

## Zen Shiatsu

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Zen Shiatsu is a style of Japanese body work that was developed by Shizuto Masunaga in the 1970's. This form of body work focuses on the meridians of the body. Masunaga, coming from a family of shiatsu practitioners, developed his own style of shiatsu incorporating the Zen idea of being in the moment. Zen Shiatsu uses continuously movement while working in the present moment with ki.

### Ki:

Ki is energy that flows in the body through networks called meridians.

### Meridians:

The 12 meridians run throughout the entire body like a road map. The continuous nature of these meridians allows the practitioner to work one part, for example the feet, and in turn affect the body as a whole.

### Methods:

Treatment begins with a hara diagnosis. The hara contains various diagnostic areas in the abdomen that correspond to the meridian systems within the body. The practitioner works the meridian systems corresponding to the areas needing treatment based on the diagnosis.

Ki is balanced in meridians using fingers, thumbs, elbows, and palms. Pressure varies depending on the area being worked and the quality of ki in that meridian.

Zen Shiatsu is performed over the clothes. Patients are asked to wear stretchy pants, long sleeved t-shirts, and bring or wear clean socks.

### Results:

Shiatsu works with the flow of ki in the meridians. The desired result is to balance ki and unblock ki flow.

After a treatment there can be a sense of deep relaxation, increased energy, clarity, and general feeling of wellbeing. Shiatsu can help alleviate chronic headaches, menstrual pain, menstrual irregularity, pain, sports injuries, fatigue, allergies, asthma, pregnancy discomfort, anxiety, depression, and general life burn out or stress.

### Bibliography:

Beresford-Cooke, Carola. Shiatsu Theory and Practice. Churchill Livingstone. 2003.

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<http://www.itmonline.org/arts/shiatsu.htm>.