



Hari Program (1) 2020 Hari Program in FLORIDA

Chief Instructor: T. Koei Kuwahara, Lic.Ac. **President of Hari Society** www.culia.net

Organized by: Ocean Breeze Hari Society,

Instructor: Cameron Bishop, DOAM, A P and Gretchen Lorenson Gonzalez, DOM,AP

Location: First Unitarian Universalist Congregation of the Palm Beaches

635 Prosperity Farms Road North Palm Beach, Florida 33408

(1) FRIDAY, JANUARY 24th, 2020

Subject	Introduction to Japanese Meridian Therapy	
9:00-9:15	Opening words: T. Koei Kuwahara, Introduction to the Hari system	
9:15-10:30	<ul style="list-style-type: none"> * Hari: Definition and Characteristics * Support their Life force w/Tonification, release the Jaki w/Dispersion * Three cornerstones of Hari practice: (1) Spirit/Kototama (Hari), (2) Ki/Meridian (TJM), and (3) Physical Body (TCM) * Primary SHO: for Root Tx. Step. 1, Pattern of the space. * Secondary SHO: Tx. Step: 2, effects from Essential Ki dif. & Ex. * Principle of Tx. side and Pts. (Nan Jing, Chapter 68, 69,75 and...) * Classification of Futomani Shimpo/Tx. methods: <ul style="list-style-type: none"> 1) Quality 2) Quantity 3) Flow/rhythm of the Ki in nature * Ho, Sha, Yu-Sha, and Ho-chu no Sha and Wa-ho * Local tx. /Volcano tx. and Supplementary systems: Steps: 0, 4. 5. * Ki feedback Hari methods with pulse quality Dx. 	What is Hari?
10:30-11:15	Model Tx. with Flow Chart	from Instructor with student.
11:15-12:30	Hari Principles for SHO and Treatment	Secrets of Pulse
	1) Pulse Dx.: Middle/ST Ki pulse, Six-Comparative Pulse dx. 2) Primary/ Four Basic Pattern /SHO	
12:30-2:00	Lunch Break	
2:00-2:45	* Main tx. pts. (Nan Jing, 69) and Tx. side	
2:45-3:15	* Presently "alive"	Main tx. point location with Ki feedback methods
3:15-3:30	Breathing ex. and Tea	
3:30-3:45	Five phases theory and Kototama	Kototama Chanting
3:45-5:15	Futomani Hari-Shimpo (1): Shape and usage of the Oshide, Sashide	Practice: Ho, Tx. Step 1-2.
5:15-5:30	Q & A Closing	

SATURDAY, JANUARY 25th, 2020

S u b j e c t	Secondary/ Physical Body's SHO	
9:00-9:30	Mantra and Ki breathing Ex.	
9:30-10:15	1) Generating and Controlling Cycle of the 5 Phases/Kototama. 2) Causes of happiness, diseases and symptoms **(What is E, Ei -Ki and SEIKI, JAKI and Kyo and Jitsu) 3) The Difference in the Generation Mechanism of Cold and Heat	? Seiki, Jaki ?
10:15-11:00	4) Secondary/ Physical Body's SHO with Principles of Tx. 5) Where is Jaki ? Its effect on the Life (in Pulse and Body) <ul style="list-style-type: none"> Differences in Oki-Jitsu and Jaki-Jitsu 	
11:00-11:15	Tea Break and Breathing EX.	
11:15-12:00	SHO I. II Demo.	Demo: SHO determination with Four examination Pulse practice: Def. and Ex. (Oki-Jitsu) and (Jaki-Jitsu) SHO for Root tx. Step 1.2. and Jaki effects in Step.2.
12:00-1:30	Lunch Break	
1:30-2:00	Q and A. Power of the Words and its effect. "Message from water". <i>Masaru Emoto.</i> Miracles of the Kototama/ TAKAMAHARANAYASA	Essences of Hari
2:00-2:45	SHO w/ Pulse dx. Pulse: Finding middle pulse and six-position comparative pulse dx. for SHO. Tx. Steps 1 and 2	
2:45-3:00	Tonification * Practice on the apple	
3:00-3:15	Ki Ex. and Tea	
3:15-4:00	Futomani Hari-Shimpo (2)	Root tx. with feedback method * Depth, Obtain the Ki, Ki arrives and Timing for advance and removal with Kototama/ Ki-breath. * Feedback with pulse quality
4:00-5:30	Step 1 & 2	Practice: Root tx. Step.1,2
Assignments	Read TJA: Fundamentals Review your notebook and handouts. Read Assignment was indicated in next month schedule.	Practice: middle pulse reading, basic technique on your body or friends and floating apple, point location

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