

Finding Spirit In Zen Shiatsu

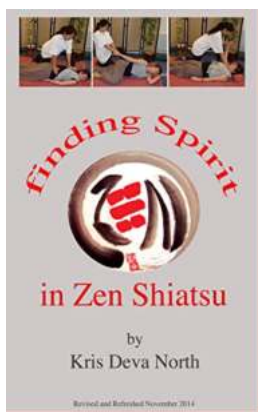


Are you feeling overwhelmed by the stresses of life? Do you constantly seek balance and tranquility in your busy schedule? Look no further – Zen Shiatsu might be the answer you've been looking for. In this article, we will explore the mystical world of Zen Shiatsu and how it can help you find harmony and spirit.

What is Zen Shiatsu?

Zen Shiatsu is an ancient Japanese healing art that combines elements of traditional Chinese medicine, acupressure, and massage. It aims to restore balance and energy flow throughout the body, promoting overall health and well-being. Unlike traditional massage, Zen Shiatsu focuses on working with the

body's energetic pathways and pressure points, known as meridians, to bring about profound healing on a physical, emotional, and spiritual level.



Finding Spirit in Zen Shiatsu

by Kris Deva North (Kindle Edition)

★★★★☆ 4.5 out of 5

Language : English
File size : 2621 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 150 pages
Lending : Enabled



The Spirituality behind Zen Shiatsu

At the heart of Zen Shiatsu lies the concept of "ki," also known as "qi" or "chi" in Chinese medicine. Ki represents the life force or vital energy that flows through all living beings. In Zen Shiatsu, practitioners believe that illness and imbalances arise when the flow of ki is disrupted or blocked. By applying gentle pressure along the meridians, Zen Shiatsu aims to remove these blockages and restore the harmonious flow of ki, allowing the body to heal itself.

Furthermore, Zen Shiatsu recognizes the interconnectedness of the mind, body, and spirit. It acknowledges that emotional and mental imbalances can manifest as physical symptoms, and vice versa. By addressing not only the physical symptoms but also the underlying emotional and spiritual causes, Zen Shiatsu provides a holistic approach to healing, promoting a sense of inner peace, joy, and spiritual connection.

The Journey of Transformation

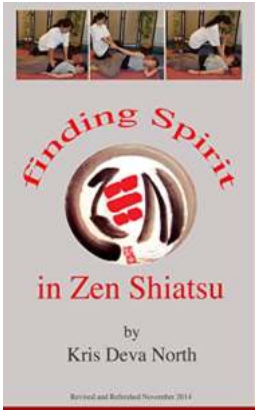
Embarking on a Zen Shiatsu session is more than just receiving a massage. It is a journey of self-discovery and transformation. As the practitioner applies pressure along the meridians, you may experience a wave of sensations, emotions, or memories. This is the body's way of releasing stored tension and energy. It is not uncommon to feel a sense of catharsis or profound relaxation during and after a session.

Moreover, many individuals report enhanced spiritual experiences during Zen Shiatsu. Some describe feeling a deep sense of connectedness with the universe or a higher power. Others report a heightened awareness of their own bodies and emotions, allowing for greater self-reflection and personal growth. These spiritual experiences can result in a renewed sense of purpose, clarity, and contentment in life.

Finding a Zen Shiatsu Practitioner

When searching for a Zen Shiatsu practitioner, it is essential to find someone who is professionally trained and experienced. Look for individuals who have undergone extensive training and are certified by reputable organizations. Additionally, reading reviews and testimonials from previous clients can give you an idea of the practitioner's expertise and the effectiveness of their sessions.

Zen Shiatsu offers a pathway to inner peace, balance, and spiritual connection. By harmonizing the flow of ki and addressing physical, emotional, and spiritual imbalances, Zen Shiatsu allows for profound healing and transformation. So why not give it a try? Take a step towards finding your spirit in Zen Shiatsu and experience the transformative power of this ancient healing art.



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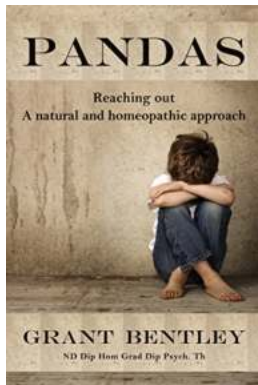
'finding Spirit in Zen Shiatsu' An impactful story combining wit, wisdom and the profound experience of a spiritual traveller.

Finding Spirit in Zen Shiatsu is an enjoyable and inspiring read, a welcome retreat to go for inspiration. Kris Deva North blends an enjoyable mix of anecdotes from his travels, to hara diagnoses and five element theories. North founded the Zen School of Shiatsu in London and has been involved in healing work since the 1970s. He has a wealth of experience including appearing on UK national television demonstrating Taoist healing and tantric practices and a documentary of his work.

The reader joins North as he travels the globe and learns from Masters in Japan, Africa, Nepal, Hawaii and Australia. After too many mushrooms and too much partying, North cleans up his act and focuses more intently on his shiatsu practice and realizes that 'Memorising symptoms and pushing points were of this world; seeing into the essence a step into spirit.'

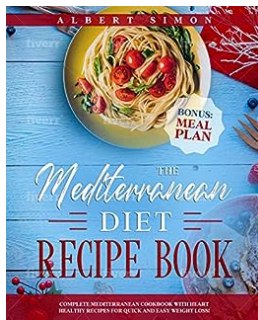
The amount of valuable information in this book includes case study guidelines, coping with assessments and how to make your living doing what you love.

Overall, this easy-to-read accessible book is useful for anyone interested in shiatsu, from beginner to practitioner to teacher.



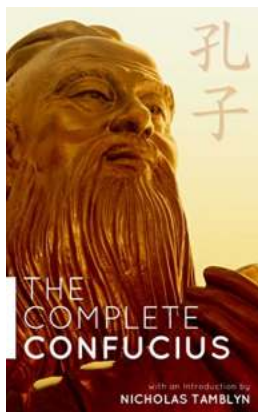
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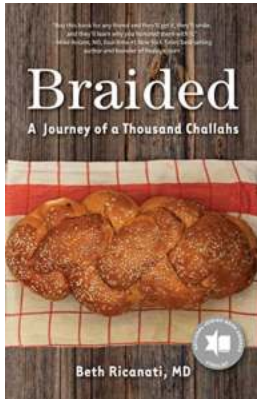
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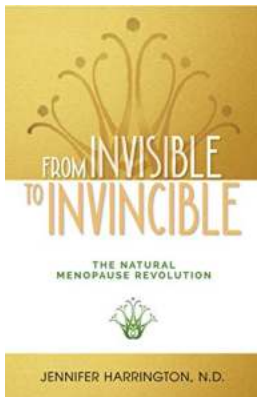
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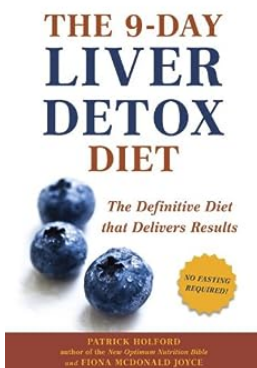
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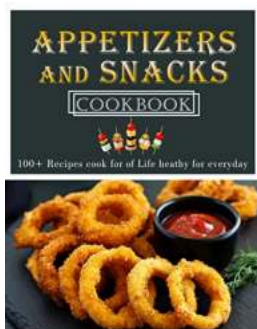
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