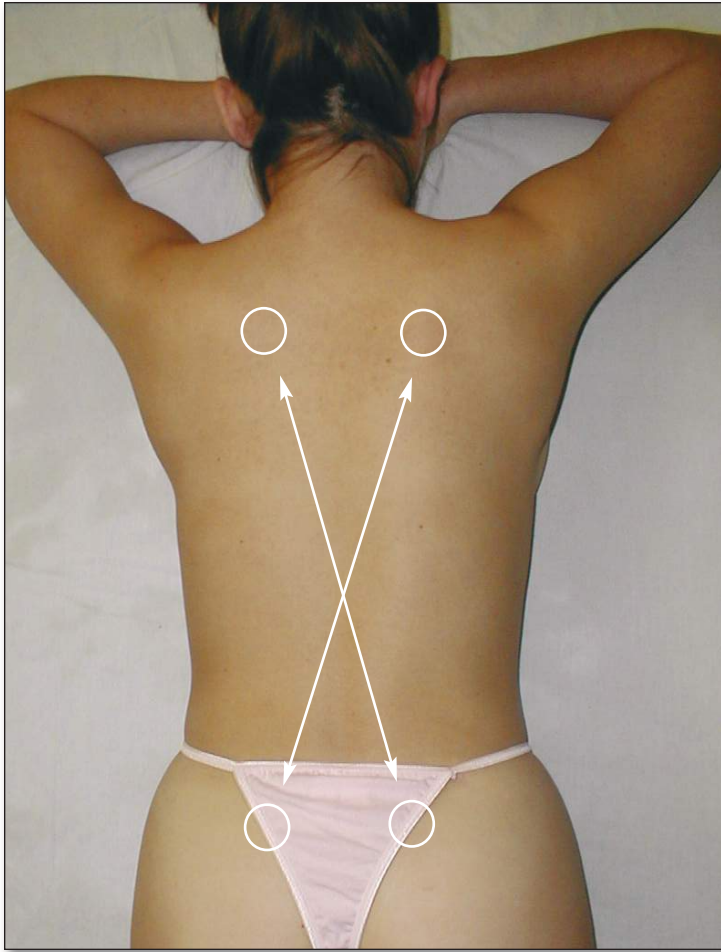
### Breathing & Stretching

Start to the right side of the client. Begin the shiatsu session by encouraging the client to breathe deeply. Breathe in unison with the client's breath, then apply pressure to the back as indicated below. (NOTE: Use firm pressure, but not so deep as to push all the oxygen out of their lungs. Also, it is not the intent of shiatsu to perform spinal adjustments; however, as spinal muscles relax the individual vertebra may naturally self-adjust as pressure is applied to the back.)

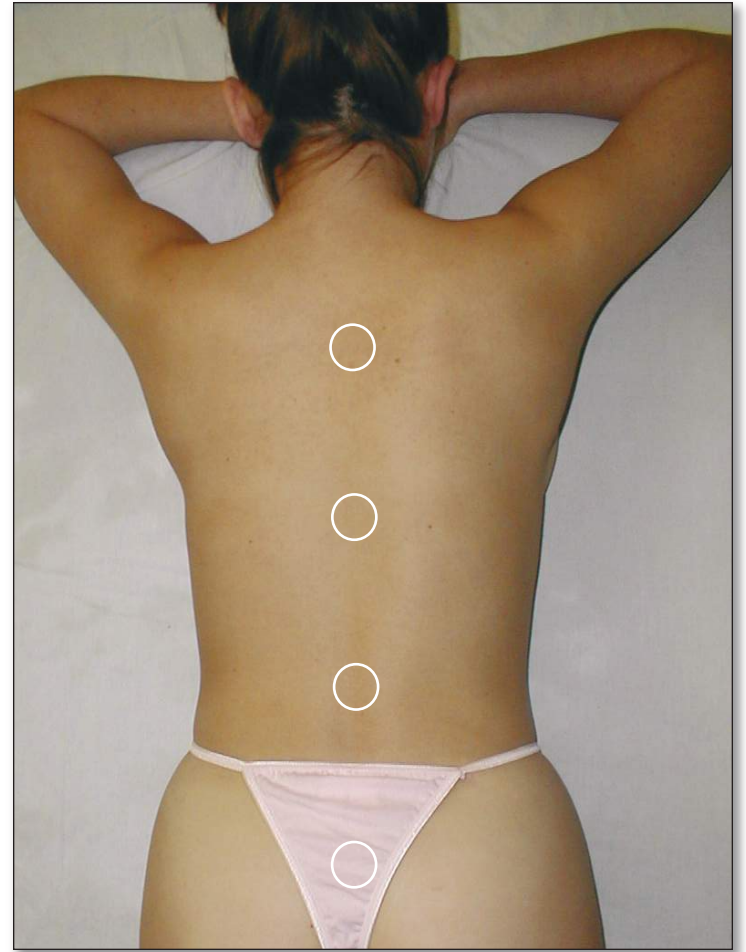
- Place both palms on either side of the spine, level with the scapulae. Use firm pressure in sync with the client's natural exhalation. Move palms down one hand's length and repeat the sequence all the way down the back until level with their sacrum. [REPEAT TWICE]
- Place right palm on the right scapular spine and left palm on the left iliac crest (see illustration on next page). Press firmly to stretch the back muscles in an "X" pattern, working with the client's natural exhalation. Now, place right palm on the left scapular spine and left palm on the right iliac crest. [REPEAT TWICE]
- Use palm over palm pressure directly over the spine (far right illustration on next page), from between the scapulae, down to and including the base of the sacrum with a firm, gradual stroke in rhythm to the client's natural exhalation. [REPEAT TWICE]



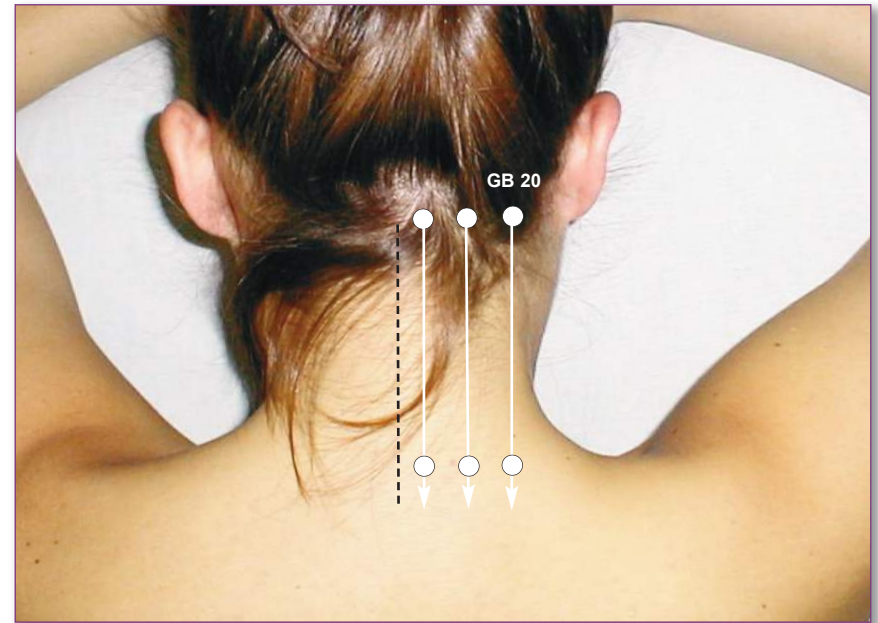
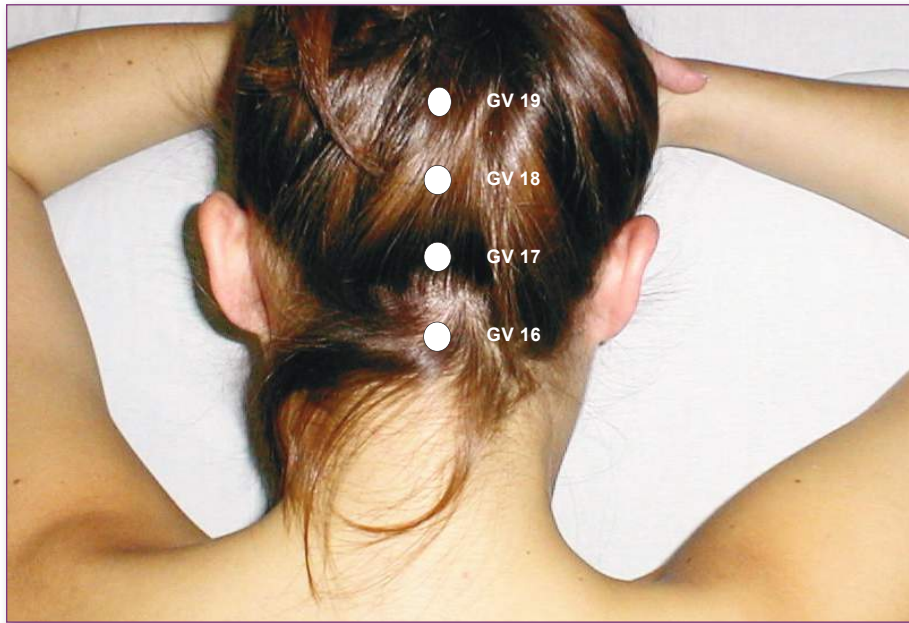
Remember to always press along with the client's natural exhalation. Do not force the client to exhale too quickly by rushing the protocol, as it may cause them to hyperventilate.



