

Shiatsu with the Three Diaphragms

with Wilfried Rappenecker, MD

The body structures its inner energetic and physical space independently and intelligently. Three areas are of particular importance: the shoulder and neck area, the middle warmer with the diaphragm, and the structure of the pelvis, including the pelvic floor. These three areas are also known as the three diaphragms. They are part of a complex regulatory system that keeps the body and the person in a fluid balance and stabilizes them in times of crisis.

Already in early childhood, we learn to align our bodies so that we can cope well with the diverse demands of life. In doing so, we follow influences from our family of origin, our personality, genetic factors, formative life experiences, and much more. Often, patterns already develop at this age that shape our ability to cope with different life situations for the rest of our lives.

In the interplay of these patterns, the three diaphragms are particularly important for the stability of the energetic and physical body space. On the one hand, they provide support and security. However, chronic patterns or blockages in the diaphragms can also pose serious obstacles to personal development and the resolution of physical or emotional problems.

In Shiatsu practice, such chronic patterns often manifest themselves in the area of the upper diaphragm around the shoulders and neck, for example, as individual tension patterns in the shoulders, in the cervical spine, especially in the first and second cervical vertebrae, or in the area of the first to third ribs in the upper chest. Among other things, they control our emotional experience in the face of external and internal stress.

The middle diaphragm encompasses not only the diaphragm but also the lower chest, including the costal arches and the upper hara. Among other things, it regulates the energetic connection between the upper and lower burning space. Particularly in cases of chronic, intense emotional stress, we often find great tension in the home of wood element, or a neediness, sometimes even isolation, in earth element. Working sensitively with such patterns can open up new possibilities for our clients to deal with difficult situations.

In the lower diaphragm, density is often noticeable deep in the hip, in the area of the sacroiliac joint, or in the groin around the iliopsoas muscle. When such blockages open up during treatment, important resonance space is gained from the torso into the legs (or vice versa), which can, for example, resolve complaints in the hip but also higher up in the shoulders.

The three diaphragms, in their respective states, are closely interwoven with the entire energetic regulatory pattern of the body space. They never act autonomously or independently of the other two diaphragms or other structures. For example, if you're working with a painful shoulder blockage, you'll always look at how the affected shoulder is connected to the entire body, or whether corresponding blockages in the middle or lower diaphragm can be released. The freer the resonance space throughout the body becomes, the greater the likelihood that the painful area will find a new and less painful pattern.

In this seminar, we'll understand Shiatsu as working with the entire body's space. To do this, we'll examine the spaces of the three diaphragms and determine which blockage patterns can be best reached with which techniques. The relationship between the diaphragms, as well as to other typical resonance areas, will be closely examined and utilized for treatment.

By attending this seminar, you will:

Gain a new understanding of the physical and energetic body space

Learn about and practice perceiving the energetic body space

Understand the significance of the three diaphragms and use them for treatment

Learn and deepen examination techniques for these body areas

Use local shiatsu on the diaphragms (and other body areas)

Practice focused presence in the energetic space

Learn new shiatsu techniques and specific kyo and jitsu techniques

Prerequisites: At least one-third of a 3-year shiatsu training course

For further information see the article "Traces of Ki - Introduction to a Meridian-Free Shiatsu" on the website: https://wilfriedrappenecker.eu/wp-content/uploads/2020/08/WRappenecker_Tracing_Ki.pdf