

Macrobiotic Shiatsu

Seminar Workbook

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Contents

Barefoot/Macrobiotic Shiatsu.....	1
Fundamentals of Health	7
Macrobiotics	8
Life-style Guidelines	11
Cause of Illness	12
Health	15
Chinese Medical Foundations	16
Energy Flow Within The Body.....	24
Spiral of Creation.....	24
Face Diagnosis.....	25
Internal Organs, Emotions, and Facial Diagnosis.....	26
Back and Front Points	27
Major Energy Centers (Chakras)	28
Shiatsu Techniques	29
Abdominal Organs	30
Barefoot/Macrobiotic Shiatsu Treatment.....	31
Self-Shiatsu Treatment (Do-In)	38
Meridians	40
Lung.....	40
Large Intestine.....	45
Spleen	47
Stomach.....	50
Heart	53
Small Intestine.....	56
Kidney	58
Bladder	62
Liver.....	64
Gall Bladder.....	68
Heart Governor.....	71
Tripe Heater (Sanjiao).....	73
Governing Vessel	76
Conception Vessel.....	78
Summary of Meridian Pathology.....	80
Circulating Direction of the Meridians.....	81
Natural Home Remedies	82
Acupoint Names	98

Macrobiotic Shiatsu



The Macrobiotic/Barefoot Shiatsu Intensive is an educational forum and a transformational healing workshop. This program is designed to give essential skills to practitioners for professional and family-style treatment. Macrobiotic Shiatsu includes specific techniques and exercises which stimulate the physical structure, nervous and circulatory systems, and all the major internal organs to focus on developing refined strategies for self-correction and improved, vibrant health. Linking mind and body awareness encourages the ability to perceive obvious and subtle body movements and rhythms, awareness of one's tension, and respiratory patterns. The goal is to develop lifetime skills to promote health, happiness, and wholeness.

THEORY OF SHIATSU & PREVENTIVE HEALTH CARE

When someone is hurting either physically or emotionally our human instinct is to reach out and comfort that person. This intuitive response is the foundation of shiatsu — instinct comes first, techniques follow. Given the proper attitude of caring, technique will always naturally develop.

In Japanese the word *shi* means finger and *atsu* means pressure. Shiatsu, also called acupressure, is an Asian healing method in which specific points on the surface of the body are pressed.

Energy (*Qi* or *Ki*) tends to stagnate in specific points along the meridian (pathway of energy) called acupoints. There are hundreds of acupoints on the human body. When

energy is blocked in an acupoint, it becomes sensitive to pressure. In shiatsu the acupoints are pressed to stimulate the movement of stagnated energy as well as to diagnose the presence of disease.

Symptoms of illness are protective mechanisms. If we listen and heed the warning then further development is avoided.

Shiatsu never cures the patient. It is the patient who heals himself. The practitioner is the stimulus to aid the patient in assuming a proper direction. The practitioner serves as a mirror for the patient, allowing the patient the opportunity to self-reflect on the true cause of his or her condition. Our approach is educational.

Shiatsu creates a deep feeling of well-being, vitality, and relaxation, and is an effective tool in preventing disease. Shiatsu can be a pleasurable experience. It encourages communication between family members, couples, and friends. It requires no special equipment, oil, or the removal of clothes. It can be done anywhere, at anytime.

ORIGIN OF SHIATSU

Since the beginning of time people have used various styles of touch to try to soothe and heal family and friends. While scholars feel that massage originated in China it is certain that each country throughout the world had developed and passed down their methods for treating the body with the hands. Ancient writings of Egypt, Persia, Greece, Rome, and Asian countries mention the positive effects from the use of massage.

We instinctively rub, press, pat, or in some way touch when we ache, feel pain, or just don't feel right. Intuitively we are applying self-treatment to try to create a more balanced state. Everyone is qualified to help themselves and with a little effort, are able to help others too. The simple understanding that humans are equipped to heal themselves, and that we can also help others, is the underlying foundation of shiatsu. If we live according to natural laws we really shouldn't have many troubles. Unfortunately we don't consistently live that way and humankind has had to devise ways to deal with

the suffering that we experience. Ultimately to regain wholeness we must change our way of living. There are many tools that we can use in this process. Shiatsu is one of them.

