



HeartMind Shiatsu Basic Training

Boulder, 2016



HeartMind Shiatsu 101: Meridian Magic

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& Becky Whitmer

History of Shiatsu

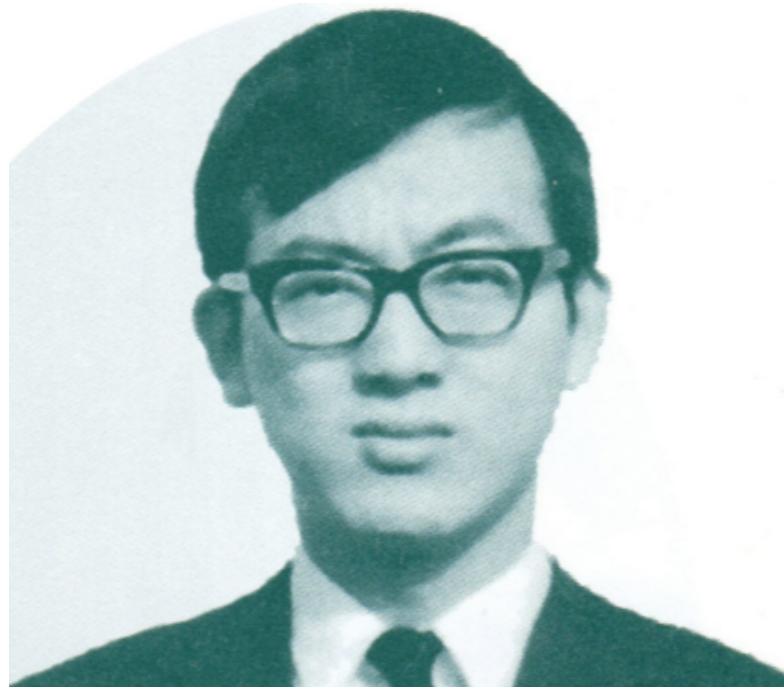
- Starts with the history of touch itself. When we hurt ourselves, it's only natural to hold, rub and soothe the affected part. As babies, we either die if touch deprived, or suffer from arrested development.
- Chinese thought came to Japan in the years 538-552 C.E. With it came Buddhism, Taoism, and Confucianism.
- Founded in traditional Chinese medical theory as interpreted through Japanese interests and sensitivities.
- Literal English Translation from Japanese: Shi = finger + Atsu = pressure

HeartMind Shiatsu: Our Lineage

Shizuto Masunaga



Wataru Ohashi



Matthew Sweigart



Our Lineage:

Shizuto Masunaga

1. Zen Shiatsu - identified with Masunaga's Shiatsu method
2. Two hand technique termed "Mother/Messenger Hand"
3. Multiple points of contact, involving fingers, palms, elbow, and knees
4. Hara and Back diagnostic areas
5. Theory of Kyo and Jitsu energy patterns



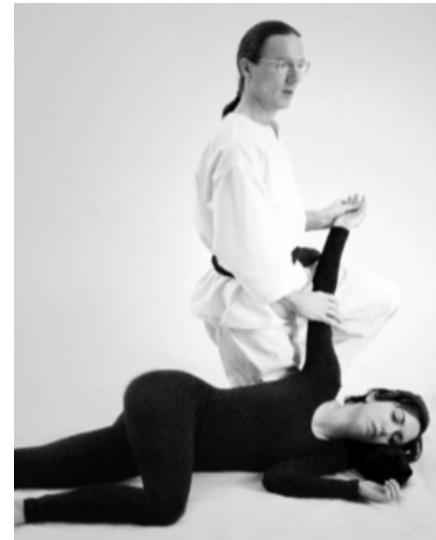
Our Lineage: Wataru Ohashi

1. Student of Masunaga
2. Detailed and robust physical practice
3. Emphasis on cross-patterned movement, coordinating opposite hands and knees



Our Lineage: Matthew Sweigart

1. Founder and Director of HeartMind Shiatsu, Certified Ohashiatsu® Instructor from 1989 to 2003
2. Meridian Gesture Qigong
3. Emphasis on personal cultivation, and the deep development of a classical Chinese medical understanding



What is HeartMind Shiatsu?



