



*I believe that it is not our right but
our duty to be healthy.*

Shizuto Masunaga

Zen Shiatsu

Shiatsu is based on a full oriental medical system, which explains the human body in terms of a network of meridians through which flows energy called *Ki* in Japanese.

The nature of the flow is analyzed on the basis of the Chinese conception on the duality *Yin* and *Yang* into two states called *Kyo* and *Jitsu*. In *Kyo* state, the flow of *Ki* is sluggish, and the body functions are dulled. In the *Jitsu* state, the flow is too rapid, and the body functions are overactive.

The way to restore the proper balance to the system of *Ki* energy is the subject of Zen Shiatsu. This style was developed by Shizuto Masunaga, who proposed the treatment of meridian extensions beyond those recognized in the classical Chinese view.

Today there are so many people in the world who fall into the category that can be called semi-sick, or they can be called half-healthy. Something is wrong with them, but they are not ill enough to consult a physician. The natural tendency of a living organism, however, is to cure itself. The most effective and natural way to cure an illness is to stimulate self-healing.

Shiatsu is one of natural therapies that works in harmony with the entire organism. By stimulating the body's energy system and re-establishing balance, even before symptoms appear, Shiatsu can strengthen the body and prevent many illnesses. Receiving Shiatsu we are given an opportunity to become aware of our natural self-healing power. When we are healthy our body responds to the external environment in a natural, positive manner. Mental and emotional balance is re-established and we become more sensitive to each other and most likely create warm and understanding human relationships.

In Zen Shiatsu it begins with pressure with the fingers, but it is not merely a mechanical technique. It is a means of healing the life force within our bodies, which can help us on our way to achieve total human enlightenment through the discovery of one's self. And this is the fundamental purpose of Zen. In Shiatsu, like in Zen, some things cannot be explained rationally, but only felt and experienced by the living body.

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