

HARI STYLE OF ACUPUNCTURE

Takayuki Koei Kuwahara Lic. Ac.
President of The Hari Society

* **HARI**
DEFINITION
(1)

HARI is known as
the *Zuishō* (随証) tx.,
which means treatment is given by
following the **SHO** (pattern of
imbalance in the five phases and its tx.
order).

*** HARI**
DEFINITION
(2)

- (1) PRIMARY SHO**
- (2) SECONDARY SHO**

HARI consists of two steps of

SHO determination

- (1)** is on Space Will (\doteq 4 Souls)/Kototama
/Essential Ki balance on spiritual body
- (2)** is on Pathological effects from the
Ja-Ki.

HARI is known as

the *Keiraku-Chiryō* Meridian-Therapy

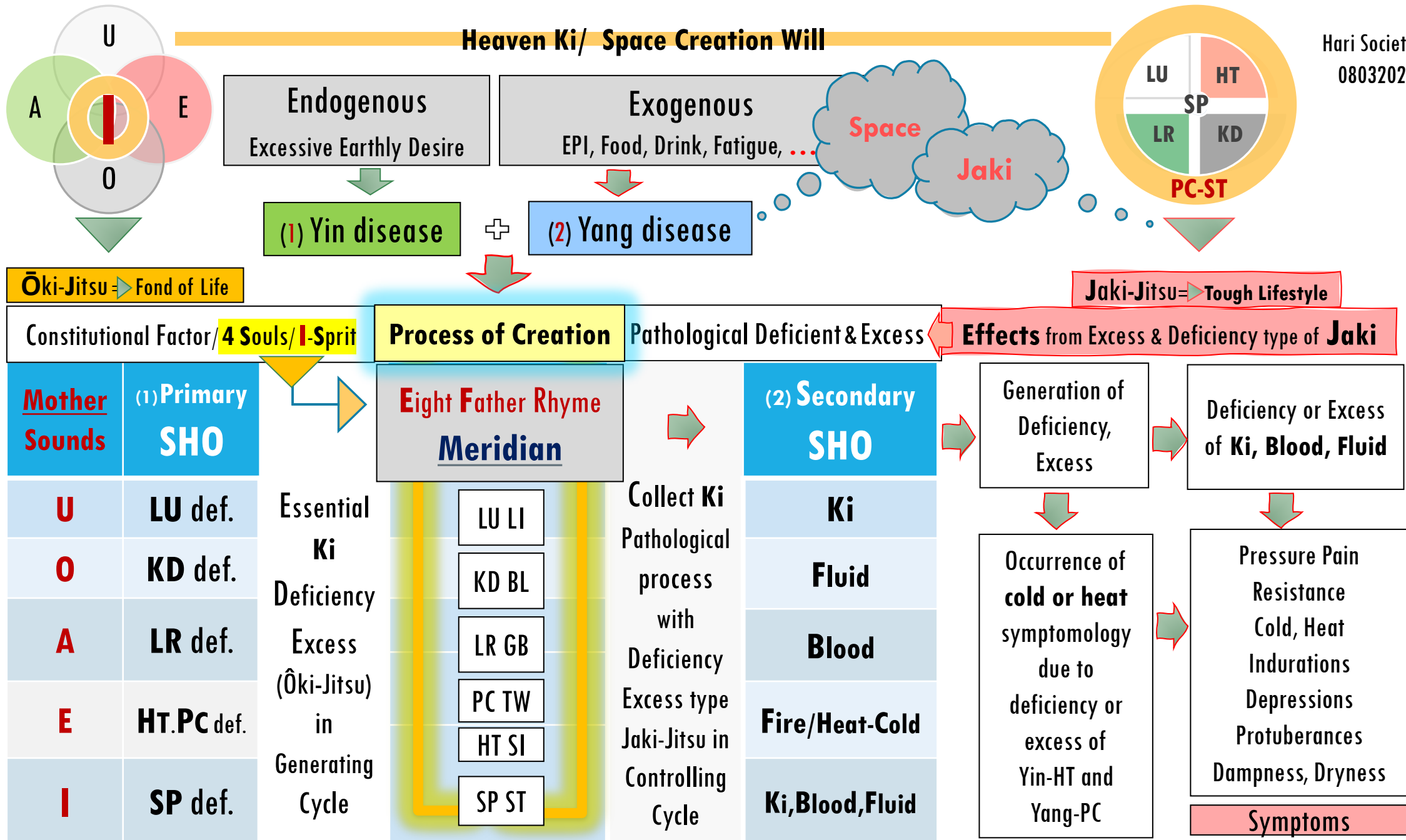
is Traditional Japanese Medicine based on pulse dx..