The origin of the Japanese word "shiatsu" is not certain. Over the centuries, information that makes up the shiatsu techniques was gathered through trial and error. The healing techniques that are fundamental to shiatsu probably originated in ancient China, and later came to Japan. Shiatsu is a synthesis of Judo principles, Do-In (self massage), and ancient massage.

In 1955, the Japanese parliament adopted a bill on revised Amma treatment (ancient Asian massage). Thus, for the first time in Japan, shiatsu was given official endorsement.

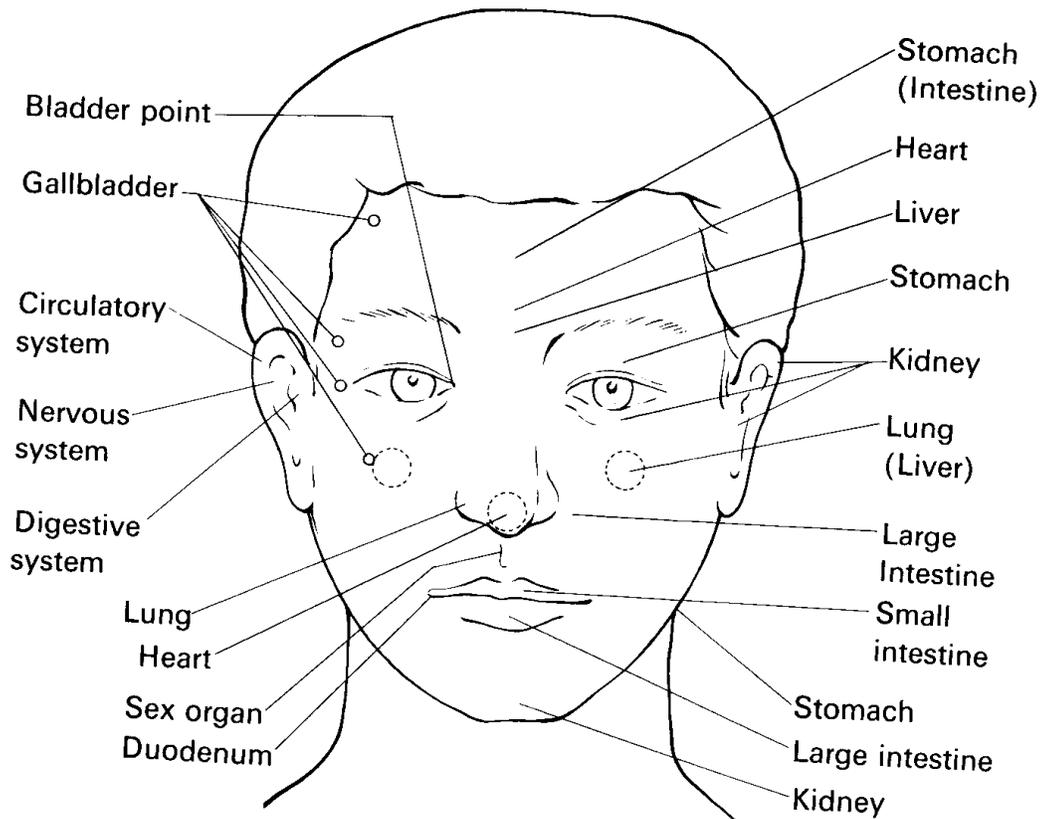
Neither a thorough physical checkup by a doctor of Western medicine, nor a complete laboratory analysis, can adequately diagnose and cure symptoms caused by nervous and mental disorders and the imbalance of the autonomic nervous system. Shiatsu is a system that has developed from centuries of experience, and has proven effective in curing many symptoms. Among these symptoms are headaches, dizziness, ringing in the ears, eyestrain, general fatigue, stiff neck and shoulders, lower backache, constipation, numbness of limbs, chills, flushes, insomnia, and lack of appetite. Shiatsu and related techniques have also proven effective for curing chronic and painful conditions such as high blood pressure, rheumatism, and general neuralgia.