*When making the "X" stretch, remember to always press along with the client's natural exhalation.*



*To avoid pressing directly onto the spine, cup your hand making contact with the edges only.*



### Posterior Head & Neck

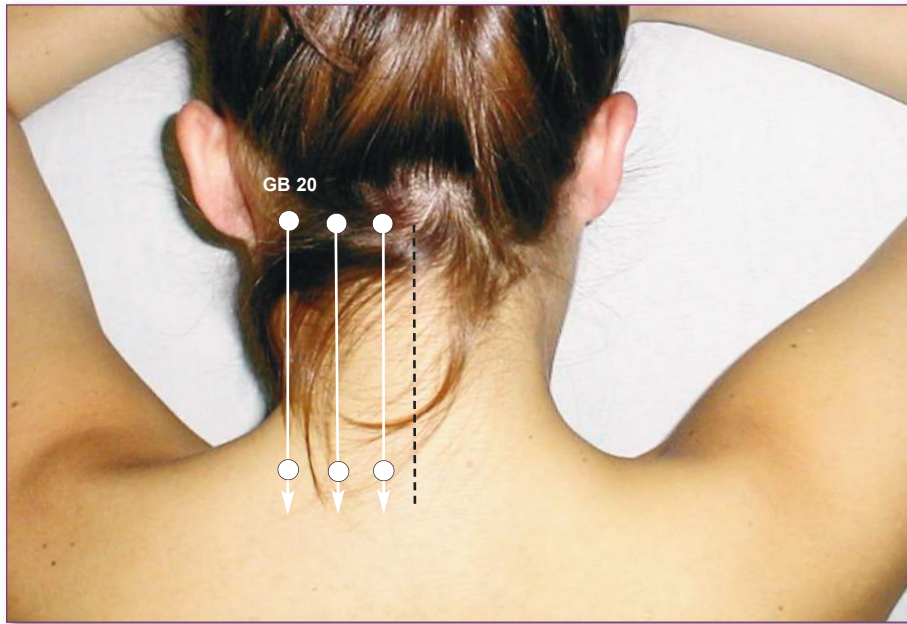
- Use light touch to stroke the back of the head several times, feeling for temperature and muscle tension.
- While gently holding the crown chakra on the head (GV 20) with the right hand (*not illustrated*), apply single thumb to the top three tsubo points on the back of the head, from the top most point down, using moderate to firm pressure. [REPEAT TWICE]
- Work the fourth point, which is found 2 “\*sun” (pronounced **soon**) down from the occipital ridge in the fleshy depression at the nape of the neck. Use firm to deep pressure, holding for several seconds. [REPEAT TWICE]

\* “Sun”, means a thumb’s width. The client’s thumb should be used to measure width. So, two sun would mean two thumb widths.

- Again, while supporting the crown of the head with one hand, use the other to lightly stroke the posterior neck to sense muscle stiffness and skin temperature.

**NOTE:** the black dotted line indicates the midline of the cervical spine where the spinous processes of the spine can be easily palpated.

- Work down on the *right* side of the neck, just off the cervical spine with thumb, moving down the line pressing points an inch or so apart until the base of the neck. [REPEAT TWICE]
- Next, work on top of the large muscle band (*erector spinae*) on either side of the cervical spine, again from the top down using thumb. [REPEAT TWICE]
- Using thumb and opposing fingers, on both lateral edges of the erector spinae, work down the line until the base of the neck. Use moderate to firm pressure. [REPEAT TWICE]



- Now, work down *left* side of the neck, just off the cervical spine with thumb, moving down the line pressing points an inch or so apart until the base of the neck. [REPEAT TWICE]
- Next, work on top of the large muscle band (*erector spinae*) on either side of the cervical spine, again from the top down using thumb. [REPEAT TWICE]
- Using thumb and opposing fingers, on both lateral edges of the erector spinae, work down the line until the base of the neck. Use moderate to firm pressure. [REPEAT TWICE]

**NOTE:** Just off the spinous processes are extraordinary points called “*ji*” that treat spinal pain and internal organ disorders. Points lateral to the cervical spine treat stiff neck and shoulders. Points lateral to the upper thoracic spine treat respiratory and cardiovascular diseases, while points lateral to the lower thoracic spine treat digestive problems. Points lateral to the lumbar spine treat abdominal disorders and problems in the lower extremities.

Points on the posterior head correspond to Governing Vessel 16, 17, 18, and 19.

**CONDITIONS TREATED:**

- Headache
- Migraine
- Fatigue
- Vertigo
- Pain in cervical vertebrae
- Hangover
- Coma due to stroke
- Stiff neck
- Insomnia

These points on the posterior & lateral neck coincide with the Governing Vessel, Urinary Bladder, and Gallbladder meridians.

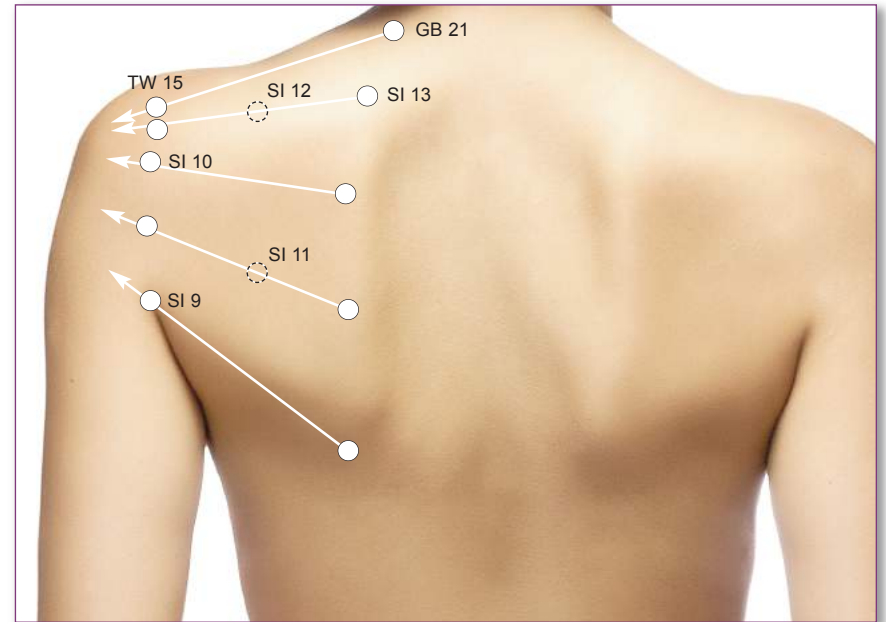
**CONDITIONS TREATED:**

- Headache
- Pain in cervical vertebrae
- Serious neck, back and shoulder pain
- Stiff neck
- Blurred vision
- Diseases in ear, eye, nose, throat, brain and referred stomach pain.
- Cold symptoms

These points on the shoulders, and scapulae correspond to some points on the Small Intestine, Gallbladder, and Triple Warmer meridians.