It involves a clinical reading called **SHŌ/AKASHI** that is a holistic interpretation of illness derived from an understanding of **Ki** and **Ketsu**.

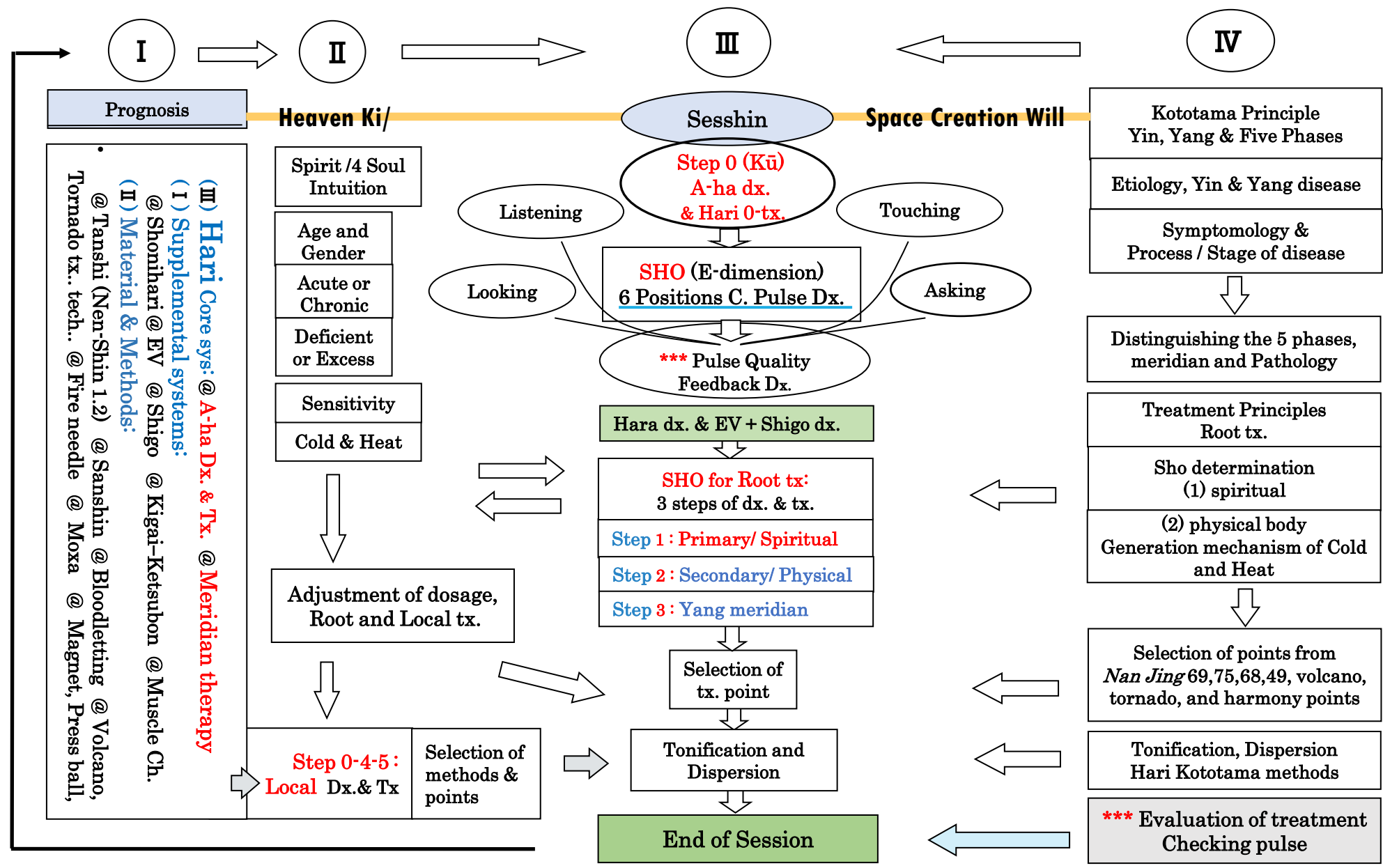
Disturbance in **Ki** and **Ketsu** identified through the **Kyo** and **Jitsu** of the meridian and tx. is effected with **Ho** and **Sha** techniques using **hari** and **okyū**. **Meridians points serve as loci for both diagnosis and treatment.**

