

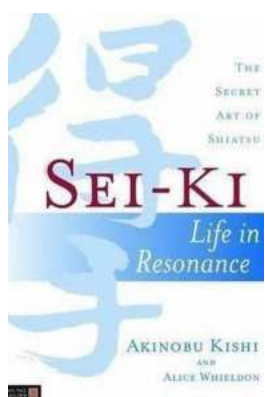
Unlock the Secrets of Shiatsu: Experience Life in Resonance



Are you seeking a holistic approach to healing that not only targets physical ailments but also nurtures your mind and spirit? Look no further than the ancient Japanese art of Shiatsu massage. Discover why Shiatsu is more than just a simple massage technique, but a path to harmonizing your body, deepening your self-awareness, and achieving a balanced state of well-being. Life in resonance awaits you.

The Origins of Shiatsu

Shiatsu, meaning "finger pressure" in Japanese, has its roots in traditional Chinese medicine, acupuncture, and the ancient Japanese art of Anma massage. With a history spanning over thousands of years, Shiatsu has evolved into a unique practice that combines a variety of manual techniques, therapeutic touch, energy balancing, and stretching exercises.



Sei-Ki: Life in Resonance - The Secret Art of

Shiatsu by Akinobu Kishi (Kindle Edition)

★★★★☆ 4.7 out of 5

Language	: English
File size	: 997 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 178 pages



During a Shiatsu session, the practitioner uses their fingers, thumbs, palms, elbows, and knees to apply rhythmic pressure along the body's energy channels known as meridians. By stimulating specific points and restoring the flow of vital energy or "Qi," Shiatsu aims to release tension, reduce pain, and promote overall well-being.

The Secret Art of Shiatsu

While Shiatsu is primarily known for its therapeutic benefits, it encompasses much more than physical manipulation. At its core, Shiatsu embodies the philosophy of interconnectedness, viewing the human body as a reflection of the wider universe. This holistic approach recognizes the harmony between body, mind, and spirit and seeks to restore balance in all aspects of life.

Life in resonance, the foundation of Shiatsu, represents a state of alignment and interconnectedness within oneself and the world. By cultivating presence, empathy, and awareness during a session, both the practitioner and the receiver can tap into this state where profound healing and transformation occur.

The Healing Power of Shiatsu

Shiatsu offers a range of physical, mental, and emotional benefits. Its effectiveness stems from its ability to address the root cause of ailments, rather than merely addressing the symptoms. Through gentle and skillful touch, Shiatsu can help:

- Relieve muscle tension and stiffness
- Alleviate chronic pain
- Improve circulation and lymphatic drainage
- Boost the immune system
- Reduce stress and anxiety
- Promote relaxation, mental clarity, and emotional well-being

Additionally, Shiatsu is known to support the body's natural healing processes, enhance the body-mind connection, and improve one's overall quality of life. It can be a valuable tool for managing various conditions such as headaches, digestive disorders, insomnia, and even emotional imbalances.

Experience Life in Resonance

Are you ready to embark on a journey of self-discovery and healing? Life in resonance awaits you through the transformative power of Shiatsu. Whether you are seeking relief from physical discomfort or looking to enhance your overall

well-being, Shiatsu offers a unique approach that supports the body's innate capacity to heal.

During a Shiatsu session, not only will you experience the physical benefits of this ancient art, but you will also tap into a deeper level of self-awareness and reconnect with your body's inner wisdom. The practitioner's intuitive touch will guide you on a personal journey where resonance, balance, and harmony become attainable states.

The Shiatsu Experience

Shiatsu is typically performed on a floor mat, allowing for complete comfort and relaxation. The practitioner will combine various techniques to address your specific needs and concerns. These may include acupressure, stretches, joint rotations, and gentle manipulations.

Each Shiatsu session is unique, tailored to your individual constitution and current state. The practitioner will take into account your physical condition, emotional well-being, lifestyle, and any other relevant factors to provide a truly personalized experience.

Find Your Shiatsu Practitioner

When seeking a Shiatsu practitioner, it is essential to find someone who is well-trained and experienced. Look for certifications from reputable institutions and inquire about their background and training. A skilled practitioner will ensure your comfort, safety, and provide a deeply therapeutic experience.

Remember, the key to Life in Resonance lies within the synergy between you and your Shiatsu practitioner. Trust the process, embrace the journey, and be open to the transformative power of Shiatsu.