**CONDITIONS TREATED:**

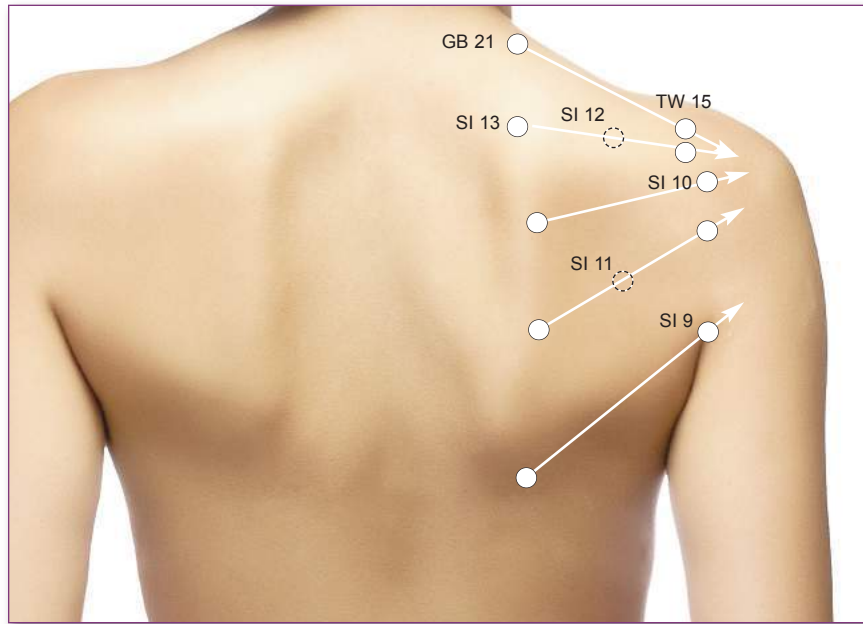
- Stiffness or pain in shoulders and/or arms
- Bursitis
- **Stiff left shoulder** — abnormalities of the heart and/or stomach



**Posterior Shoulders**

Working the left shoulder blade first:

- Use light touch to stroke the shoulders, and scapula.
- Apply moderate pressure with fingers to the shoulder points on top of the trapezius muscle while pulling back with the body, working laterally. [REPEAT TWICE]
- Use moderate thumb pressure to points above, below, through the center of the scapula, and along its outside edge, working laterally. [REPEAT TWICE]



*These points on the shoulders, and scapulae correspond to some points on the Small Intestine, Gallbladder, and Triple Warmer meridians.*

**CONDITIONS TREATED:**

- *Stiffness or pain in shoulders and/or arms*
- *Bursitis*
- **Stiff right shoulder** —  
*abnormalities of the liver and/or gallbladder*

Next, work the right shoulder blade:

- Use light touch to stroke the shoulders, and scapula.
- Apply moderate pressure with fingers to the shoulder points on top of the trapezius muscle while pulling back with the body, working laterally.  
[REPEAT TWICE]
- Use moderate thumb pressure to points above, below, through the center of the scapula, and along its outside edge, working laterally. [REPEAT TWICE]

The points on line two coincide with the Urinary Bladder from points UB 11 through UB 25.

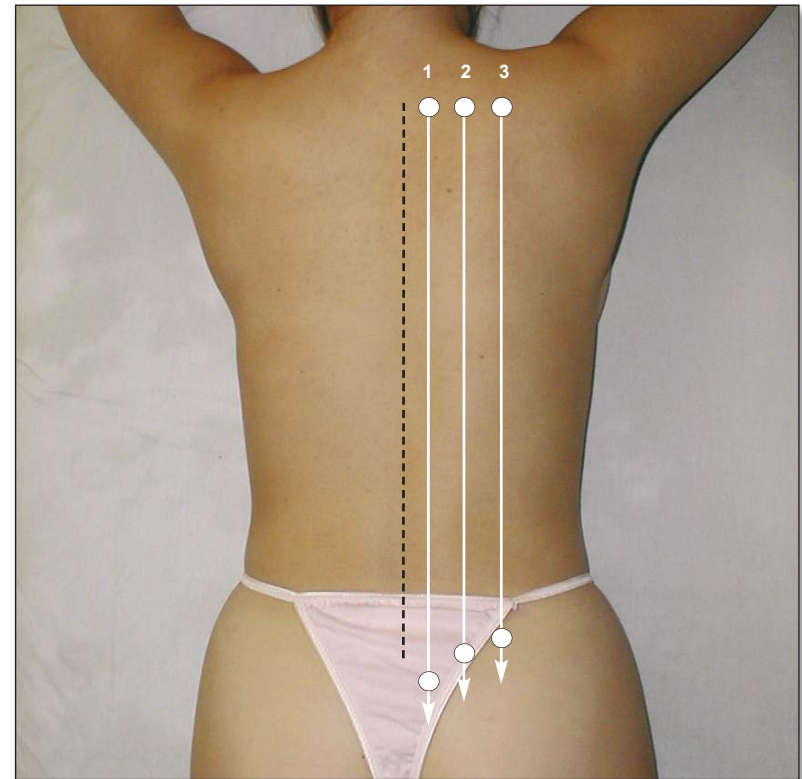
Among these points are the back

“SHU” points used for chronic conditions.

Working these points positively effect and balance energy in all the major organs and organ systems of the body.

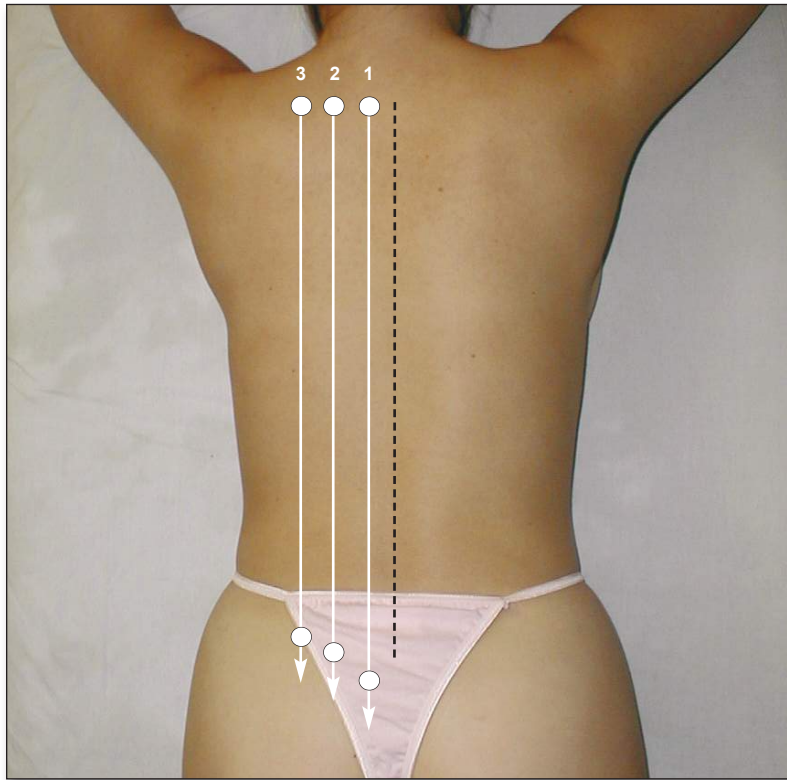
#### CONDITIONS TREATED:

