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KYO AND JITSU AN EVOLVING PART OF SHIATSU ENERGY WORK

(Cliff Andrews)

"Between your two thumbs you can feel a sort of echo or spark, and then they feel as one... you can create oneness... by using two hands. We call this sharing life compassion"
Shizuto Masunaga ("Zen Shiatsu" p.50)

"Information can be transferred from one organism to another by energy fields, and living systems are very sensitive to them"
James Oschman ("Energy Medicine - The Scientific Basis" p.121)

"According to string theory the properties of an elementary particle are determined by the precise resonant pattern that its internal string executes"
Brian Greene ("The Elegant Universe" p.144)

"Even what we call matter or substance, and all that does not seem to speak or sound, is in reality all vibration"
Inayat Khan, Sufi healer and musician ("Music" p.16)

I was working in the Shiatsu Centre in Norwich, UK, in the early 90s and I was palpating the Hara of my client as usual. Suddenly something strange happened - instead of my awareness being limited to the Hara zones I unexpectedly found that I clearly experienced his Liver Meridian energy spreading in his chest as far as his right shoulder.

I had been practising the alignment exercises of my teacher Pauline Sasaki for many years, but now I realised why they were so valuable. It was possible to feel Meridians at a distance by holding one point or area, by widening or expanding our awareness.

This journey – exploring Kyo and Jitsu – is one that I have shared with my now late teacher Pauline Sasaki, and am still sharing with my colleagues Carola Beresford-Cooke, Paul Lundberg Nicola Poo-ley and Dinah John at the Shiatsu College UK, my European colleagues including Patrizia Stefanini, Gabriella Poli and Brigitte Ladwig, scientists with whom I have collaborated such as James Oschman and Emilio Del Guidice - and the active engagement of participants at workshops throughout Europe and the USA, and soon in 2013 Melbourne, Australia.

1.The Journey Begins - Physical Palpation:

At a basic level Kyo and Jitsu can be felt physically – as empty and full. Masunaga himself sometimes used the terms Kyo and Jitsu in this way. ("Zen Shiatsu" p.63). In diagnosis, we can experience each area on the Hara as having a Kyo or Jitsu state: Kyo being more Yin, soft, yielding, cold, resistant etc. and Jitsu being more Yang, hard, pushing out, hot, resilient etc. In treatment we experience the Meridian being Kyo or Jitsu in terms of the amount of energy present in a particular place. We can experience 'balancing' the person's Ki by redistributing the Kyo and Jitsu, i.e. tonifying Kyo,

or emptiness, and dispersing or sedating Jitsu, or fullness. For example if we are working our client's elbow problem – we can feel where the Ki is Kyo and Jitsu, or empty and full, around the joint and normalise the joint's function by applying Tonification and Sedation techniques.

2. The Path unfolds before us - Kyo and Jitsu as Interaction

Shizuto Masunaga radically transformed Shiatsu in the 1970s. The style of Shiatsu that Masunaga trained in, the Namikoshi method, was based on Western anatomy and physiology at that time and the treatment method involved mainly one-handed techniques at specific points on the body. Masunaga discovered that, by focusing our awareness in our Hara and relaxing our body while holding two points, we could feel a connection through the Meridian – he called this sensation the “echo of life”.

Palpating with one hand we tend to become aware of the physical feeling underneath our hand. Two-handed technique completely switches our perception, we are now more concerned with the feeling between our hands, and this is the core experience of Masunaga-style Shiatsu. (See Fig 1.) These two experiences, our awareness of separate areas and the contrast of a feeling of deep connection, Masunaga described as epicritic and protopathic sensations – and he linked the experience to the sympathetic and parasympathetic branches of the autonomous nervous system. In “Zen Shiatsu” Masunaga describes this now famous “two-point pressure experiment” (p.49) and also defines Kyo and Jitsu as an interaction (p.61).

Now focusing on two-handed technique we have a new experience: of movement or interaction between the Kyo and Jitsu areas. We can explore this either within one Meridian or between the two diagnostic Meridians. Focusing on activity rather than a static state – Tsubos come to life as we directly feel their action – we can feel our receiver's Ki connecting and moving. The Hara diagnosis now changes from a search for the ‘most’ empty and full Meridians to the two Meridians that create the most movement – this is called the Kyo Jitsu reaction. However a paradox soon emerges. Sometimes the “reacting” Kyo in the diagnosis is not the most ‘empty’ Meridian on the Hara - oh dear - what could this mean?

Now quantity alone, a feeling of physical emptiness, cannot be enough to describe the Ki of a Meridian as being Kyo. Not so surprising maybe as after all the ideogram for Ki includes both ‘steam’ and ‘rice’ – meaning that the material and non-material aspects are both part of Ki - and that Ki manifests on the Emotional and Spiritual levels as well as the Physical. So is it possible to develop techniques directly to experience these non-physical aspects of Ki?

3.The Path Widens - Kyo and Jitsu as Meridian Vibrations or functions in the Field

Masunaga discovered that Meridians could be felt as having “Expressions” or movements of Ki related to their functions. This was an original, unique and powerful way of experiencing the Meridians directly in our bodies - ideal for us Shiatsu practitioners who, in contrast to acupuncturists or herbalists, prefer to work with Ki directly rather than intellectually.

