

HARI NEEDLING

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The process described here, from meridian palpation to needle insertion, is common to all techniques.

Basic shape

1. Place the pisiform bone of the *Oshide* (supporting hand) on the meridian with the point to be needled and form the oshide with the pisiform bone, little finger, ring finger, and middle finger. Palpate the meridian with the medial tip of the thumb to locate the point. At this time, the distal interphalangeal joint of the little finger should be resting on the patient's skin.
2. When you have located the point, rotate the thumb radially to open a little space between thumb and patient's skin while leaving the medial line of the thumb in contact with the point. Bring the index finger over to the thumb and align their medial tips, forming a semicircle oshide.
3. Raise the metacarpophalangeal joint of the thumb and move it distally along the meridian to bend the joint and move the oshide into a circular shape (note 1).
4. At the same time, raise the metacarpophalangeal joint of the little finger and make sure to align the tips of the thumb and index finger, bringing the unguis tips together. This forms the basic shape (notes 3 and 4).

Oshide for tonification

Sayu-Atsu (lateral pressure from the thumb and index finger) generates tonification. In line with this principle, form the tonification oshide by starting with the basic shape and gently applying lateral pressure between the thumb and index finger at the opposite side from the surface contacting the patient, but not enough to make the fingernails turn white.

Oshide for dispersion

Form the dispersion oshide by starting with the basic shape and relaxing the hand so that the metacarpophalangeal joint of the little finger touches the patient's skin and the finger nails of the thumb and index finger separate slightly at the opposite side from the surface contacting the patient. (a half moon shape)

Penetration

With the needle touching the point, apply *Sayu-Atsu* to close the space at the opposite side of thumb/index finger from the surface contacting the patient, bringing the finger nails together. By forming the tonification oshide, the needle will penetrate the skin (notes 2 and 5). (bill/beaklike)

Notes:

1. Only move the index finger after forming the full circle shape; do not move the thumb.
2. Without applying *Sayu-Atsu* to the basic shape, slightly open the tips of the thumb and index finger and bring the needle into this space, touching the needle tip to the point.
3. At this time, only the tips of the five fingers and the pisiform bone should be touching the patient's skin.
4. This maneuver will raise the metacarpophalangeal joint. However, concentrating on raising the metacarpophalangeal joint may cause the space between the tips of the thumb and index finger to open; be careful not to let this happen. The shape should feel like you are holding a golf ball in your palm.
5. Manipulation of the *sashide* (inserting hand) differs between the sighted, the blind, and people in general. Accordingly, you may use the easiest method for you; ultimately, however, insertion occurs with the ring finger acting as the point of support.

Techniques: Essential principles of basic needling

1. Angle: Insert the needle in the direction with the flow of the meridian to tonify and in the direction opposite to the flow of the meridian to disperse.
2. Open or closed point: After removing the needle, close the point for tonification and leave the point open for dispersion.
3. Speed: For tonification, insert the needle slowly and remove it quickly. For dispersion, insert the needle quickly and remove it slowly.
4. *Sayuatsu* generates tonification. *Ka-Atsu* (downward pressure) generates dispersion.

5. Retaining a needle generates tonification. Moving a needle generates dispersion.

Tonification

The purpose of tonification is to tonify weak life force.

1. Advance/Insert the needle slowly to the desired depth in the direction of the flow of the meridian.
2. Tonify by infusing life force into the patient while maintaining the tonification oshide (note 1).

For tonification, remove the needle by performing the following maneuvers (a-c) quickly at the same time. At the end, your hand should be back in the same position as when you located the point.

a. Remove the needle by quickly curling the little finger of your sashide as if forming a fist.

b. Drop the metacarpophalangeal joint of the little finger of your oshide.

c. Straighten the metacarpophalangeal joint of the thumb of your oshide by moving the joint along the meridian in the direction of the pisiform bone, and close the point.

3. For tonification, remove the needle with your sashide. By removing the needle with the sashide, which can perform the maneuver quickly, the oshide is able to quickly close the point.