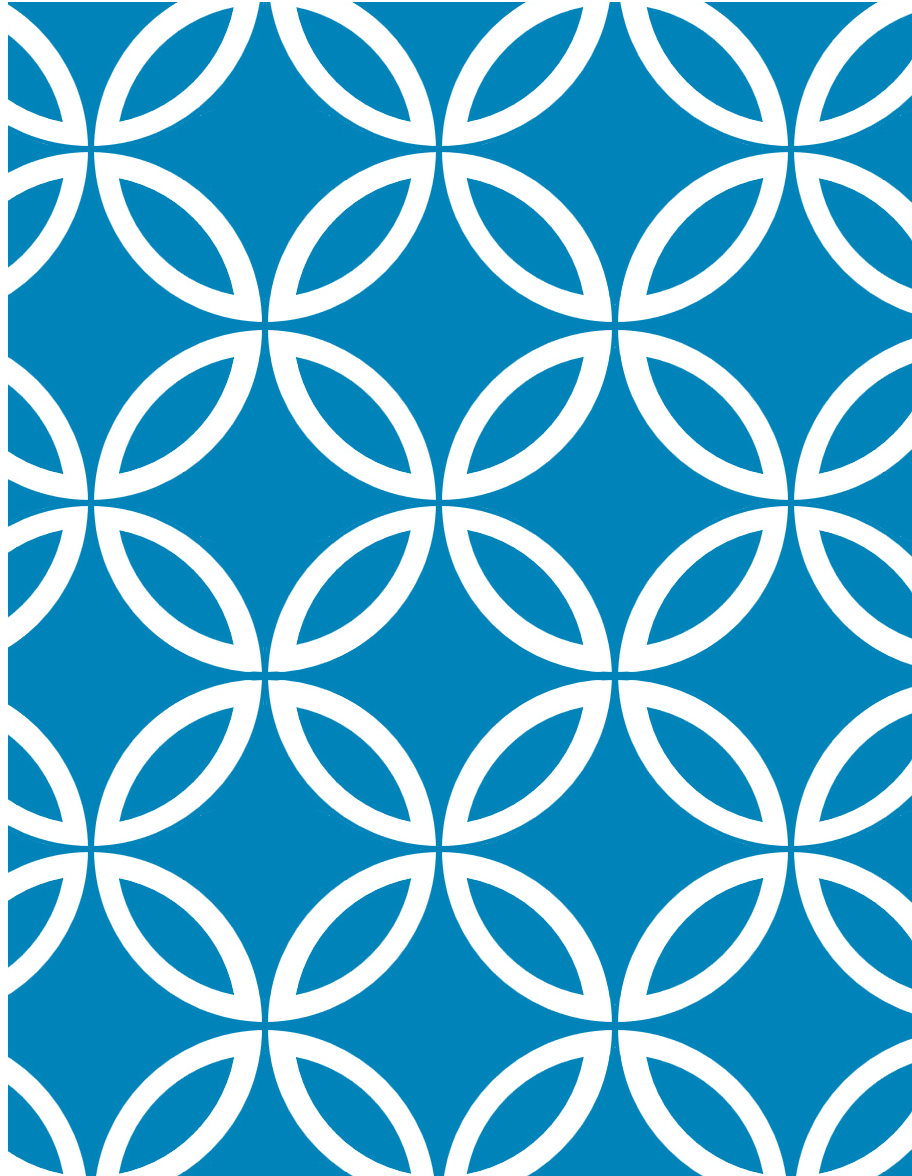
from Kodo Fukushima

* **HARI**
DEFINITION
(3)



