



## Shiatsu with the Energy of the Wood Element

### Meeting the Strength of Others

The Wood element describes a wonderful aspect of human nature: powerful, positive, and creative. It is **the** strong force that underpins human growth and development on all levels of life: physically, mentally, emotionally, and spiritually. When a person's longing for growth is suppressed, this can cause unhappiness and illness.

In everyday life the strong developing force of the Wood energy is confronted by the evolving energy field of other people. It is one of the big challenges of life in our co-existence with other human beings: to find a way of appreciating their desire for development yet letting shine our own joie de vivre.

The people coming to our practice very often show signs of stagnation in the Wood element. The reasons for this are many and varied and are often found in the suppression of their emotional experiencing. Personality, family background, societal norms, belief systems, painful or traumatic experiences and other aspects all play an important role in this context.

The techniques of Shiatsu facilitate the release of stagnation, with the relationship of Wood to the other phases, especially Fire and Water, also being of importance. The accompanying therapeutic dialogue gains a particular meaning as it provides clients with an understanding of their experiences during the treatment and what they can do in their daily lives in order to let their Wood energy shine and resonate freely.

#### From the contents of the seminar:

- The significance of Wood in the cycle of the Five Phases
- The positive strength of Wood – joie de vivre
- The causes and effects of stagnation in the Wood phase
- The causes and signs of Liver Ki stagnation
- Pent-up anger and depression
- Meeting the strength of Wood in the therapeutic touch
- Further specific treatment methods for releasing stagnation
- The importance of the therapeutic dialogue for releasing stagnation
- How can we support a strong Wood aspect within us?
- What recommendations can we give to our clients?

#### Course objectives

- Gaining a deeper understanding of the meaning and dynamics of the Wood element
- Recognising typical signs of stagnation in the Wood element

- Getting competent in meeting the strength of the Wood element in others
- Working effectively with patterns of stagnation
- Skills for providing lifestyle advice to clients with regards to free Wood energy

**For graduates and advanced students.**