- A traditional Shiatsu style in the Masunaga/Ohashi lineage
- Touch therapy inspired by the intelligence of the heart
- Fun, invigorating and life promoting practice
- Sensitive touch communication between giver and receiver
- Personal development through meditation, qigong and yoga
- Founded in classical Chinese medicine
- Therapeutic focus on what is right, not what is wrong

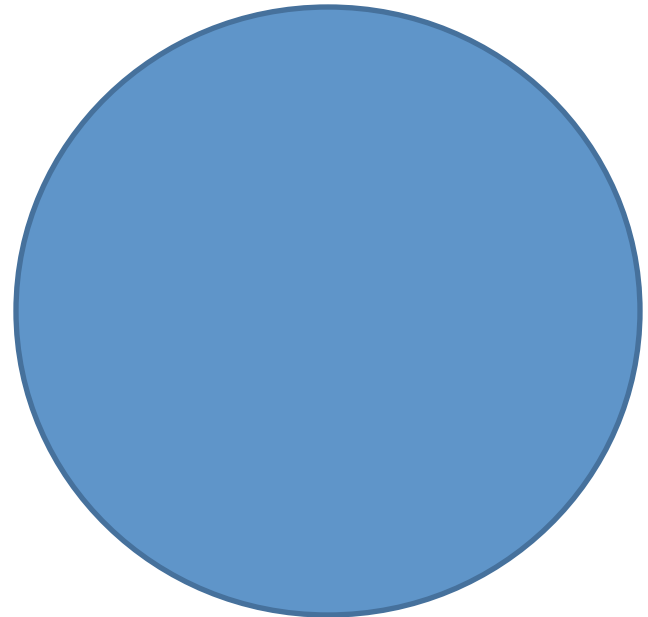
Setting the Stage

1. Original Source - Wuji
2. Yin and Yang - shady side and sunny side
3. Hito = Human
4. Foundations of Shiatsu

Foundations of Classical Chinese Medicine

First there was WUJI

- Undifferentiated oneness
- Original source
- Universe
- Emptiness
- No distinctions
- Void