- Bronchitis, asthma, and lung disorders
- Heart diseases and chest pain
- Back pain and lumbago
- Numbness and/or pain in arms and legs
- Stomach and digestive disorders
- Sciatica
- Menstrual disorders
- Bowel disorders
- Hemorrhoids



#### Posterior Thoracic & Lumbar

- Stroke the back to ascertain skin temperature and muscle stiffness.
- Work off the spine on the right side, using broad thumb firmly while the other hand's palm over thumb presses up against lateral edge of spine; activating “*jia ji*” points. Work from upper thoracic to lower lumbar. [REPEAT TWICE]
- Work line 2 out from the spine on top of the erector spinae. [REPEAT TWICE]
- Work line 3 that borders the medial scapula with double thumbs from the top down pressing into the lateral edge of the erector spinae. [REPEAT TWICE]



**NOTE:** *Just off the spinous processes are extraordinary points called “jia ji” that treat spinal pain and internal organ disorders. Points lateral to the cervical spine treat stiff neck and shoulders. Points lateral to the upper thoracic spine treat respiratory and cardiovascular diseases, while points lateral to the lower thoracic spine treat digestive problems. Points lateral to the lumbar spine treat abdominal disorders and problems in the lower extremities.*

- Stroke the back to ascertain skin temperature and muscle stiffness.
- Work off the spine on the left side, using broad thumb firmly while the other hand’s palm over thumb presses up against lateral edge of spine; thus activating the “jia ji” points. Work from upper thoracic to lower lumbar regions.  
[REPEAT TWICE]
- Work line 2 out from the spine on top of the erector spinae. [REPEAT TWICE]
- Work line 3 that borders the medial scapula with double thumbs from the top down pressing into the lateral edge of the erector spinae. [REPEAT TWICE]



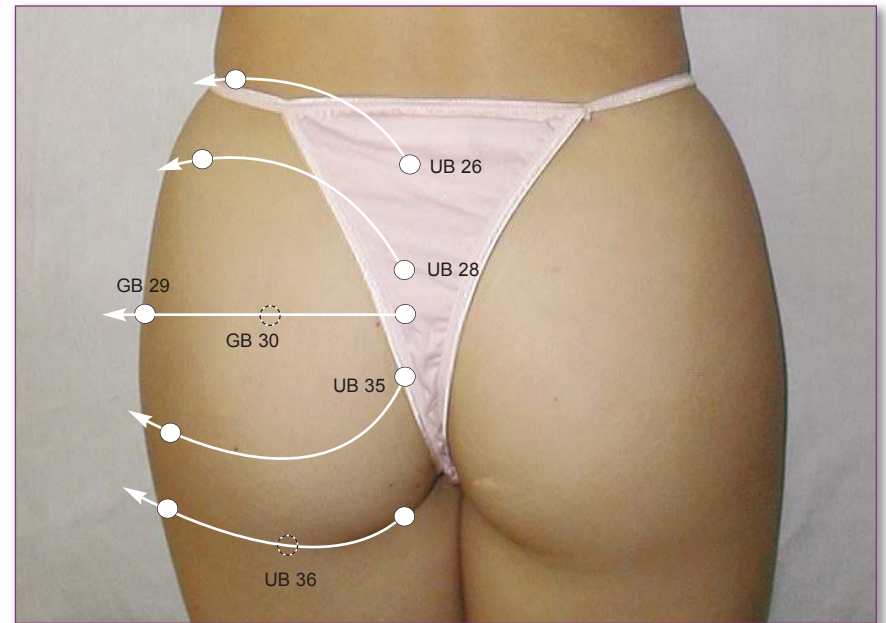
*Sacral points are related to sexual vitality.*

*The points on the buttocks are helpful for gynecological conditions.*

*They correspond with the Governing Vessel, Urinary Bladder and Gallbladder meridians.*

**CONDITIONS TREATED:**

- Abdominal pains
- Pain in waist and hip
- Diarrhea or constipation
- Sciatic pain
- Hemorrhoids
- Colorectal inflammation
- Menstrual irregularity, cramps, or pain
- Sexual impotence/frigidity
- Diseases of the sexual organs



**Hips & Buttocks**

Use deep but gradual pressure to avoid possible sciatic pain.

- Brush the hips and buttocks for skin temperature and tight muscles.
- Work above the iliac crest laterally with overlapping fingers twice. Then work below the iliac crest twice with double thumbs; then, perpendicular to the sacrum laterally out to the hip socket twice; then, lateral to the tailbone in a reverse curve out to the greater trochanter of the femur twice; and lastly from the ischial tuberosity laterally along the gluteal fold to the lesser trochanter of the femur twice.


# Pathways, Points & Indications 7

In both shiatsu and traditional Chinese Medicine, there are twelve organ meridians as well as two extra pathways of reserve *ki* (one of yin and another of yang); fourteen standard pathways in all.

In this chapter, each of these fourteen pathways will be illustrated, along with descriptions of their acupressure points, and respective medicinal indications. Both the Conception Vessel of *yin* energy and the Governing Vessel of *yang* energy flow up along the midline of the body from the crotch. The Conception Vessel begins at the perineum and ends at the lower lip. The Governing Vessel begins superior to the anus, goes over the head and ends inside the upper lip on the upper gum.

## A word of admonition might be noted here:

*The illustrations and descriptions of their locations on the body may not always agree with each other. In concurring with other publications on oriental acupoints, illustrations and descriptions of tsubos often disagreed with each other. However, by using finger, thumb, and palm pressure, enough surrounding tissue can be stimulated to affect tsubos to experience healthful benefits. Only with training can practitioners readily identify exact tsubo points by touch.*

 = Indicates important acupoint

(NOTE: In this last half of the book, you will find dotted lines on the right side of odd numbered pages. When you cut along these dotted lines, each meridian will be tabbed for easy reference.)

EXAMPLE:



Paired Meridians	<b>LUNG</b> (Yin) LARGE INTESTINE (Yang)
Times	3 – 5 AM Strongest Energy 3 – 5 PM Weakest Energy
<b>Element</b>	Metal/Air
<b>Season</b>	Autumn
<b>Color</b>	White/Clear
<b>Taste</b>	Pungent/Spicy
<b>Smell</b>	Rotten/Rank
<b>Emotion</b>	Sorrow
<b>Expression</b>	Weeping
<b>Tissue(s)</b>	Skin & Body Hair
<b>Secretions</b>	Feces
<b>Sense Organ</b>	Nose
<b>Indicator</b>	Skin & Body Hair
<b>Desire/Value</b>	Order & Reason Aesthetics Definition Simplicity Correctness Standards
<b>Fear/Difficulty</b>	Vagueness Intemperance Carelessness Spontaneity Nonsense Chaos
<b>General Imbalance</b>	Diarrhea / Constipation Cold Limbs Circulation Lung Disorders Phlegm Backaches Cold & Flu Respiratory
<b>Grain</b>	Rice
<b>Fruit/Nut</b>	Chestnut
<b>Vegetable</b>	Onions
<b>Meat</b>	Horse