THE DEVELOPMENT OF MACROBIOTIC SHIATSU

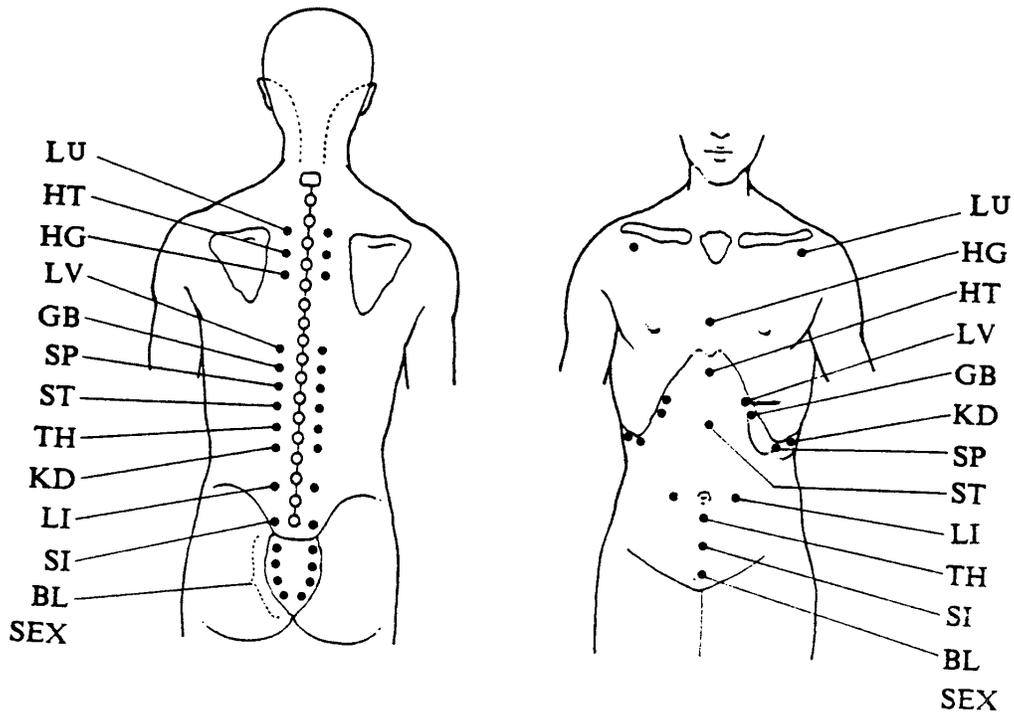
Shiatsu practitioners have long been considered authorities on treating minor diseases in Japan. In general, the Japanese public favors shiatsu treatment and, for many years, these practitioners have played a major role in health maintenance.

The practice of eating large amounts of animal food has created bodies that are very