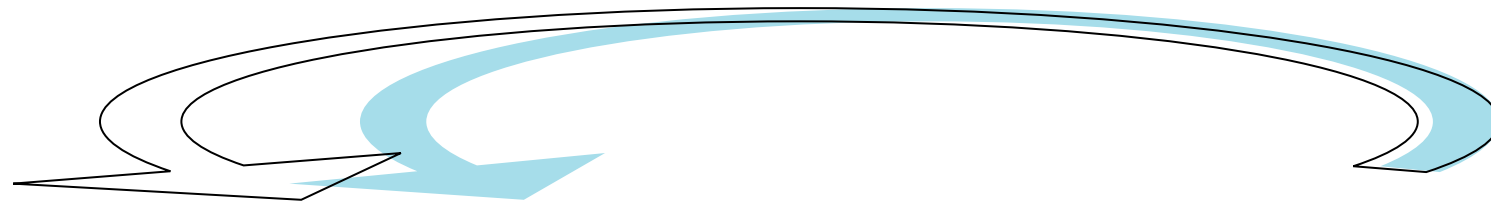
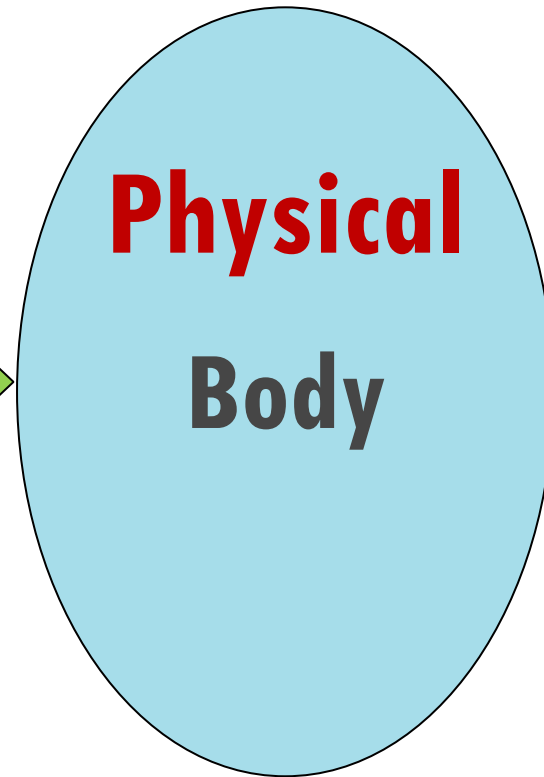
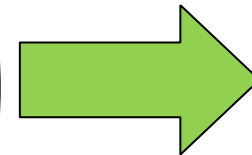
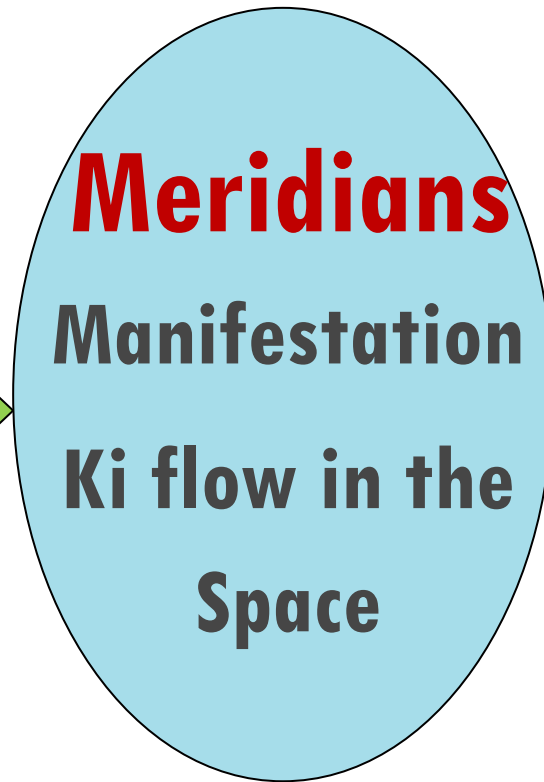
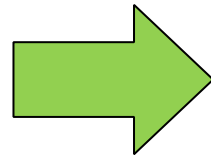
Flow Chart: Hari Therapy w/ EV + Shigo Dx. 08022022





