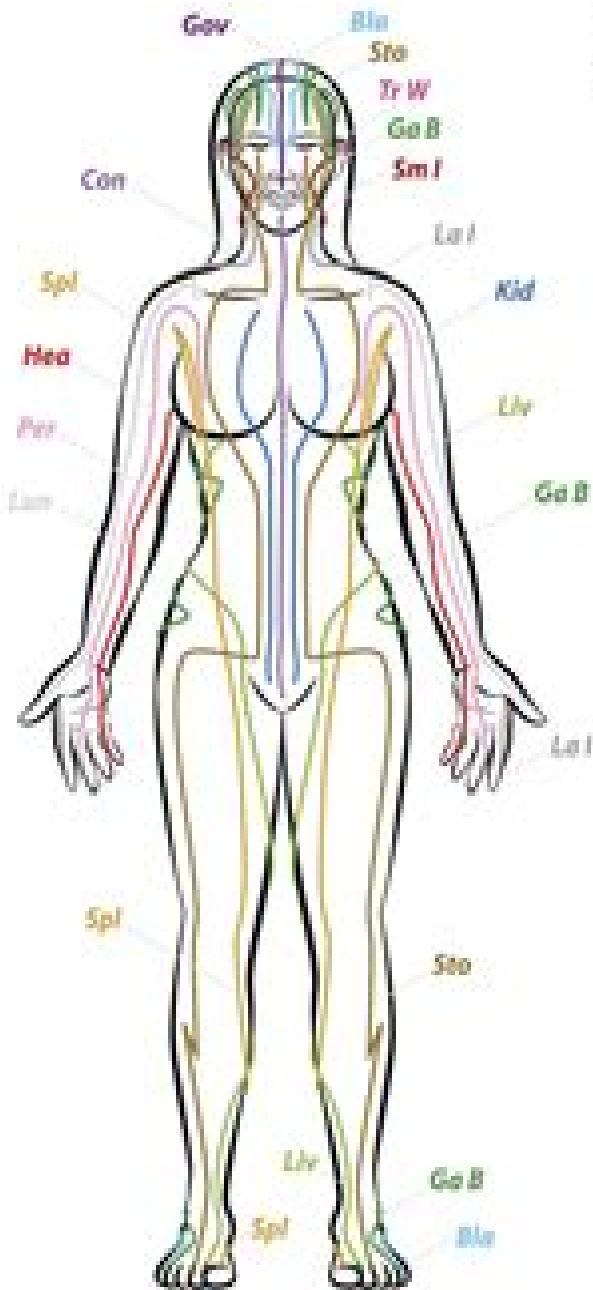


# The Body Meridians



anterior view

## Two Centerline Meridians:

Conception Vessel  
Governing Vessel

## Twelve Principal Meridians:

Stomach Meridian  
Spleen Meridian

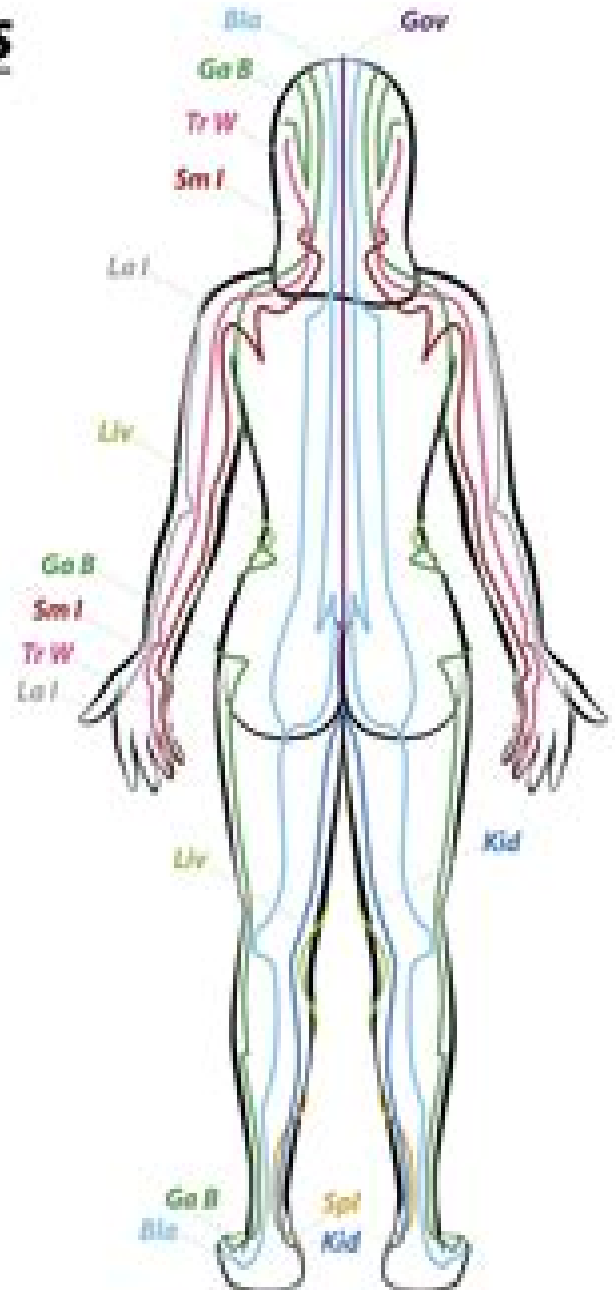
Small Intestine Meridian  
Heart Meridian

Bladder Meridian  
Kidney Meridian

Pericardium Meridian  
Triple Warmer Meridian

Gall Bladder Meridian  
Liver Meridian

Lung Meridian  
Large Intestine Meridian



posterior view

# Eight Extraordinary Meridians Essential Shiatsu For Troubled Times

**Tetsuro Saito, Cheryl Coull**



## **Eight Extraordinary Meridians Essential Shiatsu For Troubled Times:**

**The Essence of Shiatsu** Mike Mandl, Ivan Bel, Kazunori Sasaki, Alice Whieldon, Philippe Vandenabeele, Yuichi Kawada, Chris McAlister, Tomas Nelissen, Tzvika Calisar, Wilfried Rappenecker, Joyce Vlaarkamp, Mihael Mamychshvili, Michel Odoul, Viorel Mihai, 2025-09-13 Shiatsu is relatively young compared to other traditional healing systems less than 100 years old Shiatsu has developed rapidly and spread just as quickly From a conglomerate of different roots a trunk with many branches and even more blossoms has emerged in a short period of time But what is the essence of Shiatsu What principles is it based on What is the role of Ki What is the role of the meridians How central is the hara And what distinguishes a good practitioner This book project is dedicated to searching for answers leading global Shiatsu experts with decades of experience have their say Their perspectives on fundamental questions about Shiatsu will contribute to a deeper understanding of the essential aspects of our art Touching the Invisible Chris McAlister, Jeremy Halpin, Jan Nevelius, 2021-01-29 Three experienced Shiatsu practitioners share knowledge and insights gained over thirty years of clinical practice and teaching to create a book they themselves would have wanted to provide practical guidance and philosophical perspective on this healing art The book's central themes are awareness intuition and