Face Diagnosis



Back & Front Points

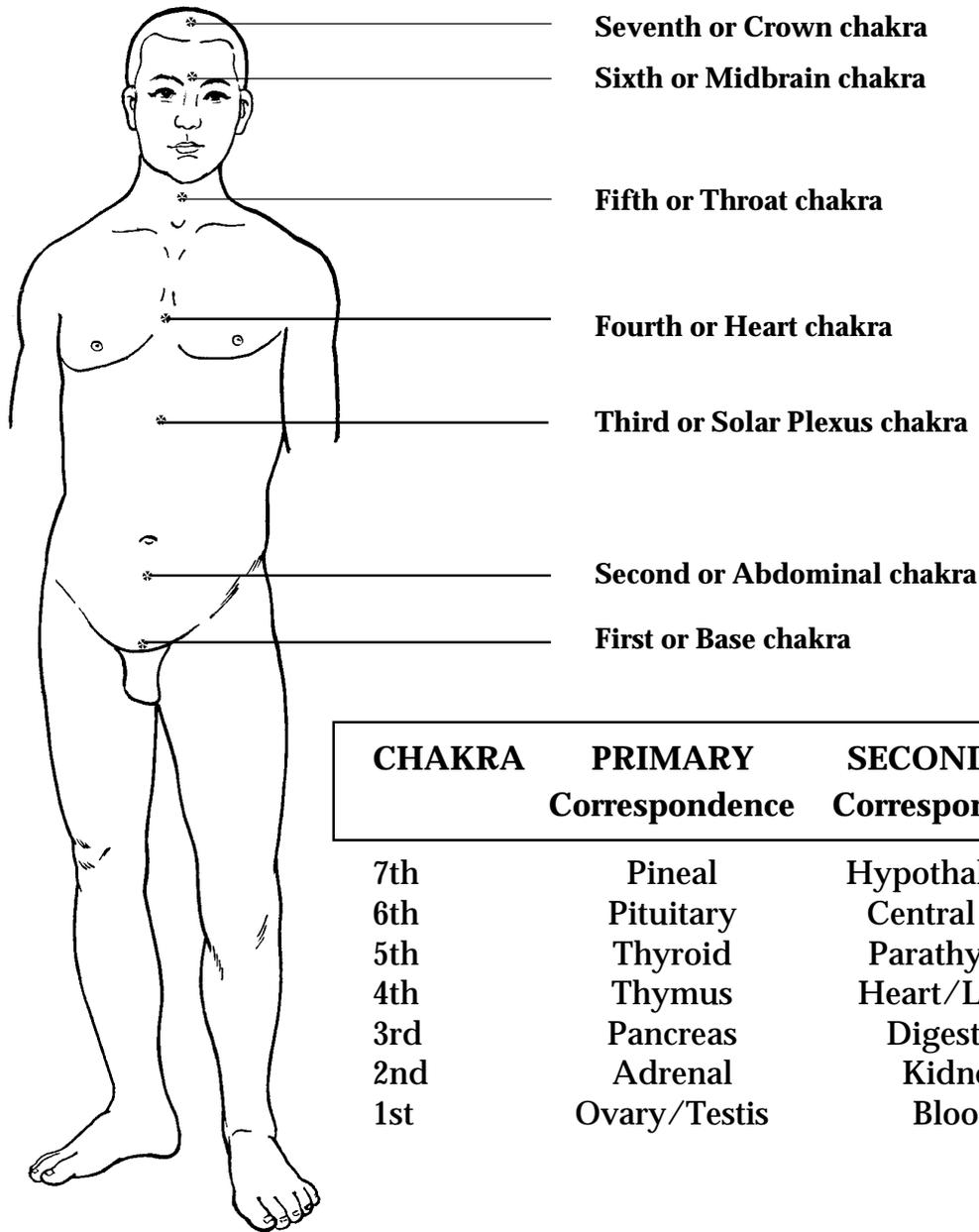


INTERNAL ORGANS	BACK POINTS	FRONT POINTS
Lung	BL 13 (Thoracic 3)	LU 1
Heart Governor	BL 14 (T4)	CV 17
Heart	BL 15 (T5)	CV14
Liver	BL 18 (T9)	LV 14
Gall Bladder	BL 19 (T10)	GB 24
Spleen	BL 20 (T11)	LV 13
Stomach	BL 21 (T12)	CV 12
Triple Heater (Sanjiao)	BL 22 (Lumbar 1)	CV 5
Kidney	BL 23 (L2)	GB 25
Large Intestine	BL 25 (L4)	ST 25
Small Intestine	BL 27 (Sacrum 1)	CV 4
Bladder	BL 28 (S2)	CV 3

* Back Points are known as *Yu* points in Japanese and *Shu* points in Chinese.
 Front Points are known as *Bo* points in Japanese and *Mu* points in Chinese.

Major Energy Centers — Chakras

Heaven's Force Enters Body from Crown



CHAKRA	PRIMARY Correspondence	SECONDARY Correspondence
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7th	Pineal	Hypothalamus
6th	Pituitary	Central N.S.
5th	Thyroid	Parathyroid
4th	Thymus	Heart/Lungs
3rd	Pancreas	Digestive
2nd	Adrenal	Kidney
1st	Ovary/Testis	Blood

Earth's Force Enters Body from Feet

Macrobiotic Shiatsu Treatment

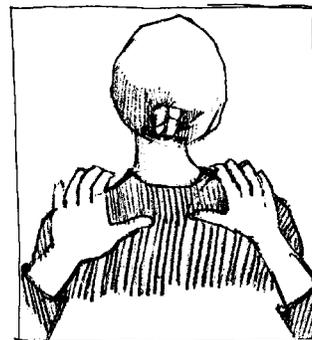


Barefoot/Macrobiotic Shiatsu takes between 45-60 minutes to complete a full session. The session is done with clothes on. Both practitioner and receiver should wear loose fitting cotton clothing. And throughout the treatment session both practitioner and receiver should coordinate the breath so both are breathing together. This strengthens the power of the session.

Basic Macrobiotic Shiatsu Steps

Receiver is seated on the floor or in a chair.

