

Feel Good

News

with

Shiatsu



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Crawling: Feeling Diagnosis in Shiatsu

A shiatsu experience can be perceived as a dance between two people. The shiatsu giver uses her whole body for leverage, support and pressure, and the receiver is a source of subtle movement, counter-balance and support that the giver attunes herself.

Crawling is the basic principle of good shiatsu technique. Controlled use of body weight and relaxation is the correct way to modify pressure.

As a shiatsu giver relaxes, she abandons her body to the floor's support. Tension disappears from the giver's shoulders and hips as she crawls. The giver's hands automatically moulds around the body surface that supports her. This relaxation can bring great depth and sensitivity to the giver's shiatsu.

As the giver relaxes into the support of the receiver's body, a deeper sensing and balancing takes place. The giver is automatically aware of whether that contact is comfortable so the giver can stay there for a long time. However, if the receiver's body is tense and uneasy in any particular area, the receiver seems to want to throw us off. This is the central sensation in feeling diagnosis, the sensing of parts of the receiver's body for empty or overabundant energy (Ki).

Fall Open House Special

- Two People for two hours
- ½ hour shiatsu
- Foot bath
- Hands and feet paraffin wax
- Foot massage
- Vibrating relaxation chair
- Nikken magnetic therapy
- Price = \$198 (Save \$42)

Meridian Stretch (Governor Vessel)

(Exercise "Q" – Head Drop)

1. Sit on the floor with your legs spread open as far as comfortable.
2. Clasp your hands together behind your head, interlacing your fingers.
3. Then gently begin dropping your head down.
4. Allow the weight of the hands to make your body lean forward naturally.
5. Relax the tension in your body with each exhalation so your head droops forward a little more each time.
6. Then slowly raise your head and body back up as you inhale.

Shiatsu and Detoxification

Shiatsu can be a powerful support to the body's detoxification processes. Shiatsu provides an excellent means of helping release congestion and stagnation and to restore flow to the body.

Shiatsu uses pressure points and stretching actions to move toxins stored in the body. Abdominal (Hara) shiatsu helps release toxicity from the organs and tissues and promotes their elimination through the colon, kidneys and skin. Abdominal shiatsu is also beneficial in stimulating the bowels to reduce constipation. Through the deepened breathing that often accompanies shiatsu, toxic gases and emotions can be expressed.

Emotional toxins such as thoughts, attitudes, beliefs and judgments can also be released from the mind in the form of a healing response. This detoxification addresses the root causes of much suffering and distress.

Nikken Products Complement Shiatsu

Shiatsu and Nikken products offer alternative therapy for the body, mind and spirit by helping prevent illness. Baby Boomers in particular can benefit from Nikken products to lengthen the benefits of shiatsu by using:

- Cardio Strides for weight loss & circulation...
- Magnets for relaxation & relieving pain...
- Water systems for clean drinking water...
- Supplements for mind, joints, menopause...
- Sleep systems for sleep problems...
- or use Nikken products to make money.

www.5pillars.com/820152300

What's new? Fall Open House Celebration – Saturday, September 14th from 3 – 6 p.m.
(410) 298-2832 (Office & Fax) New E-mail address: shiatsu300@aol.com