As I had originally discovered, seemingly by chance, we can directly feel the vibration or resonant function of the Meridian by holding the Hara zone and using the alignment techniques of Pauline Sasaki to widen our awareness. This can also give us direct experience of the Meridian function connection to symptoms that can be felt in the Field. Often this type of experience links with the TCM Syndrome patterns – opening a whole new area of direct perception of TCM. We may also even be able to experience the actions of the traditional Points on the Syndrome patterns (e.g. clearing Heat, resolving Damp etc). So, we can now experience the Meridian vibration or function – but what about the different levels - the Physical, Emotional, Mental and Spiritual levels of the Meridian?

4. The Path separates into interconnected layers – Kyo Jitsu and the Vibrational Levels

I was teaching in Hamburg in Germany in the mid 90s - demonstrating in class that one Meridian was vibrating more on the emotional level and another more on the physical level - when someone stopped me in my tracks with this question: "but how do you know that?"

I remember my answer - "just keep practising and you will be able to tell", but I myself was acutely aware of how unsatisfying that answer was. I became determined to find a technique that would allow us clearly to feel Ki on all four levels – Physical, Emotional, Mental and Spiritual. Of course we learn the theory of vibrational levels early on in Shiatsu training. For example muscles, anger, planning and the 'Hun' are related to the physical, emotional, mental and spiritual levels of the Liver. But what I wanted to discover was a technique to actually feel or experience these different levels. After two years of intensive study and experiment, and with the willing help of some very generous groups which I led in exploring possible techniques - who were happy to experiment with me using combinations of chanting, Dan Tien meditations and Chakra work – finally a successful and consistent method evolved.

Have you ever noticed that sometimes Meridians seem to switch uncontrollably between feeling Kyo and feeling Jitsu? The reason for this is often that different levels of a Meridian can have different amounts of activity. For example the Heart Meridian may be very active on an emotional level but less active at a physical level – so, depending on which level we tune into, we can experience the Meridian as either Kyo or Jitsu. This can be dramatic and a bit unnerving to feel if we are not sure which level we are on. Having a technique that allows us to choose the level we tune into can be very reassuring when this happens.

5. The path disappears into One-ness / Kyo and Jitsu merge as Resonances in the Holographic Field

Akinobu Kishi was originally a disciple of Masunaga and with his 'Seiki' system he went on to develop 'whole field' techniques, less dependent on physical Meridians than traditional Shiatsu technique. Kyo and Jitsu can become meaningless at a certain stage of focus, and Kishi had dropped using Kyo and Jitsu by the time he arrived in the UK in the early 80s. Pauline Sasaki also developed a 'monadic' or 'one Meridian' method, in the mid to late 1990s, based on scanning for one significant Meridian. This later developed into her 'Light Body' work, which also takes us further into the Field and beyond.

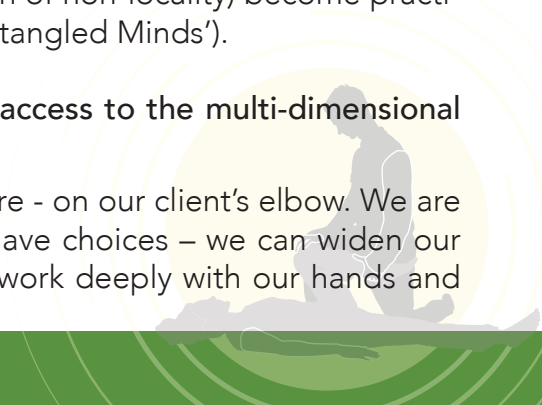
The Kyo and Jitsu Meridians can be experienced as two dominant qualities, or movements or vibrations, which contribute to the overall way that the Ki field is expressing itself. Now we are no longer limited to the channels, or the associated parts of the body or even to the boundaries of the physical body itself – we have the freedom to experience directly the individual Ki patterns of our receiver wherever they may manifest.

6. Beyond the here and now ... the temporal and non-local dimension

Now we can experience our receiver within the wider Universal Ki field (or the 'Void'). Techniques that allow us to access the past (by accessing body-memory) or to work while spatially removed from the client (possibly based on the quantum resonance phenomenon of non-locality) become practical possibilities to explore, should we wish to (ref. Dean Radin: 'Entangled Minds').

7. The path returns full circle – back to the body but now with access to the multi-dimensional holographic Field

So finally we return to where we started. We are working - as before - on our client's elbow. We are using bodyweight and applying Shiatsu technique. But now we have choices – we can widen our awareness and explore other dimensions of the Ki – even as we work deeply with our hands and



thumbs. We can do this because of the brilliant legacy of Pauline Sasaki and her Quantum Shiatsu techniques...

Using the alignment and expansion techniques that we have explored we can choose to experience the local physical Meridian distortions, the channels around them, the functions and patterns of the Meridians in the field, or we can tune onto different levels – testing the resonance on the physical, emotional, mental and spiritual levels.

Finally we may be able to experience the elbow as part of the whole field – allowing us to focus on different parts of their body that are related to the injury – we may actually even be able to sense when that injury occurred. We have now returned full circle – and we have the freedom to explore all this while continuing with the same practical Shiatsu technique. Over the last 40 years Shiatsu has been evolving into a sophisticated holistic energy-work technique – based firmly on the traditional ancient wisdom of Asia but also increasingly explicable by developments at the cutting edge of modern science.

Recommended further reading:

“Zen Shiatsu – How to Harmonize Yin and Yang for Better Health”: Shizuto Masunaga (1977)

“Energy Medicine - the scientific basis”: James Oschman (2000)

“Entangled Minds – extrasensory experiences in a quantum reality”: Dean Radin (2006)

Cliff's project newenergywork can be found at: www.newenergywork.com