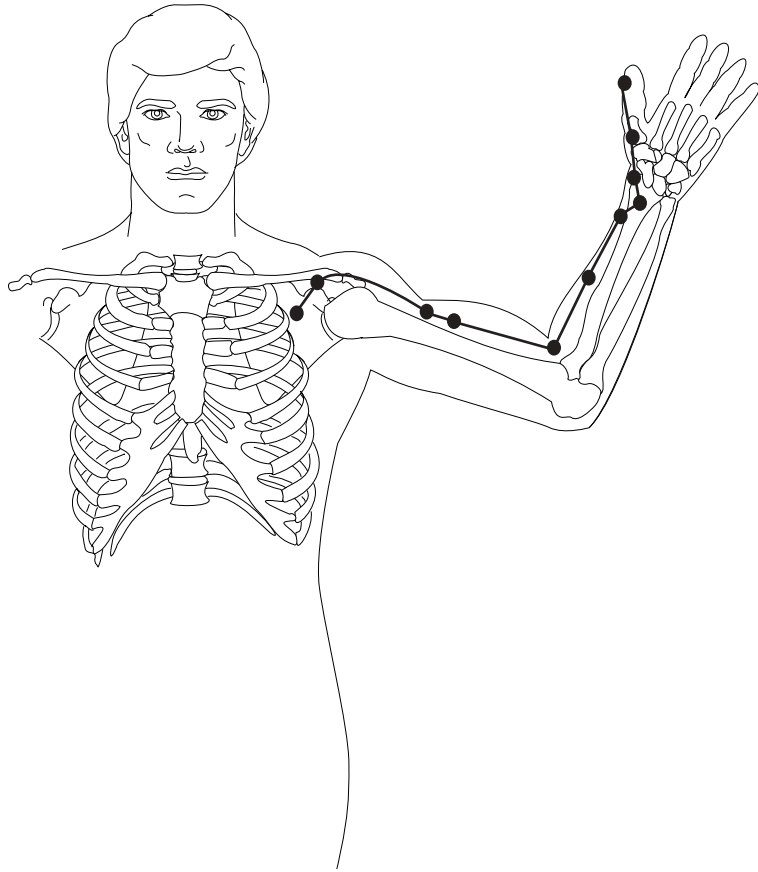
## LUNG MERIDIAN —

### Kyo Physical Manifestations:

- *Prone to being Overweight*
- *Elimination Difficulties*
- *Heaviness in Head*
- *Difficulty Breathing*
- *Susceptible to Cold/Flu*
- *Inflammation of Respiratory Organs*

### Jitsu Physical Manifestations:

- *Prone to Nasal Congestion*
- *Coughing Chest*
- *Constipation*
- *Shoulder Pain*
- *Asthma / Bronchitis*
- *Tight Chest Muscles*



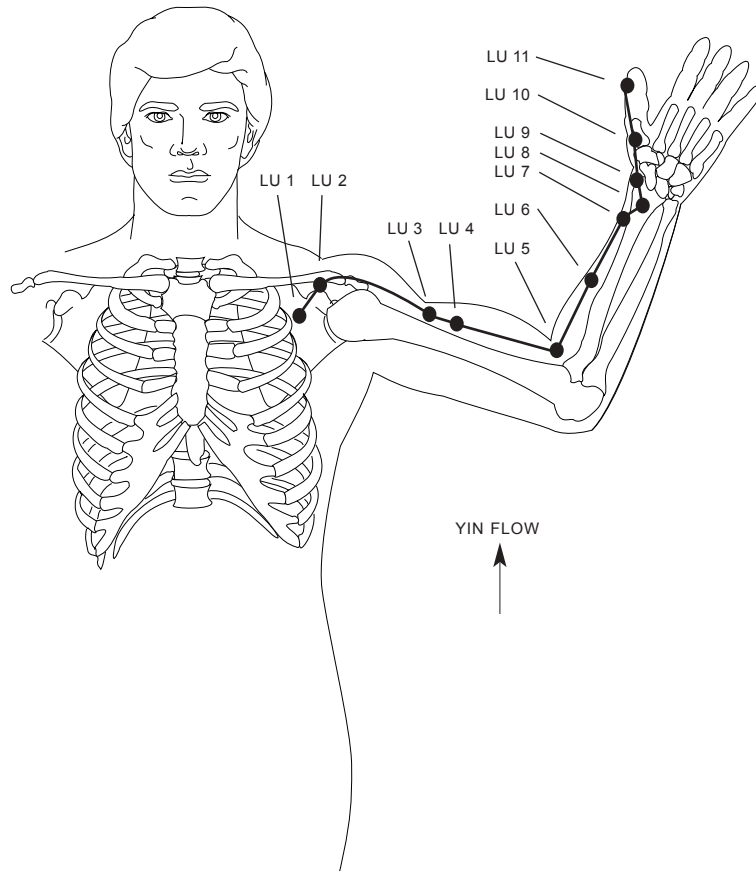
### **LUNG Meridian Pathway—**

*The Lung Meridian*

*begins just below the coracoid process of the scapula on the anterior chest in a natural depression superior to the nipple line and below the clavicle.*

*It proceeds above the coracoid process, over the shoulder joint on the anterior deltoid muscle and out the antero-radial side of the arm, past the wrist joint and out to the proximal radial corner of the thumb nail.*

*Yin energy flows up the front and inside surfaces of the body. This illustration, and others showing meridians that run along the arms, show the arm in its Chinese anatomical position in order to demonstrate the correct direction of energy flow.*



**LU 1** **Location:** *Inferior to the coracoid process of the scapula, in the fleshy depression between the arm and chest — (press toward the ribs).*  
**Indications:** *Front Mu\* point good for all acute lung disorders; chest pain; cough; asthma; emphysema; shoulder or back pain; heart diseases.*

**LU 2** **Location:** *Between the acromioclavicular joint and the coracoid process of the scapula.*  
**Indications:** *Pain in the shoulder, arms, chest, and ribs; asthma; cough; difficulty in stretching out arms.*

**LU 3** **Location:** *Three sun inferior to the armpit on the anterior surface of the arm, in a depression between the anterior portion of the deltoids and the biceps brachii.*  
**Indications:** *Asthma; bloody nose; upper arm pain; lung diseases.*

**LU 4** **Location:** *Two sun inferior to LU 3 and five sun superior to LU 5.*  
**Indications:** *Chest pain; neuralgia of the upper arm; cough; asthma.*

**LU 5** **Location:** *On the anterior aspect of the elbow joint, in the cubital crease.*  
**Indications:** *LU meridian sedation point; pain and swelling of the arm or elbow; cough; asthma; sore throat; immune system enhancement.*

**LU 6** **Location:** *Seven sun proximal to the radial crease of the wrist.*  
**Indications:** *Pain and difficulty moving fingers, arm or elbow; cough; asthma; lung diseases; headache.*

**LU 7** **Location:** *One and a half sun proximal to the radial wrist joint.*  
**Indications:** *Cough; pain in the elbow, wrist, and hand; facial paralysis; migraine headache; cold symptoms; toothache.*

\* MU in Chinese, or YU in Japanese

**LU 8** **Location:** *One sun proximal to the radial aspect of the wrist joint.*

**Indications:** *Wrist pain; asthma; cough; sore throat.*

**LU 9** **Location:** *Directly on the lateral aspect of the wrist joint at the crease.*

**Indications:** *LU meridian tonification point & ki source point; cough; asthma; sore throat.*

**LU 10** **Location:** *The center of the metacarpal of the thumb, palmer surface.*

**Indications:** *Carpal tunnel syndrome; toothache; headache; stomachache; cough; asthma; fever; sore throat.*

**LU 11** **Location:** *Radial side of thumb, in the proximal corner of nail bed.*

**Indications:** *Pain in fingers; pharyngitis; hoarse voice; vomiting; hiccups.*

*The unique identifying characteristic of the Lung Meridian is it's the only meridian that runs along the anterior thumb. The Lung meridian primarily works on coughs and asthma/lung disorders. In tandem with the Large Intestine meridian, these two meridians control or strengthen the body's immune system — specifically LU 5 and LI 11 — however, massaging both meridians during cold & flu season seem to keep viral illnesses at bay.*