1. Loosen up shoulders.



2. Pound across shoulders.



Receiver lies face down. Arms extended out at the sides, palms flat.

3. Foot on hip bone, roll the pelvis.

Meridians

LUNG

In traditional Asian medicine, metal phase, the westerly direction, the season of autumn, the dry climatic condition, the color white, the emotions of sadness and worry, the pungent taste, and the sound of crying. It's opening is the nose, and it governs the skin.

The function of all organs in classical medicine is based on clinical observations of patients over hundreds of years and not necessarily the physical structure of the organ in western medicine. Most of the Lung functions have a common character: they are dispersing and descending in nature, that is they send energy away in different directions and especially downward. The Lung dislikes cold.

When a western anatomical description is explained the organ name is written with a lower case letter e.g. The liver filters the blood. When an Asian medical description is given the organ name is written with an upper case letter e.g. The Liver is responsible for an unrestricted flow of energy.

1. The Lung Governs Qi and Respiration.

The term “Ki” or “Qi” is often explained as vital energy. Although this term is not totally accurate, and there are different types of Qi, it is sufficient for this purpose. Governing Qi and respiration is the most important function of the Lung, because it extracts “clean Qi,” energy from the air for the body, which combines with “food Qi,” energy extracted from food by the digestive system. These two forms of Qi combine in

the chest where they form Gathering Qi.

The Lung spreads this newly formed Qi all over the body to nourish the tissues and promote all physiological processes. This Qi also aids the Lung and Heart functions, as well as promoting good circulation to the limbs and controlling the strength of the voice. The strength, tone, and clarity of voice are all dependent on the Lung.

The Lungs are the most external of the Yang* organs, they are the connection between the body and the outside world. Therefore the Lungs are easily affected by exterior pathogenic (disease-causing) factors, and are vulnerable to invasion by climatic factors.

** The Lung is classified as a Yang organ within Macrobiotic teaching. It is considered a Yin organ by classical Asian Medicine. Both philosophies considered the organ to be solid.*

2. The Lungs Control Pathways and Blood Vessels.

While the Heart controls the blood vessels in traditional Asian medicine, the Lungs play an important part in maintaining their health. The pathways refer to where energy flows in the meridians that help nourish the vessels along with the blood flowing with them. When the Lung Qi is strong, the circulation of Qi and Blood will be strong, so the limbs will be warm. While if it is weak, the limbs, especially the hands will be cold.

3. The Lungs Control Dispersing and Descending.

The Lungs have the function of dispersing Defensive Qi and body fluids all over the body to the space between skin and muscles. This ensures that ones resistance to external illness is equally distributed all over the body under the skin, performing its function of warming the skin and muscles and protecting the body from external pathogenic factors. A common cold usually manifests as an impairment of the Lung dispersing action. If this defensive energy is chronically weak there are exercises, foods and herbs

that can build up the body's strength.

The Lungs have a descending function because the Lungs are the uppermost organ in the body. The Lung Qi descends to interact with the Kidney, while the Lungs direct fluids down to the Kidneys and the Bladder. If this function is impaired, cough, breathlessness, and stuffiness of the chest may result.

4. The Lungs Regulate Water Passages.

After receiving refined fluids from the digestive process, the Lungs spread them throughout the body in the area under the skin and controlling the bodies fluid loss through sweating. The Lungs also direct fluids down to the Kidneys and Bladder. An impaired Lung function could result in urinary retention.

5. The Lungs Control Skin and Hair.

The fluids that the Lungs receive from the digestive process and spread throughout the body under the skin gives the skin and hair nourishment. Thus if the Lung function is normal, the skin will have luster, the hair will be glossy, and the opening and closing of the pores and sweating will be normal. Also if this function of the Lung is impaired, besides affecting the quality of the skin and hair, the pores are often open with symptoms of spontaneous sweating. A person with these symptoms is often more vulnerable to attack from external disease causing factors, like catching a cold.

6. The Lungs Open Into the Nose.

It is said that the nose is the opening of the Lungs to the outside world. If the Lung Qi is weak, or if the Lungs are invaded by an external pathogenic factor, the nose will be blocked, and there may be loss of the sense of smell and sneezing.

Diet

Excessive consumption of cold and raw foods is said to affect the Spleen causing it to generate Phlegm that ends up being store in the Lungs. An excessive consumption of milk, cheese, butter, and other dairy products can have the same effect on the Lungs.