HARI A THING THAT IS IMPORTANT.

- * Root and Local tx.,
- * Three Cornerstones,
- * Ki Feedback in Hari Practice



Universe of congenital structure

Acquired Structure

***HARI**

**THREE
CORNERSTONES
OF HARI
PRACTICE**



Spiritual

ONE Spirit (Essential Ki)

Four Souls “Character w/Senses, Mind”

Meridian

Ki (as “Breath”) flow/process of creation
between Congenital-Acquired Structure

Physical

Pathological effects (Ki) on Physical Body

*1.

SPIRITUAL
BODY

THE MOST
IMPORTANT
WORKSPACE IN
HARI

Spiritual Medicine

- 1) Primary **SHO** /diagnosis (A-Ha dx.)
- 2) **Ho** (tonification) is the activation technique for (Space Will).
- 3) **I-Ne.** Hari treatment

*2.
MERIDIAN
KI
BODY

Meridian therapy

1) Meridian shows the process (Ki-breathe/w Eight Father Ki Rhyme) of the life creation from Spirit (I).

(Ai 愛-Love) “Space”

A is “Wood” element as Space with Blood.

Ai is the locus of feelings of 愛 in a space of (I).

* **3.**
**PHYSICAL
BODY**

Physical Medicine

- 1) Secondary **SHO** based on understanding of the (**Ki, Fluid, Blood**) body's function and (**Cold and Heat**) is effect from HT and PC (命門の火 *Meimon no Hi*).
- 2) Physiology, Pathological and
- 3) **Jaki** effects on Physical Body.

* **HARI**

Change the rhyme (1) & flow (2-3) of the Ki

(1) SPIRIT



A) **Quality:** Spiritual Medicine

(Mind **Posture&Use**) undulation (**Eight Father Ki Rhyme**) in your life/balance of Four spirits

(2) KI-BREATHE



B) **Quantity:** Meridian Therapy

Ki flow in proper (Body **Posture&Use**) with (**Kundalini**) **breath**
Power of the creation

(3) PATHOLOGICAL
&
JAKI
EFFECT ON PHYSICAL
BODY



C) **Pts. w/ Methods:** Physical Medicine

TCM style meridian therapy: It based on understanding of the Pathological activities (Ki, Fluid, Blood & Heat-Cold) from Jaki.

Dispersion techniques for Jaki.

