

## Soul Medicine: the Inner and Outer Way of Touch

Hamburg 4-7 April 2019

For details and booking in German: [www.schule-fuer-shiatsu.de](http://www.schule-fuer-shiatsu.de)

For details and booking in English [visit this link](#)

In the Japanese arts, becoming a master involves three stages: learning, breaking away and transcending. Initially we learn as we bring outer knowledge in. In time we realise truth for ourselves and wisdom moves from the inner, outwards. To practice Shiatsu as Way, we set our intention to realise the truth about others and ourselves.

Shiatsu is not recognised in Japan as one of the Arts yet, in Seiki, Kishi aligned the work with the traditional arts, which include cha-do, aiki-do, ikebana and others, and gave it the power and purpose of those approaches. He made explicit what was in the background in the work of Namikoshi and Masunaga.

In this workshop we will explore the practical work of meeting the mind and body with focused intention and strong hara. In making this a formal art, we polish our souls every moment we are with a client. In the bodhisattva tradition this is done, not for our personal liberation but as service; liberation may be a bi-product. Also a bi-product, it is the most effective medicine; physical issues resolve and we discover precision of touch far greater than that possible using the medical division of health and sickness which imposes outer form on the client.

By seeing and meeting the distortions that manifest in the mind/body, our clients begin to recognise themselves and return to centre. There follows the possibility of fulfilment.

To **learn** this Way we practice seeing, listening and touching skilfully, using simple techniques. As sensitivity in touch develops and you grow in confidence, you **break away** effortlessly from structure and technique to be guided by what you observe. Finally, the master **transcends** the form altogether to recognise simply the truth of how we are. Touch becomes soul medicine.

In this way, the inner discipline of the practitioner meets the outer form of the professional; art meets medicine.