Emotions

The emotions that can effect the Lungs if they persist over a long period of time are sadness and worry. Prolong sadness disperses Qi, which results in a deficiency of Lung Qi. Prolonged worry causes stagnation of Qi in the chest that affects the Lungs.

Posture

Sitting for long periods of time over a desk to read or write can weaken Lung Qi, because the chest is impeded and proper breathing is impaired.

The Lung Meridian of the Hand (Yin Meridian)

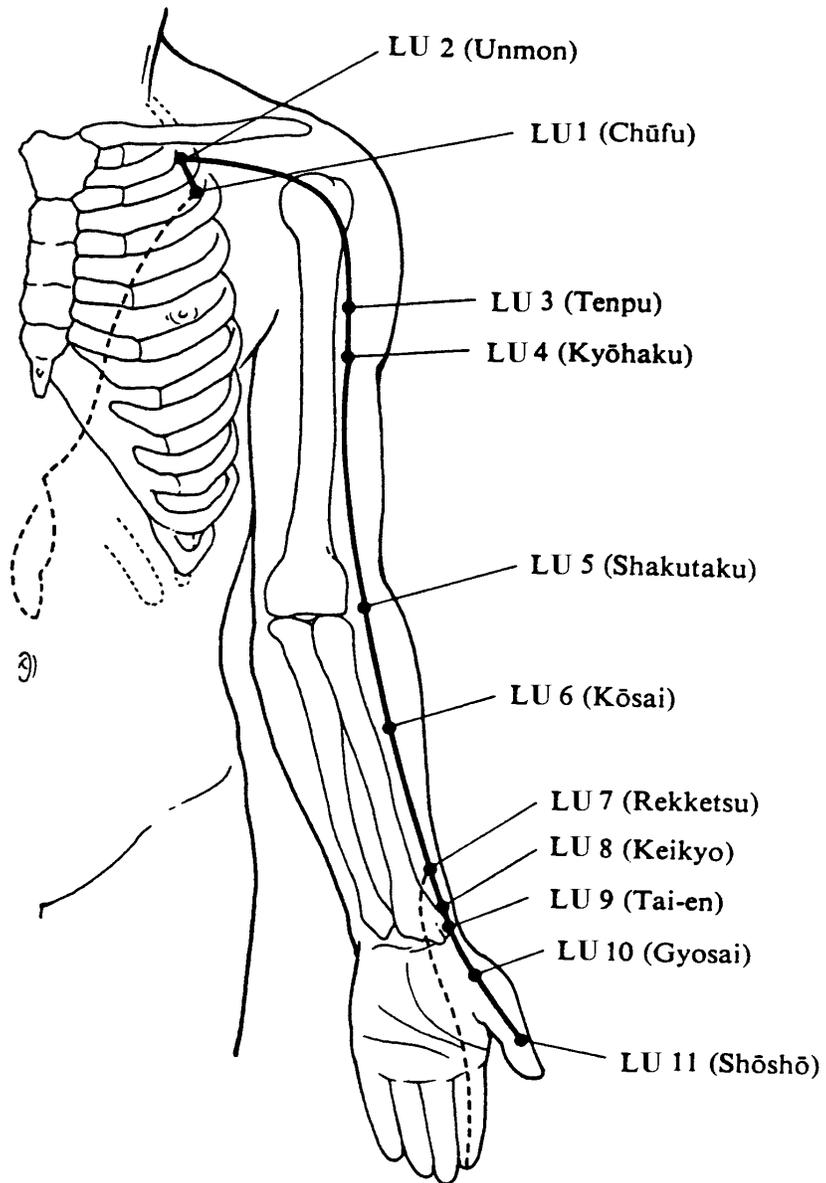
There are 11 points on the Lung meridian. The Lung Meridian pertains to the Lung and communicates with the Large Intestine through the diaphragm. The meridian also associates itself with the Stomach and the Kidney.

Symptoms and Signs

External—Meridian: chills, fever, hidrosis or anhidrosis, nasal obstruction, headache, pain in the chest or of the shoulder and the back, decrease in temperature, and pain of the forearm and the hand.