* **HARI**
KI FEEDBACK
METHODS

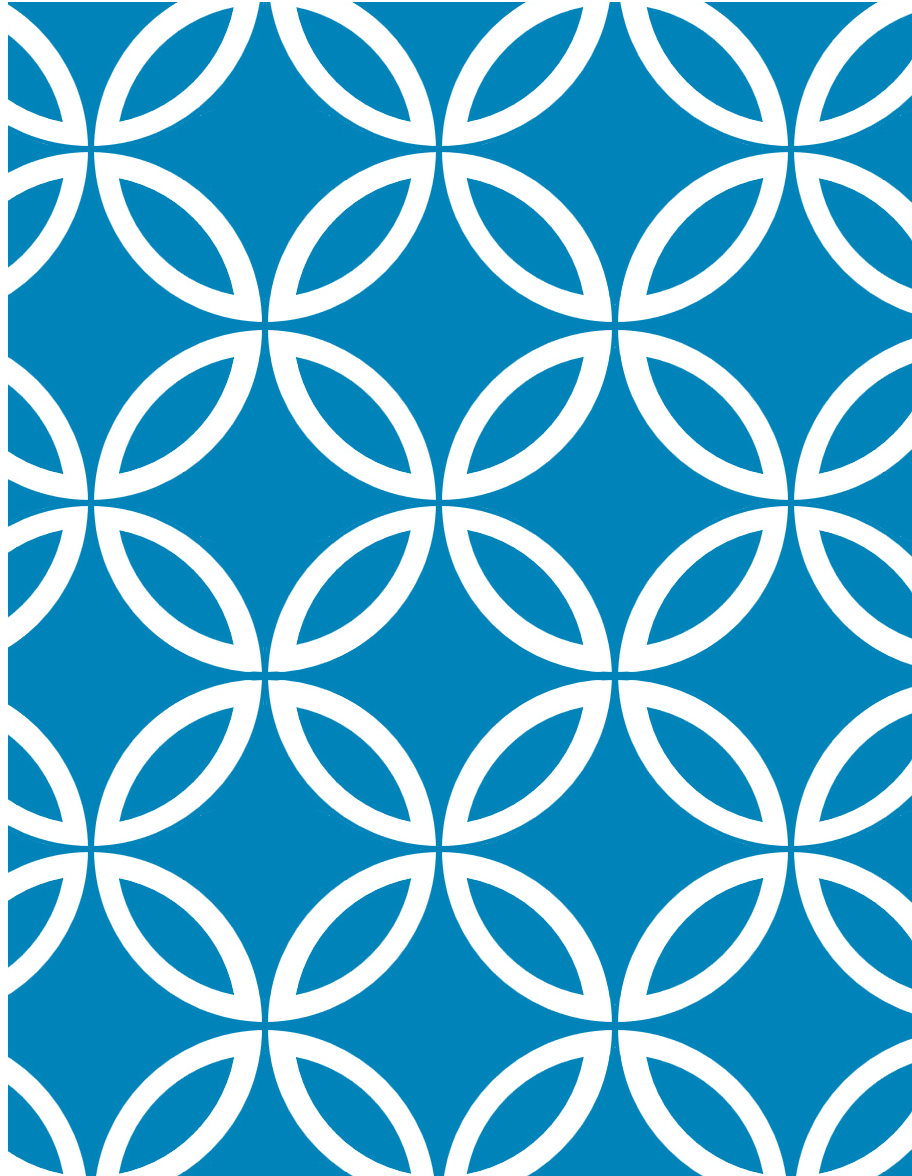
WITH

1. PULSE QUALITY

2. 6TH - 7TH SENSE

:

1. How to detect abnormal and correct Ki in pulse (ST Ki quality dx.) and sense dx..
2. To use pulse + sense dx. for more than just identifying SHO/ pattern of disease.
3. The pulse + sense dx. can be used as a feedback method for assessing the effectiveness of the tx. as it is being given.



KOTOTAMA PRINCIPLES :