intention in the practice of Shiatsu and how this body mind perspective can influence the wider health debate A modern rendering of the ancient wisdom underpinning Shiatsu and Oriental medicine this book goes beyond the technical details of Shiatsu as a specific therapy to the universal principles underlying it Presenting Shiatsu from different perspectives ranging from its philosophical underpinnings to the realities of daily practice this text represents the fruit of the knowledge we apply and continually re evaluate in our ongoing clinical work The question and answer format is based upon classical tradition the most famous text within traditional Oriental medicine Huang Di Nei Jing uses this method to illustrate complex ideas in an easy to read manner The text is organically formed through questions formulated by our student and fellow practitioner Filippa Freed These questions stemming from her training and practice facilitate a broad discussion that roams freely between technical principles case studies and informal anecdotes Essential Shiatsu Yuichi Kawada, 2002 **Los Angeles Magazine**, 2001-05 Los Angeles magazine is a regional magazine of national stature Our combination of award winning feature writing investigative reporting service journalism and design covers the people lifestyle culture entertainment fashion art and architecture and news that define Southern California Started in the spring of 1961 Los Angeles magazine has been addressing the needs and interests of our region for 48 years The magazine continues to be the definitive resource for an affluent population that is intensely interested in a lifestyle that is uniquely Southern Californian *Bowker's Complete Video Directory 1996* R R Bowker Publishing, 1996-03 *Essential Shiatsu* Yuichi Kawada, Stephen Karcher, 2010-09-15 Shiatsu is the ancient Japanese art of finger pressure massage and just like acupuncture it aims to identify and treat the 8 meridians of the human body by applying pressure and stimulation in order to treat a wide variety of human ailments and