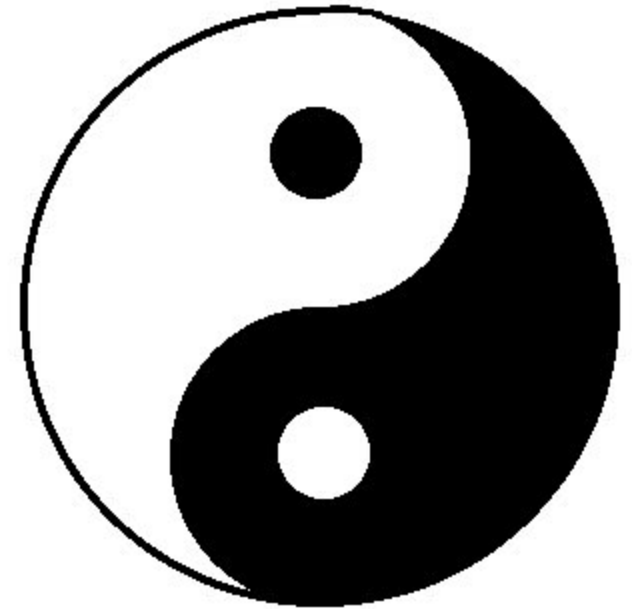


Foundations of Classical Chinese Medicine

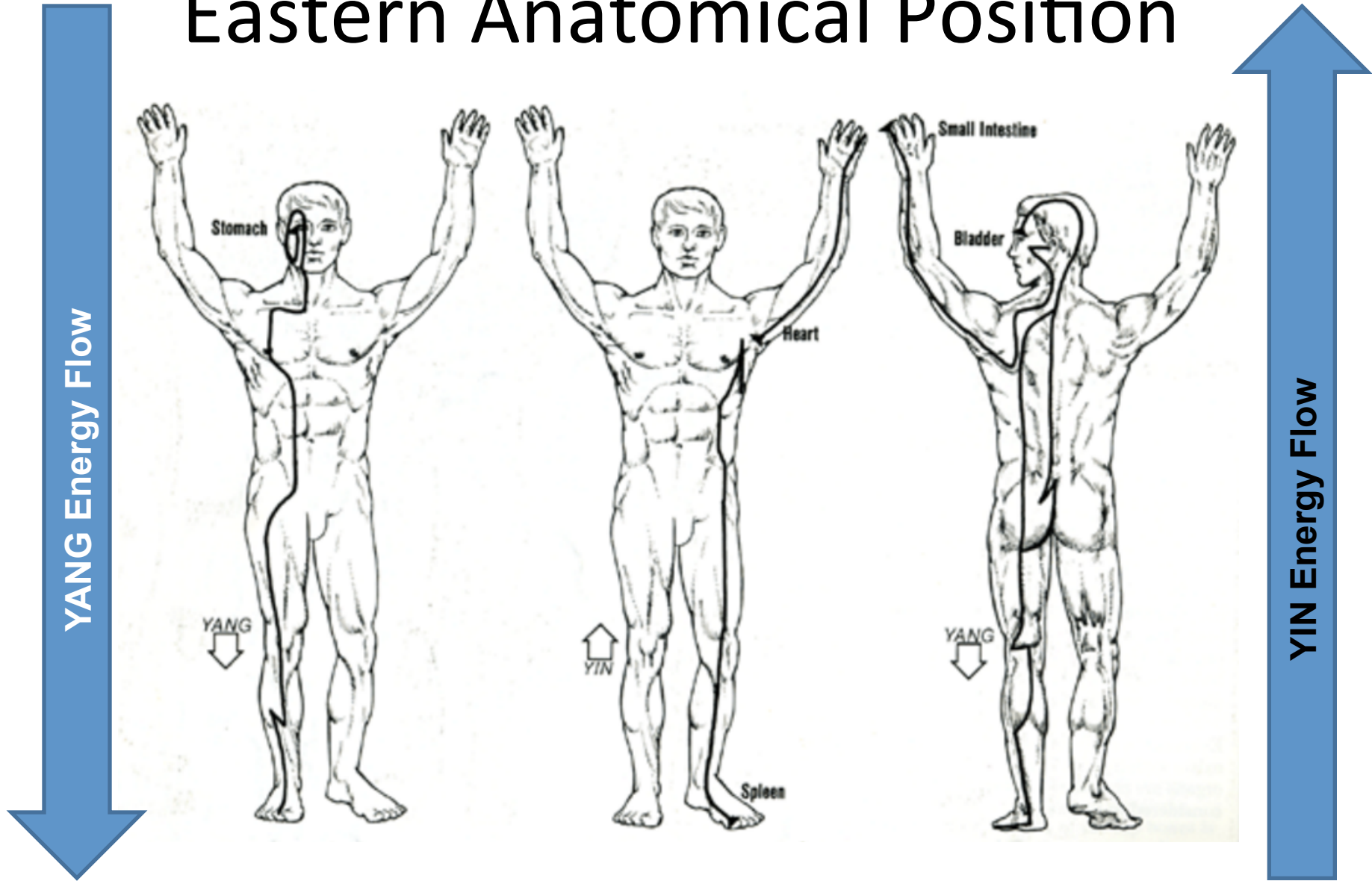
Then Tai Chi Chu

- Yin/Yang
- Opposites that make the whole
- Balance
- Moving into each other
- Contain one another
- Infinitely divisible
- Interconsuming
- Complementary
- Relative

Dynamic, constant state of change



Eastern Anatomical Position



Foundations of Classical Chinese Medicine

Yin	Yang
Cold	Hot
Female	Male
Wet	Dry
Feminine	Masculine
Inside	Outside
Soft	Hard
Dark	Light
Night	Day
Sadness	Happiness
Full	Empty
Material	Ethereal
Earth	Heaven
Gentle	Aggressive
Water	Fire
Stillness	Action
Shady side	Sunny side

Now your turn....

If YANG is hot
and YIN is cold

What is warm?

