

Following Ki – Meridian free Shiatsu

Please see article “Tracing Ki – meridianfree Shiatsu” at <https://wilfriedrappenecker.eu/texte-und-veroeffentlichungen/#artikel>

Zen Shiatsu, the meridian shiatsu developed by Masunaga, is the kind of shiatsu, which is usually practiced and taught in the West. The qualities and possibilities of such a shiatsu style are not to be questioned. However, shiatsu offers a lot more than just meridian work. Direct work with the body and its energetic as well as physical structures can be a substantial support to meridian shiatsu. In fact it can be very precise and effective in itself even without the use of meridians.

When practicing Shiatsu without meridians it is essential to perceive energetic patterns in and outside the physical body. Otherwise you might get lost. Therefore one focus of this seminar is on energetic perception and diagnosis. The theory of the Five Transformations and of meridian functions plays a substantial role. These theories give much information on where to work with specific conditions apart from on the meridians.

The other part of the workshop is dedicated to the development of appropriate techniques to effectively treat the patterns that have been perceived. We emphasize the freedom to develop entirely new techniques, which may only be useful for one situation.

We will study how to work with a local place of pain or discomfort. Guiding one's own Ki to a place of interest ("Ki projection") and other Internal Techniques are extensively used in this. We will further explore how to perceive the overall kyo-jitsu-pattern of a person ("whole body dreaming") and discover the phenomenon of resonance, which is essential in Shiatsu.