lethargies The 8 meridians were known even in ancient times but no one really knew fully their significance in putting right major imbalances In ESSENTIAL SHIATSU experienced Shiatsu master Yuichi Kawada brings this ancient art up to date and fully explains and illustrates the first ever full mapping of the new meridians and offers instruction on how to stimulate them with hand pressure and stretching The psycho somatic connection of illness is explained and the book features a comprehensive list of ailments and suggested Shiatsu treatments The author also provides reassuring and inspiring case histories which show how the treatment has been effective in treating real life cases

**Essential Shiatsu** Yuichi Kawada, Stephen L. Karcher, 2002 Shiatsu is the ancient Japanese art of finger pressure massage and just like acupuncture it aims to identify and treat the 8 meridians of the human body by applying pressure and stimulation in order to treat a wide variety of human ailments and lethargies The 8 meridians were known even in ancient times but no one really knew fully their significance in putting right major imbalances In ESSENTIAL SHIATSU experienced Shiatsu master Yuichi Kawada brings this ancient art up to date and fully explains and illustrates the first ever full mapping of the new meridians and offers instruction on how to stimulate them with hand pressure and stretching The psycho somatic connection of illness is explained and the book features a comprehensive list of ailments and suggested Shiatsu treatments The author also provides reassuring and inspiring case histories which show how the treatment has been effective in treating real life cases

**Shin So Shiatsu** Tetsuro Saito, Cheryl Coull, 2012 For the first time in decades a major figure in Oriental medicine is offering a book redefining the meridian system upon which the field is based Author Tetsuro Saito is one of few international figures in shiatsu therapy with schools in Europe and North America Shin So Shiatsu Healing the Deeper Meridian Systems a rich compendium of 40 000 words 300 figures and charts and 130 black and white photographs is presented in two parts The first book details the history theory principles and techniques of Shin So Shiatsu The second a handy Practitioner s Reference Manual is intended for use in the treatment room Shin So Shiatsu is for shiatsu therapists acupuncturists acupressurists and practitioners of other energy based approaches Anyone who engages with Oriental medicine or is interested in the human energy system will want to read this major revision to a centuries old approach Its theoretical and practical uses will make it an essential textbook for schools and workshops Highly regarded as the father of shiatsu in Canada where he is now based Saito introduced Canadians to the Japanese art of finger pressure in 1971 just as the West was discovering acupuncture For the past 40 years Saito has treated thousands of patients trained hundreds of therapists worldwide and pursued his own research on energy based healing with a rare diligence Shin So Shiatsu Healing the Deeper Meridian Systems represents this lifetime of work Saito picked up where his mentor renowned meridian therapy pioneer Shizuto Masunaga left off when he died in 1981 Until now Masunaga s Zen Shiatsu Japan Publications Inc 1977 has been unsurpassed as the primary guide for beginning students and experienced practitioners alike Shin So deeper level Shiatsu is a long awaited step forward and promises to reach a far broader audience of healing artists Saito links the most ancient and forgotten tendrils of Chinese

