

## Shiatsu with the Energy of the Heart

The energetic heart is more than just a part of the cardiovascular system, and it is more than just an organ with which we perceive many of our emotions. It is further a central regulatory organ and the centre of our ability for getting into resonance with our environment, and, based on this resonance, for energetic sensing and feeling.

With a free heart, a person will feel free, even if the external conditions are not free. The thoughts will be clear, and it will be easy to approach others and connect with them. Humans have a deep longing for such an open heart. However, an open heart also means to feel one's own pain. This experience engenders the desire to protect one's heart. Everyone has therefore developed strategies, which at times can be quite complicated, to shield their heart. It is between these poles of longing on the one hand and the need for protection on the other, that we, as well as our clients, live.

The heart is strong, and in our Shiatsu we shouldn't be shy about touching it directly and indirectly. This also provides the opportunity to get to know our own heart more deeply. In this seminar we will look at the typical protective mechanisms and develop strategies for working with the heart sensitively and directly. Key is a Shiatsu that provides space, empathy, and distance. They help us to keep a clear view and a clear heart, should our heart get strongly touched during a treatment.

Key points of this seminar:

- Perceiving a person and the state of their heart
- Why we carry emotional pain in our heart
- Encountering our own heart
- The 6 directions in which the heart energy wants to resonate freely
- How we can work with the following areas in our practice: solar plexus / diaphragm; forearms and wrists; neck and occiput; and between the shoulder blades
- Working directly and locally with the heart
- Finding areas of resonance
- The importance of space, compassion, and distance
- When our own hearts are touched
- Dealing with difficult emotions and emotional releases during the treatment

For graduates and advanced students of a reputable Shiatsu training.

See also my article 'Shiatsu with the Heart Energy' on my website:

[https://wilfriedrappenecker.eu/wp-content/uploads/2020/08/WRappenecker\\_Shiatsu\\_with\\_the\\_Heart.pdf](https://wilfriedrappenecker.eu/wp-content/uploads/2020/08/WRappenecker_Shiatsu_with_the_Heart.pdf)