Paired Meridians	<ul style="list-style-type: none"> <li>LUNG (Yin)</li> <li><b>LARGE INTESTINE</b> (Yang)</li> </ul>
Times	<ul style="list-style-type: none"> <li>3 – 5 AM Strongest Energy</li> <li>3 – 5 PM Weakest Energy</li> </ul>
<b>Element</b>	Metal/Air
<b>Season</b>	Autumn
<b>Color</b>	White/Clear
<b>Taste</b>	Pungent/Spicy
<b>Smell</b>	Rotten/Rank
<b>Emotion</b>	Sorrow
<b>Expression</b>	Weeping
<b>Tissue(s)</b>	Skin & Body Hair
<b>Secretions</b>	Feces
<b>Sense Organ</b>	Nose
<b>Indicator</b>	Skin & Body Hair
<b>Desire/Value</b>	<ul style="list-style-type: none"> <li>Order &amp; Reason</li> <li>Aesthetics</li> <li>Definition</li> <li>Simplicity</li> <li>Correctness</li> <li>Standards</li> </ul>
<b>Fear/Difficulty</b>	<ul style="list-style-type: none"> <li>Vagueness</li> <li>Intemperance</li> <li>Carelessness</li> <li>Spontaneity</li> <li>Nonsense</li> <li>Chaos</li> </ul>
<b>General Imbalance</b>	<ul style="list-style-type: none"> <li>Diarrhea / Constipation</li> <li>Cold Limbs</li> <li>Circulation</li> <li>Lung Disorders</li> <li>Phlegm</li> <li>Backaches</li> <li>Cold &amp; Flu</li> <li>Respiratory</li> </ul>
<b>Grain</b>	Rice
<b>Fruit/Nut</b>	Chestnut
<b>Vegetable</b>	Onions
<b>Meat</b>	Horse

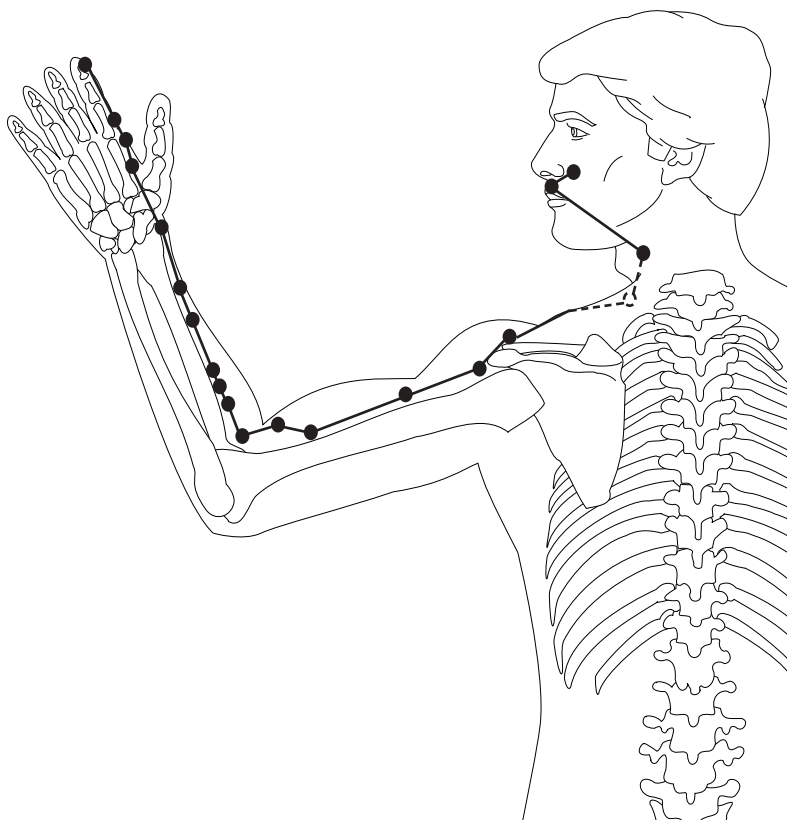
## LARGE INTESTINE MERIDIAN—

### Kyo Physical Manifestations:

- *Dry or Congested Nasal Passages*
- *Weak Bronchial Tubes*
- *Prone to Diarrhea with Coarse Foods*
- *Poor Circulation of Lower Abdomen*
- *Tendency to Shiver*
- *Malfunctioning Large Intestine*

### Jitsu Physical Manifestations:

- *Headaches with Flushed Complexion*
- *Runny or Bloody Nose*
- *Prone to Tonsillitis*
- *Tendency to Overeat*
- *Prone toward Inflammations*
- *Lower Teeth Pain*



*\* Most sources for the Large Intestine meridian have conflicting ways of describing and showing the last two points by the nose. Some show the two points on the same side of the body as the remainder of the points, while others show the two points across the face from the other points. It is shown both ways, but is only described as crossing the face.*

### **LARGE INTESTINE Meridian Pathway —**

*The Large Intestine Meridian*

*begins at the radial side of the index finger, in the proximal corner of the nail.*

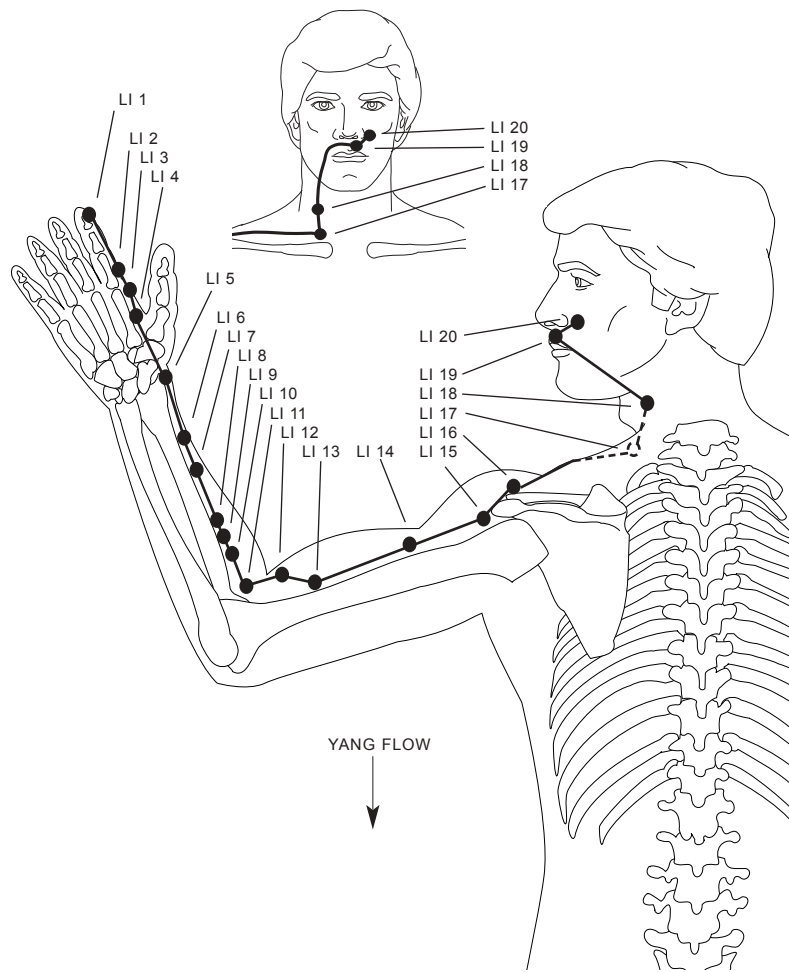
*It proceeds proximally along the posterior-radial side of the arm.*

*Near the shoulder joint, it runs between the anterior and lateral portions of the deltoid muscle.*

*It runs along the superior edge of the clavicle bone, up the anterior portion of the sternocleido-mastoid muscle of the neck, across the face\* to connect under the nostril and just lateral to the nostril on the opposing side of the body.*

*The unique identifying characteristic of the Large Intestine Meridian is it's the only meridian that end just under the nose. The two metal element meridians strengthen the body's immune system — specifically LU 5 and LI 11. Massaging both meridians during cold & flu season seem to keep viral illnesses at bay.*





**LI 1** **Location:** Radial side of index finger, in the proximal corner of the nail.  
**Indications:** Shoulder or back pain; pain and swelling of the upper limbs; fullness in the chest; cough; deafness; coma from apoplexy; toothache; swollen neck; tonsillitis; hoarse voice; finger numbness.