meridian theory with Masunaga's insights, his own remarkable findings and the invaluable research being undertaken by other contemporary Oriental medical pioneers. Born in Japan and trained there first as an engineer and then a shiatsu therapist, Saito merges the frontiers of science and healing arts to take our view of the human energy matrix far beyond the familiar Traditional Chinese Medicine meridian chart. His alternative is a far more complex yet comprehensible view of the human body at work. A natural teacher, he illustrates with striking clarity how our road map of the Regular Meridian system has been abridged over time for simplicity's sake. He presents in painstaking detail the complete view of the Regular Meridians as they manifest at three levels of imbalance. He then fully details each of the lesser-known but equally important Extra-Divergent, Ocean, and Cosmic energy systems and explains how they interrelate with each other. He grounds us in this theory, then tells us exactly what to do with it. This is the crux of his work. Shin So Shiatsu enables any ordinary practitioner to sense and precisely trace the multitude of meridian pathways in the human body to identify the levels at which energy imbalances occur and to treat those imbalances with astonishing results. Practitioners of meridian-based therapies will instantly recognize the veracity and sincerity of this master's approach. Shin So Shiatsu is not a beginner's guide. Saito asks his readers to have a basic working knowledge of shiatsu or other meridian-based modalities. But with even a minimum of experience, practitioners from a diversity of backgrounds will quickly be able to integrate the key elements of Shin So Shiatsu into their own work.

**The Eight Extraordinary Meridians** Claude Larre, Elisabeth Rochat de la Vallée, 1997. The work of sociologists Claude Larre and Elisabeth Rochat de la Vallée gives us access to the classical origins of Chinese medicine. Through their detailed study of the Neijing, Nanjing, and their commentaries, we are connected to the perceptive minds of the classical authors. Claude Larre's profound understanding of the philosophical and cultural background and Elisabeth Rochat's thorough knowledge of the medical classics provide a unique insight into the eight extraordinary meridians and the fundamental interaction on yin and yang throughout the body.

**Between Heaven and Earth** John Munro, 2017-02-12. The movements in the Between Heaven and Earth practices are simple but energetically very powerful. By stimulating the flow of energy within the eight extraordinary meridians in the body, they set up a very strong and stable energy pattern within us, similar to the pattern found within galaxies, atoms, and gyroscopes. This strong, stable energy pattern makes us very resilient, both physically and mentally, and able to cope with whatever life throws at us without being knocked out of balance. Activation of the extraordinary meridians also allows us to connect to the power of Heaven and the power of Earth, allowing this energy to flow through us, refreshing and cleansing our energy field. When our energy field is full and strong, it forms a protective buffer, and developing skill with this allows us to interact more harmoniously with other people and the world around us. This book contains complete instructions and illustrations of how to practice the Between Heaven and Earth exercises, along with theory and practical explanations, so that you can understand exactly what you are trying to achieve with each exercise and how each exercise works. The Between Heaven and Earth qigong practices are an excellent way to boost

your energy and build health strength and resilience while gaining a practical understanding of the often misunderstood extraordinary meridians Atlas of Shiatsu Wilfried Rappenecker, Mieke Kockrick, 2014-12-31 This book shows the courses of the meridians as they were described by Sensei Shizuto Masunaga in his meridian charts originally published in 1970 The sequence of descriptions e.g. from the shoulder to the hands from the Hara to the feet models the flowing of the meridian energy from the body's center Hara towards the periphery Meridians on the side and back of the body that do not pass through the Hara are not featured Depictions of the meridian pathways usually consist of two parts In the main text there will be the actual pathway descriptions The color contrasting text sections note such information as anatomical explanations practical orientation and typical deviations in the pathways Differences from the depictions on Masunaga's charts are mentioned and described Although the representations of the meridian pathways make up the core of this Atlas there is also a chapter with thoughts on the nature of the phenomenon of meridians Another chapter describes some basic principles of working with meridians The introductory chapter combines clear descriptions and objective guidelines with a compassionate and refined interpretation of the subjective experience Shiatsu students will benefit immensely from the detailed illustrations of the Zen Shiatsu meridians They will also wisely bear in mind the perspective of spaciousness so well articulated by the authors As practitioners we will recall that our own qi is an equal participant in the connection with our receiving client partner and our own experience of contact with the meridian vital rich imaginative profound is an essential element of the process of healing

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