Note 1: The practitioner infuses life force from the universe into the patient through his or her sashide and oshide, channeled through the needle. (The sashide alone or the oshide alone is also fine, as the hand from which ki emerges readily differs from person to person.)

Important note: When using this needle removal maneuver after tonification or dispersion within tonification, use your thumb to give a final burst of tonification, sending ki coursing through the meridian.

Dispersion

In line with the principle that *Ka-Atsu* generates dispersion, when performing dispersion, the needle is removed while applying *Ka-Atsu* with the oshide.

Yang excess

The purpose is to remove excessive evil within the yang channels.

1. Advance/Insert the needle quickly to the desired depth in the direction opposite to the flow of the meridian.
2. Form the dispersion oshide (note 1).
3. Quickly vibrate the needle shallowly (note 2).
4. The moment resistance becomes slack, quickly flatten the metacarpophalangeal joints of the four fingers (i.e. not including the thumb) of your oshide against the skin of the patient without moving the sashide, thereby applying *Ka-Atsu* around the point and removing the needle. Do not close the point.

Notes:

1. Drop the metacarpophalangeal joint of the little finger completely so that the space opens between the thumb and index finger at the opposite side from the surface contacting the patient, making it easy for evil ki to escape.
2. Large vibrations will cause the needle to come out of the point. Accordingly, the needle should be move only slightly, but with a clear image in your mind's eye.

Yin excess

The purpose is to remove excessive evil in the yin channels.

1. Advance/Insert the needle quickly to the desired depth in the direction opposite to the flow of the meridian.
2. Form the dispersion oshide and move the needle slowly in long strokes (note 1).
3. The moment the resistance becomes slack, twist the needle slightly to entwine evil on the needle point.
4. Without moving your sashide, apply *Ka-Atsu* around the point with the metacarpophalangeal joints of the four fingers of your oshide in order (note 2) and remove the needle. Do not close the point.

Notes:

1. Actually moving the needle will cause it to come out of the point. Accordingly, the needle should be moved mainly in your mind's eye.

2. How to apply *Ka-Atsu*. Perform the following maneuvers (a-c) in order.
 - a. When lowering the metacarpophalangeal joints of the oshide, do not apply kaatsu until reaching the position at the end of dispersion for yang excess.
 - b. Gradually apply *Ka-Atsu* by flattening the metacarpophalangeal joints of the four fingers slowly.
 - c. Finally, apply slightly greater *Ka-Atsu* around the point so that the palm of the hand just about touches the patient's skin.

Dispersion within tonification

The purpose is to both remove deficient-type evil and to tonify weak life force.

1. Contact to/penetrate the skin in the direction opposite to the flow of the meridian and advance/insert the needle to the desired depth.
2. From the position of the basic oshide shape, remove the evil by using techniques such as needle flicking.

Once the evil ki has been removed, return to the tonification oshide and tonify the patient's life force.

3. Finally, remove the needle using the same techniques as for standard tonification.

Transport dispersion

The purpose is to flush stagnation within meridians caused by abundant ki (which is caused by imbalance in the five phases, not by evil ki).

1. Advance/Insert the needle slowly at the controlling cycling point of the meridian to the desired depth in the direction opposite to the flow of the meridian.
2. In the tonification oshide shape, disperse the meridian by moving the needle about as much as is caused by squeezing and releasing the handle. Stop the moment the resistance becomes slack.
3. Afterward, tonify the point by retaining the needle slightly, thereby bringing the meridian under control. Do not infuse the meridian with life force (note).
4. Remove the needle with the same technique as for regular tonification and close the point.

Note: Moving the needle generates dispersion; retaining the needle generates tonification. The needle is retained to tonify the controlling cycling point, but in this case you must not tonify the meridian, as is done in regular tonification. Naturally, you should not send ki coursing through the meridian when closing the point, as is done with regular tonification and dispersion within tonification.