Hito = Human



Foundations of Shiatsu

The Five Principles of Zen Shiatsu

1. **RELAX**—sense the receiver's Ki without interference of distracting tension or thoughts.
2. **PENETRATION, NOT PRESSURE**—penetrate into the receiver's Ki dimension, not pressing on the surface tissues.
3. **STATIONARY, PERPENDICULAR CONTACT** – listen to and sense the receiver's Ki dimension.
4. **TWO-HAND CONNECTEDNESS**— use stationary yin mother hand to support the active yang messenger hand, establish connection between the active and receptive.
5. **MERIDIAN CONTINUITY**— follow receiver's Ki throughout the course of the meridian, rather than specific points only.

Crawling



Crawling

Introducing 3 new terms:

1. Homolateral – same side
2. Homologous – having the same relation, relative position
3. Cross Patterned – coordinating opposite hands and feet/knees/legs

More Crawling



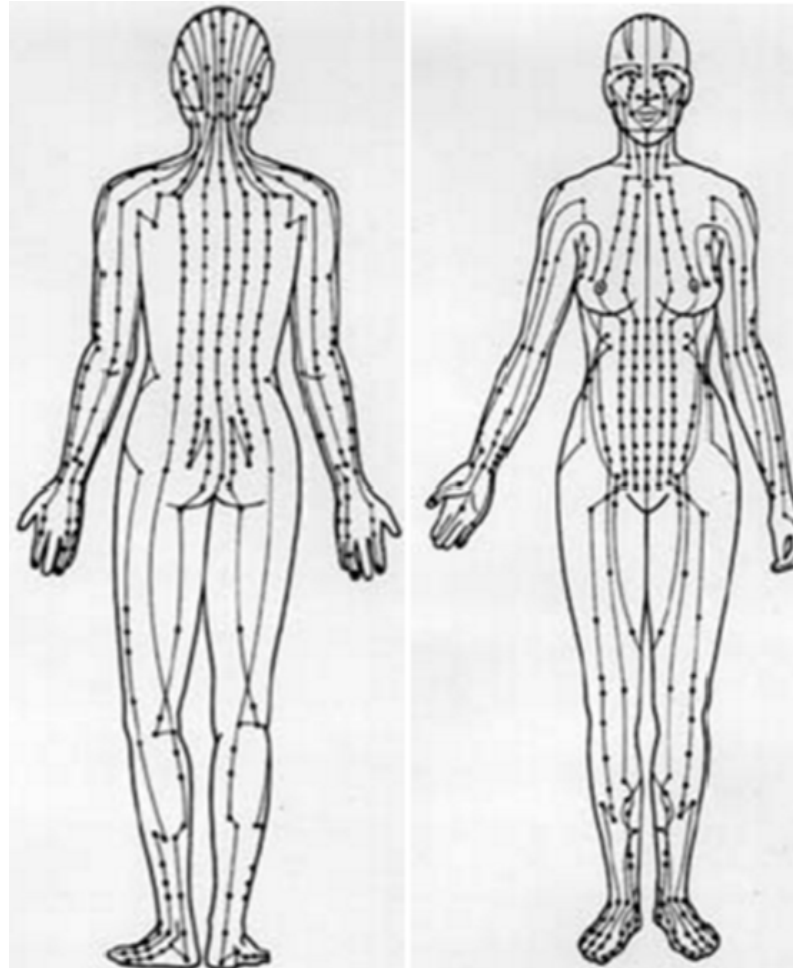
3 Levels of Health

1. Reflexive – Tendino-muscle channels, physical body
2. Conditioned – Regular channels, energy body, subtle body, knowledge, beliefs, values, attitudes, faith
3. Constitutional – Destiny – Extraordinary Vessels

Contraindications

1. Pregnancy
2. Acute Illness with fever
3. Osteoporosis
4. High Blood Pressure
5. Chronic Fatigue Syndrome
6. Other

Meridians of Classical Chinese Medicine



Meridians of Classical Chinese Medicine

Yin	Yang
Lung	Large Intestine
Spleen	Stomach
Heart	Small Intestine
Kidney	Bladder
Pericardium	Triple Heater
Liver	Gall Bladder

Welcome to Meridian Magic!