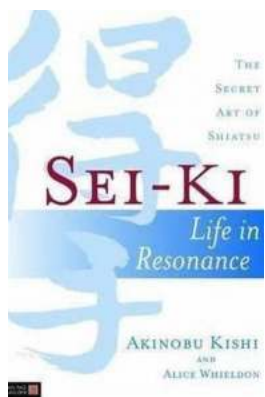
The Path to Balance and Harmony

If you are seeking a more profound level of healing and well-being, Shiatsu might be the missing piece in your journey. Its philosophy of interconnectedness, focus on restoring balance, and emphasis on self-awareness make it a powerful tool for nurturing your body, mind, and spirit.

Unlock the secrets of Shiatsu and embark on a path to Life in Resonance. Experience the transformative power of this ancient art and discover a state of harmony and interconnectedness you never thought possible. Your journey awaits.

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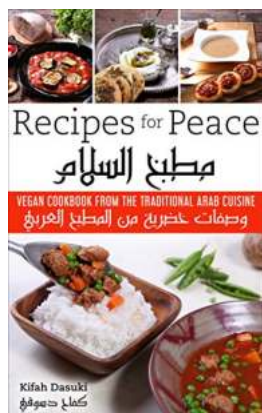
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The therapeutic art of shiatsu is now widely practised in the West, yet practitioners find it difficult to acquire the training that will take them beyond the mechanistic level.

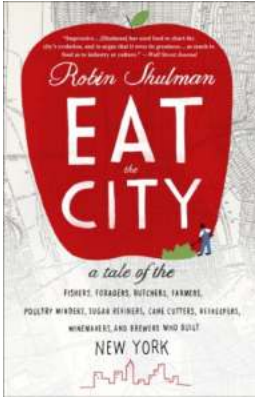
For many years Akinobu Kishi has been visiting the West to teach, but never before has his approach been recorded in book form. Regarded as one of the leading exponents of shiatsu, Kishi trained with and assisted Shizuto Masunaga, and is widely regarded as the heir to his work, developed to the higher level of Seiki Soho, which takes the practice beyond technique. With the assistance of his long-term student Alice Whieldon, Kishi's theory and practice of Seiki Soho are described and explained for the first time in this important book. Setting his work within the historical context of shiatsu, the long central section of the book consists of a dialogue about the fundamental principles and practice of Masunaga's Zen Shiatsu and Seiki Soho as taught by Kishi. The final section consists of case studies of practice, including the experiences of people treated by Kishi.

This groundbreaking and generous book is illustrated with Kishi's calligraphy and other artwork, and will be essential reading for all shiatsu practitioners and students who want to deepen their practice, and a rich and rewarding read for anyone interested in Eastern approaches to life and healing.



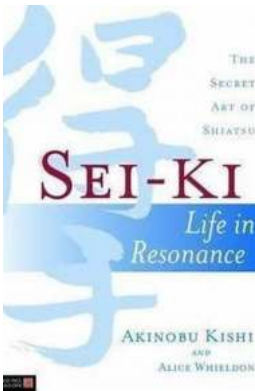
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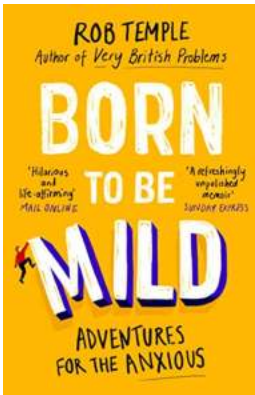
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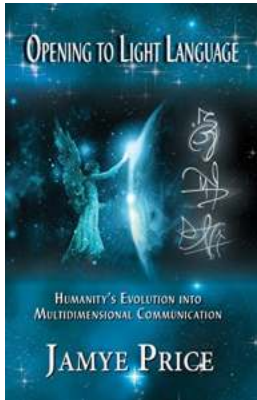
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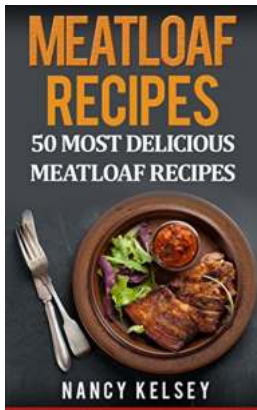
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