Internal—Organ: cough, asthma, dyspnea (difficulty breathing), fullness of the chest, expectoration, dryness of the throat, color changing of the urine, increase in temperature of the palm, distress or hemoptysis (vomiting blood), accompanying occasionally with fullness of the abdomen and mild diarrhea.

LUNG MERIDIAN



Active 3-5 am

Natural Home Remedies Index

Brown Rice Cream.....	83	Salt Bath	90
Pearl Barley (semen coix)	83	Salt Pack	90
Miso Soup	83	Salt Water Wash	91
Shredded Kombu Soup.....	84	Bancha (Kukicha) Douche	91
Carp Soup (Koi Koku).....	84	Kombu Water	91
Aduki/Kombu/Squash.....	85	Hijiki-Vegetable Sauté	91
Carrot/Daikon Mixture	85	Nori Condiment.....	92
Umeboshi	85	Shio Kombu	92
Baked Umeboshi or Ume Pits	85	Roasted Sea Vegetable Powder	92
Shiitake Mushroom	86	Seaweed Powder w/Seeds.....	93
Black Soy Beans.....	86	Brown Rice Tea.....	93
Gomasio (Sesame Salt)	86	Barley Tea.....	94
Tekka.....	87	Barley/Aduki Tea	94
Shiso.....	87	Aduki Bean Tea	94
Small Dried Fish (Chirimen)	87	Kombu Tea.....	94
Rice or Barley/Greens Plaster.....	87	Sweet Vegetable Drink	95
Buckwheat Plaster	88	Daikon Drink No. 1	95
Green Plaster	88	Daikon Drink No. 2	95
Miso Plaster	88	Lotus Tea	95
Taro Plaster	88	Kombu/Shiitake Broth.....	96
Potato Plaster.....	89	Shiitake Tea.....	96
Ginger Compress	89	Ume Concentrate	96
Ginger Oil	89	Reishi Tea	96
Sesame Oil.....	90	Ume/Sho/Bancha Drink.....	97
Body Scrub.....	90	Umeboshi Kuzu Drink.....	97
		Ame Kuzu Drink	97

Natural Home Remedies

Brown Rice Cream

In a cast iron skillet dry roast 1 cup of brown rice until it is golden color. Do not use oil. Put rice in a pot, add 7-10 cups of purified water (not chlorinated tap water) and bring to a boil. Cover, lower the flame and simmer 3-4 hours. It is quicker to use a pressure cooker. Reduce water to 5 cups and pressure cook for 2 hours. Squeeze cooled contents through a cotton cheese cloth (or a Foley food mill) and save. Add sea salt to your portion as you use it. It can be eaten as is or topped with sesame salt or nori.

Uses: recovering from sickness, fatigue, and lack of appetite.

Pearl Barley (semen coix)

Make a soup using 1 cup cooked Pearl Barley, carrots, onions, wakame sea vegetable and enough water to make soup consistency. Season to taste. Eat 1 bowl per day. Another method of using pearl barley is to add 10 percent pearl barley to brown rice. Eat regularly.

Uses: hemorrhoids, warts, moles, some cancers, and the side effects of chemotherapy and radiation. Pearl barley, known as Job's Tears and Hato Mugi in Japanese has been used to reduce tumors, swelling, inflammation, and heat in the body.

Miso Soup

4 cups water

6 inch piece wakame sea vegetable

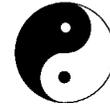
1/4 cup each of onion, carrot, green vegetable or wild greens

1/2 inch slice tofu (cubed)

1/4 cup barley (or brown rice or hacho) miso

Place sea vegetable and water in soup pot and bring to boil. Simmer while cut the vegetables to similar size and shape. Remove sea vegetable, cool briefly and cut. Return chopped sea vegetable to pot. Add all ingredients to soup pot except miso and slow boil until done, up to one-half hour, depending on how vegetables are cut. Soup vegetables

Chinese Medical Foundations



Shiatsu, as well as other natural healing modalities such as acupuncture and herbalogy perform certain functions in Traditional Chinese Medicine. They regulate the flow of Qi through the meridians and Organs, remove blockages, strengthen the body's protective energy (Qi) and lessen the noxious effect of excesses.

FUNDAMENTAL PRINCIPLES

陰

陽



YIN

negative
passive
female
receptive
dark
night
cold
soft
wet
winter
shadow

YANG

positive
active
male
creative
light
day
heat
hard
dry
summer
sun