



Hari Program (3)

2006 HARI PROGRAM, BOSTON

Track 1	Subject of study
Track 2	Contents of Lecture
Track 3	Hari Practice
Track 4	Keyword and Resources

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Saturday, December 3, 2016

S u b j e c t	Treatment point selection (Nan Jing chapter 68, 69, 75) and Practice HO, KEN and KO and WA-HO			
9:00 am – 9:30 am	Gassho and Kototama Chanting	as a practice for concentrating one's consciousness and unifying it with the universe		
9:30 am – 11:00 am	L- I	Point selection (<i>Nan Jing</i> Chp. 49, 68, 75 and other Blood Stasis)	287,291,298	
11:00 am – 11:15 am	Breathing Exercises and Tea Break			
11:15 am – 12:00 pm	L- II, P- I	YU-SHA WA-HO	WA-HO and from lecture I and II	
12:00 pm – 1:00 pm	Lunch Break			
1:00 pm – 2:00 pm	P- II:	HO	Tonification / Ho technique in Kototama Meditation	
2:00 pm – 2:45 pm	P- III	KO and KEN	Draining within tonification techniques (KO, KEN) with their associated pulse quality diagnosis	
2:45 pm – 3:00 pm	Breathing Exercises and Tea Break			
3:00 pm – 3:30 pm	L- III P- IV	Gassho and Sesshin	Ki in the word and Ki DX.	Please read the book "Message from water". written by Masaru Emoto.
3:30 pm – 4:45 pm	P- V	Step 1,2,3.	Root treatment with Ki feedback method by pulse	
4:45 pm-5:00 pm	Q & A			

Sunday, December 4, 2016

S u b j e c t	Pulse Quality Diagnosis and Ki How do you detect abnormal and correct pulse? The pulse quality diagnosis can be used to determine the most appropriate points and needling techniques.			
9:00 am - 9:30 am	Gassho	Aoum Mantra, Kototama Practice		
9:30 am - 11:00 am	HARI PROGRAM (3)	L- I	How to detect abnormal and correct pulse Middle (ST quality) pulse, date and 5 season, individual, and appropriate pulse quality in positions etc.	247-251 Normal and disease pulse
11:00 am - 11:15 am		Breathing Exercises and Tea Break		
11:15 am - 12:00 pm		P- I	Demo and Pulse-Position/ Pulse-Quality DX.	245-246 251-263
12:00 pm - 1:00 pm		Lunch Break		
1:00 pm -2:30 pm		L- III	Sho and Five taste and Five element: appropriate for tx. points	105-121
2:30 pm - 2:45 pm		Tea, Ki breathing exercise	When performed with the correct mind-heart, posture, and breathing, will allow us to achieve harmony and stability both psychologically, physiologically, as well as in our daily lives.	
2:45 pm -3:00 pm		L- IV	Ki feedback methods with Sesshin	Powerful yet very gentle
3:00 pm - 3:30 pm		P- II	Model treatment by Hari	Hari Style of
3:30 pm - 4:50 pm		P- III	Step 1-3 Diagnosis and Treatment practice	acupuncture.
4:50 pm - 5:00 pm		Q&A		
Assignments	Read TJA: Fundamentals Review your notebook and handouts. Read Assignment was indicated in next month schedule.		Practice: Pulse-Position/ pulse-quality DX and Disease (Jaki) in pulse with Sesshin. Only the unification of knowledge and doing contains truth	