



- **The Quality of Touch** (Internal Techniques)

The quality of touch in first place depends on the state of the practitioner and here especially on the level of internal freedom the person has achieved. How far can he/she let go and act from the Inner Space rather than from the Surface, which for example manifests in the tension of shoulders and muscles?

Luckily the capacity for an open and focused state is enhanced by the Shiatsu-practice itself. The practitioner's own development in this respect can also be promoted by certain exercises, which aim at training the attention, at the same time have an astounding effect on the body as a whole. These are usually quite simple exercises similar to exercises, as they are known from Still Qi Gong. They do however require some discipline and perseverance if we want to apply them in our Shiatsu for more than just a breath's time.

I would like to suggest the term "internal techniques" for such exercises of focused attention. For the one, the practitioner practices them quietly inside; only the skilled observer senses that there is something going on, or being done. And for the other, I would like to call them "techniques" because they are (and should be) used specifically and performed with precision, just the same as physical Shiatsu techniques.

- As practicing Internal techniques has the capacity to create an open and focused state within the practitioner they also greatly influence the quality of touch. When the practitioner is able to act from the Inner Space, to feel wide and free inside, then Hara will take over and it will be easy for this person to stay centered and relaxed. Then it will be easy to relax thumbs and wrists. Physical touch will become secondary, the practitioner touches from the Inside. This gives the client's energy system more freedom of change and increases the effectivity of touch.

In this workshop different Internal Techniques for the Shiatsu practice will be shown. There will be plenty of time for practicing and integrating the Internal Techniques into the participants' own Shiatsu.

Please see the articles "Internal Techniques" and "No Intention" at
http://www.schule-fuer-shiatsu.de/index.php?option=com_content&task=blogcategory&id=32&Itemid=60