**LI 2** **Location:** The radial side of the index finger, on the proximal end of the proximal phalanx.  
**Indications:** LI meridian paired sedation point with LI 3; pain in the shoulder and back, pain and swelling of the upper limbs; contorted facial features; toothache; tonsillitis; dry mouth; bloody nose.

**LI 3** **Location:** On the radial side of the hand, on the distal end of the second metacarpal bone.  
**Indications:** LI meridian paired sedation point with LI 2; finger or hand swelling; pain in nape of neck; bloated stomach; indigestion; asthma; dry mouth; pain in pharynx and larynx; pain in teeth of lower jaw; eye ache; kink in neck; tongue hanging out; undue sleepiness.

**LI 4** **Location:** On the radial side of the hand, in the middle of the second metacarpal bone.  
**Indications:** LI meridian ki source point; headache or migraine; pain in the arm; cold symptoms; stiff back; pain or injury to ear, eye, mouth, nose, or throat; numbness of facial nerves; finger spasm.

**LI 5** **Location:** The depression on the radial side of the dorsum of the wrist when the thumb is tilted upward.  
**Indications:** Wrist pain; headache; chest pain; colic.

**LI 6** **Location:** Three sun proximal to LI 5, on postero-radial side of the arm.  
**Indications:** Soreness or pain of the wrist, elbow, arm, or shoulder; sore throat; toothache; migraine; (tinnitus) ringing in the ears.

- LI 7** **Location:** *Five sun proximal to LI 5, on the postero-radial side of arm.*  
**Indications:** *Soreness or pain in the arm and shoulder.*
- LI 8** **Location:** *Four sun distal to the bend in the arm on its radial side.*  
**Indications:** *Pain in the elbow and arm; abdominal pain; dizziness.*
- LI 9** **Location:** *Three sun distal to bend in the arm, on its radial side.*  
**Indications:** *Soreness or pain in the hand, arm, shoulder, or foot; abdominal pain; migraine.*
- LI 10** **Location:** *Two sun distal to the bend in the arm, on its radial side.*  
**Indications:** *Soreness/pain in the arm and shoulder; numbness due to exposure to cold temperatures; facial contortion; apoplexy (effects of stroke); abdominal pain; diarrhea; gurgling noise in intestines; strengthens immunity.*
- LI 11** **Location:** *In the depression on the radial side of the radiohumeral joint of the arm while the elbow is bent.*  
**Indications:** *Tonification point; pain and swelling on dorsum of hand; pain when the elbow locks; fever; fullness in the chest; ear ache; dizziness; epilepsy; hypertension; throat numbness; immune system enhancement.*
- LI 12** **Location:** *One sun superior to the lateral epicondyle of the humerus.*  
**Indications:** *Elbow joint and shoulder pain; upper extremity numbness.*
- LI 13** **Location:** *Three sun superior to the depression on the radial side of the radio-humeral joint of the arm.*  
**Indications:** *Pain in the elbow and arm when lifting.*
- LI 14** **Location:** *Lateral humerus, anterior to lateral deltoid muscle.*  
**Indications:** *Pain in the elbow and arm when lifting; stiff neck; atrophy in the muscles of the brachium; eye disorders.*
- LI 15** **Location:** *In the depression of acromion when the arm is fully abducted.*  
**Indications:** *Soreness/pain in the elbow, arm, and shoulder when lifting; numbness in the upper extremities.*
- LI 16** **Location:** *In the depression between the acromioclavicular joint and the spine of the scapula.*  
**Indications:** *Pain in arm & shoulder when trying to straighten arm; pain in the back and upper arm; epilepsy caused by fright.*
- LI 17** **Location:** *At the lateral edge of sternocleidomastoid, where it attaches to the sternum.*  
**Indications:** *Pain in neck, and swelling in pharynx & larynx.*
- LI 18** **Location:** *Two sun superior to LI 17.*  
**Indications:** *Pain in neck; pain and swelling in the pharynx and larynx; asthma; too much phlegm.*
- LI 19** **Location:** *Directly below the nostril.*  
**Indications:** *Bloody nose; facial nerve numbness; stuffy nose.*
- LI 20** **Location:** *One sun lateral to the nostril.*  
**Indications:** *Bloody/stuffy nose; asthma; facial nerve numbness.*

Paired Meridians	<ul style="list-style-type: none"> <li>└ <b>STOMACH</b> (Yang)</li> <li>└ SPLEEN (Yin)</li> </ul>
Times	<ul style="list-style-type: none"> <li>└ 7 – 9 AM Strongest Energy</li> <li>└ 7 – 9 PM Weakest Energy</li> </ul>
<b>Element</b>	Earth
<b>Season</b>	Late Summer / Indian Summer
<b>Color</b>	Yellow to Orange
<b>Taste</b>	Sweet
<b>Smell</b>	Fragrant
<b>Emotion</b>	Worry
<b>Expression</b>	Singing
<b>Tissue(s)</b>	Muscles
<b>Secretions</b>	Saliva
<b>Sense Organ</b>	Mouth
<b>Indicator</b>	Lips
<b>Desire/Value</b>	Relationships / Family Sharing Harmony Loyalty Diplomacy Involvement
<b>Fear/Difficulty</b>	Emptiness Insecurity Impermanence Aloneness Change Conflict
<b>General Imbalance</b>	Appetite / Eating Disorders Belching / Indigestion Vomiting Hiccups Menstruation Prolapse Herniations
<b>Grain</b>	Rye
<b>Fruit/Nut</b>	Apricot
<b>Vegetable</b>	Scallions
<b>Meat</b>	Beef

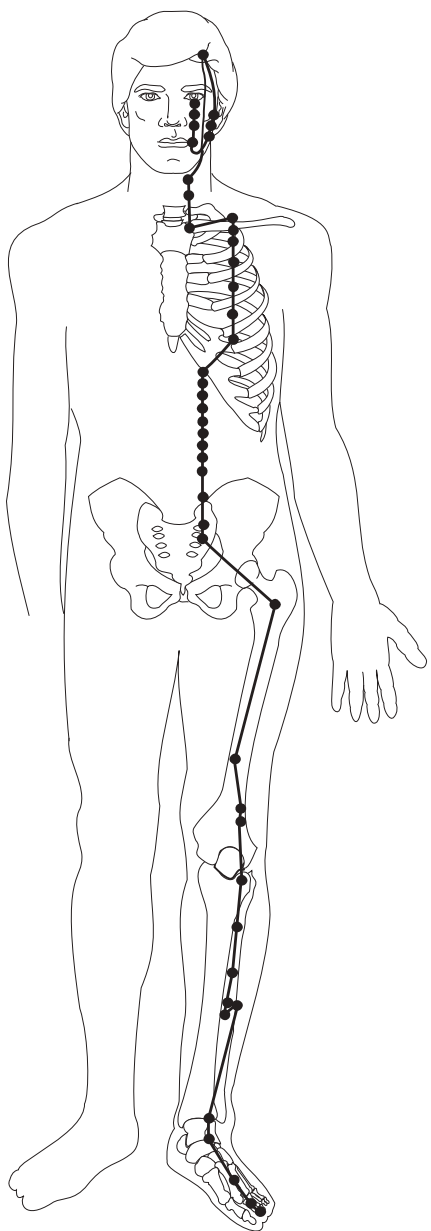
## STOMACH MERIDIAN —

### Kyo Physical Manifestations:

- *Easily Fatigued*
- *Rigid Musculature*
- *Chronic Gastritis*
- *Hanging or Distended Abdomen*
- *Cold Abdomen & Lower Abdomen*
- *Frequent Yawning*

### Jitsu Physical Manifestations:

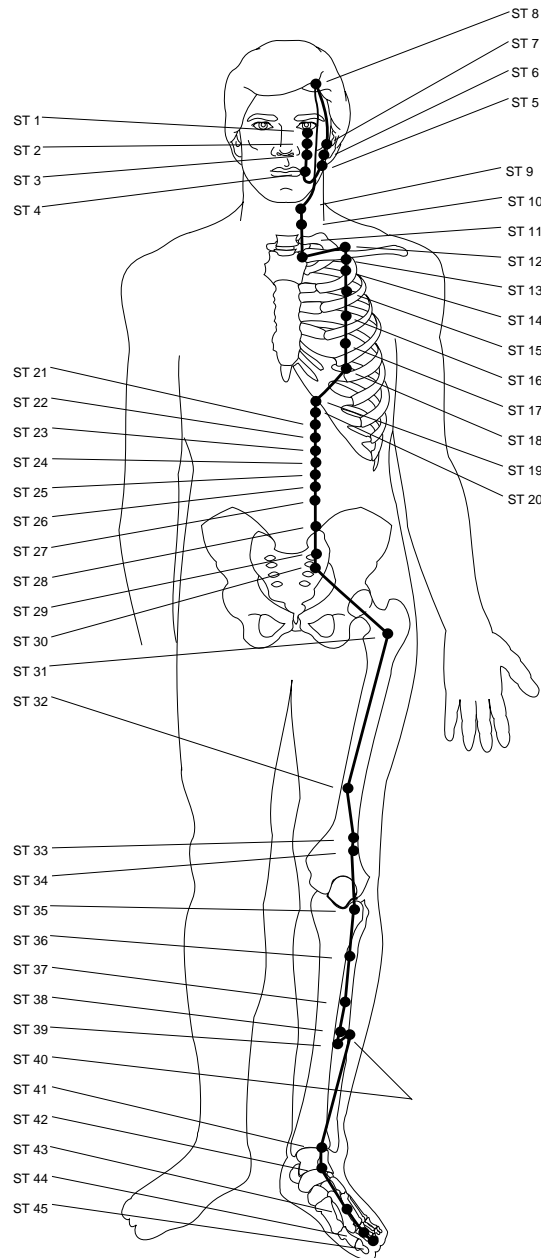
- *Cold Sore / Fever Blisters*
- *Malfunctioning of the Female Organs*
- *Belching / Vomiting*
- *Tendency to be Anemic*
- *Heaviness in Stomach*
- *Rough / Dry Complexion*



### **STOMACH Meridian Pathway —**

*The Stomach Meridian begins between the eyeball and the infra-orbital ridge. It travels down to the corner of the mouth. From there, it travels up the jaw and to one half inch into the corner of the hairline of the forehead. It then loops down the face and neck, just lateral to the Adam's apple to the sternum. It travels along the clavicle to the nipple line, down to the fifth intercostal space, veers medially level with the seventh rib and just lateral to the rectus abdominus muscle. It travels down along this line to 7 inches inferior to the umbilicus, then veers laterally to anterior to the top of the femur. It travels down along the femur, lateral to the kneecap, and down again just lateral to the tibia's crest. Half way down the leg, it juts up and out one inch, then travels down the leg, along the top of the foot and out between the second and third toe, to the lateral posterior corner of the nail bed of the second toe.*

YANG FLOW



- ST 1** **Location:** Between the eyeball and the infra-orbital ridge.  
**Indications:** Pain in the eye; ringing in the ear; deafness; difficulty in articulating sounds; headache.
- ST 2** **Location:** Inferior to ST 1, in the depression at infra-orbital foramen.  
**Indications:** Diseases of eye; headache; dizziness; facial paralysis; facial twitching.
- ST 3** **Location:** Lateral to the nostril, in line with the pupil of the eye.  
**Indications:** Diseases of eye; facial nerve disorders; facial beauty.
- ST 4** **Location:** One sun lateral to the corner of the mouth.  
**Indications:** Facial paralysis; diseases of the eye; swollen foot; toothache; inflamed inner mouth.
- ST 5** **Location:** Anterior to the lower angle of the mandible.  
**Indications:** Facial nerve disorders; toothache; fever; mumps.
- ST 6** **Location:** Anterior and superior to the angle of the mandible.  
**Indications:** Ringing in the ear (tinnitus) ; dizziness; facial nerve disorders; toothache; apoplexy; inflammation of the ear.
- ST 7** **Location:** In the depression at the inferior posterior border of the zygomatic arch and anterior to the condyloid process of the mandible.  
**Indications:** Same as ST 6, except for apoplexy (effects of stroke).
- ST 8** **Location:** One half sun in from the hairline at the forehead's corner.  
**Indications:** Headache; lack of blood to the brain; eye disorders.
- ST 9** **Location:** Posterior to the carotid artery on the anterior edge of the sternocleidomastoid muscle.  
**Indications:** Asthma; laryngitis; glandular disorders.

# Appendix A:

**T**HESE BREATHING EXERCISES KEEP YOUR PERSONAL CHI AT OPTIMAL levels, get you ready to give shiatsu sessions, and channel universal chi to others.

The exercises can be done daily to help center and ground yourself as part of your morning wakeup ritual. They can help strengthen you by storing up reserves of universal chi to keep you healthy at all times. And, of course, when your chi is at optimal levels, you can breathe in universal chi and with every exhalation channel/share it with the patients you touch and/or have a focused intent on sending them healing energy no matter where they physically reside.



**Grounding:** Photo is of a Lotus position, where breathing begins along with the image of sending roots – like a tree – from the base of your spine down into the earth with every exhalation. Inhale relaxation, exhale stress. Do this until you feel grounded/centered. When fully grounded, move onto the “clearing” exercise.

# Breathing Exercises

# A



**Clearing Part 1:** Move your hands up with every inhalation. Breathe in the healing, compassion, and nurturing of Mother Earth from the ground up through the roots and into your body, then . . .



**Clearing Part 2:** Move your hands up past your crown chakra then out and down with every exhalation. Imagine this healing energy (chi) effortlessly moving up through your chakras clearing all negativity and blockages up and out the top of your head to be filtered back through Mother Earth. Do this exercise until you feel your chakras are clear.



**Mother Earth:** Prior to giving shiatsu go through the next set of exercises. With every inhalation imagine breathing all the compassion, nurturing and healing up from Mother Earth while. . .



**Father Sky:** At the same time, breathing in all the knowledge and wisdom of Father Sky down through the crown chakra at the top of your head to be . . .





**Father Sky (continued):** Melded in the belly to heal not only yourself, but to store healing chi in your hara, then . . .



**Send Out CHI Through Hands:** With every exhalation send all that healing universal chi out through your palm chakras to those who need it; both close by (*your hands on patient*) and remotely (*those who need it throughout the world*). Do this set of exercises prior to giving shiatsu or a healing session. It will keep your personal chi at optimal levels to get you ready to facilitate healing others.