Ancient Five Phases

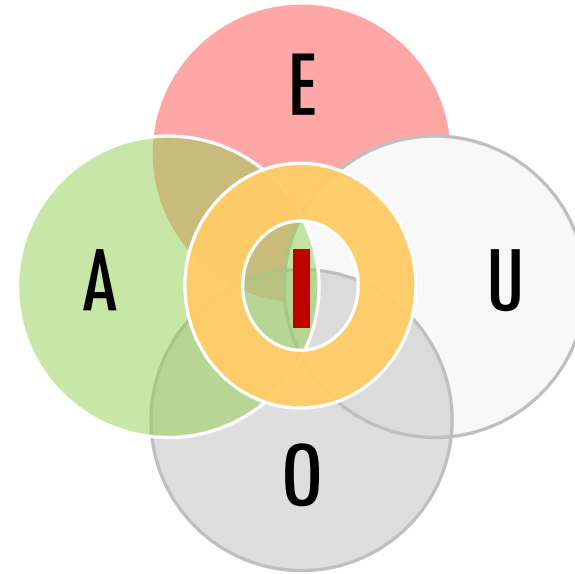


ESSENCE OF HARI

KI AND FIVE
PHASES
KOTOTAMA

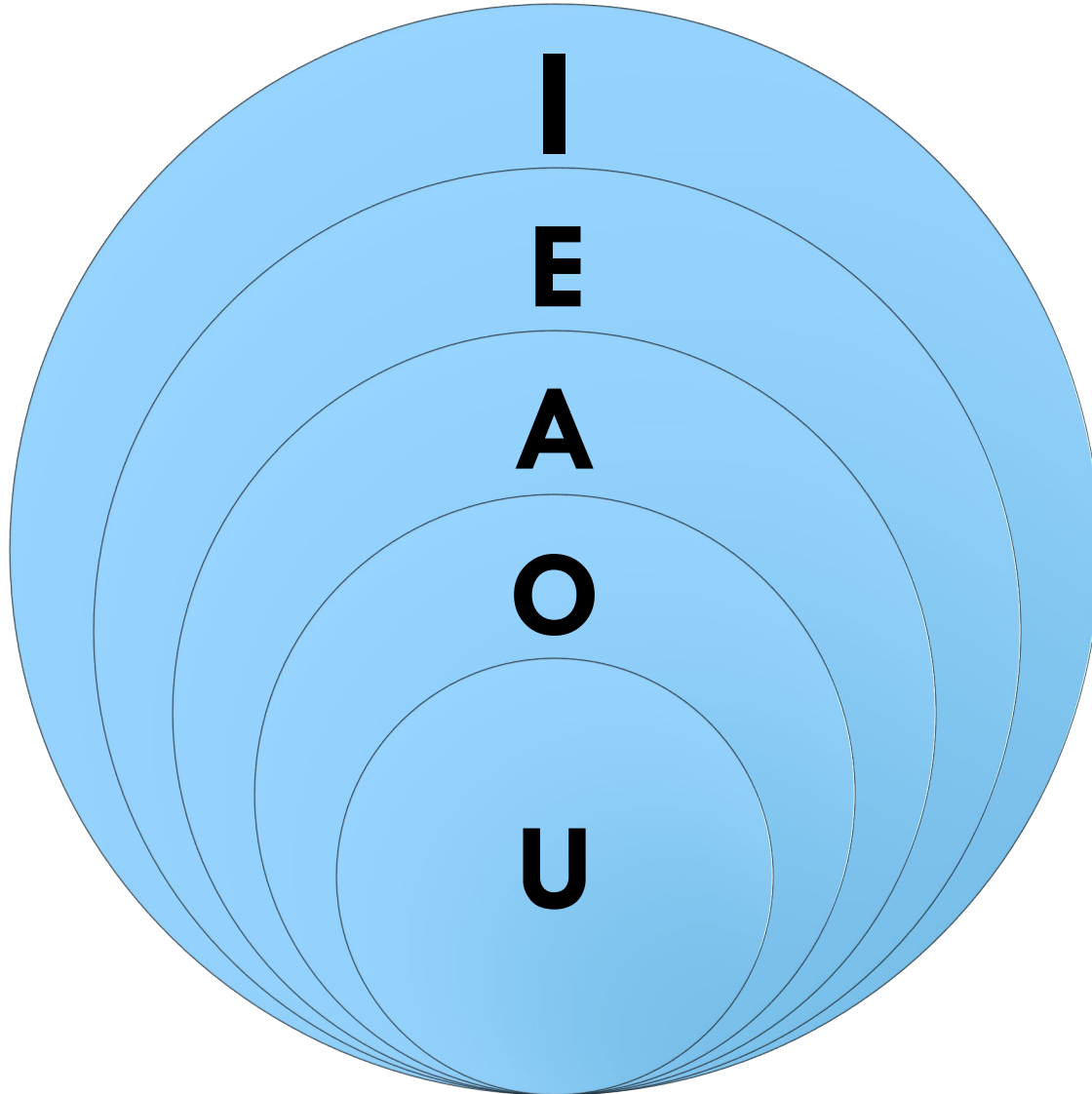
One Spirit

is



Four Souls

BASIC ORDER OF GENERATION



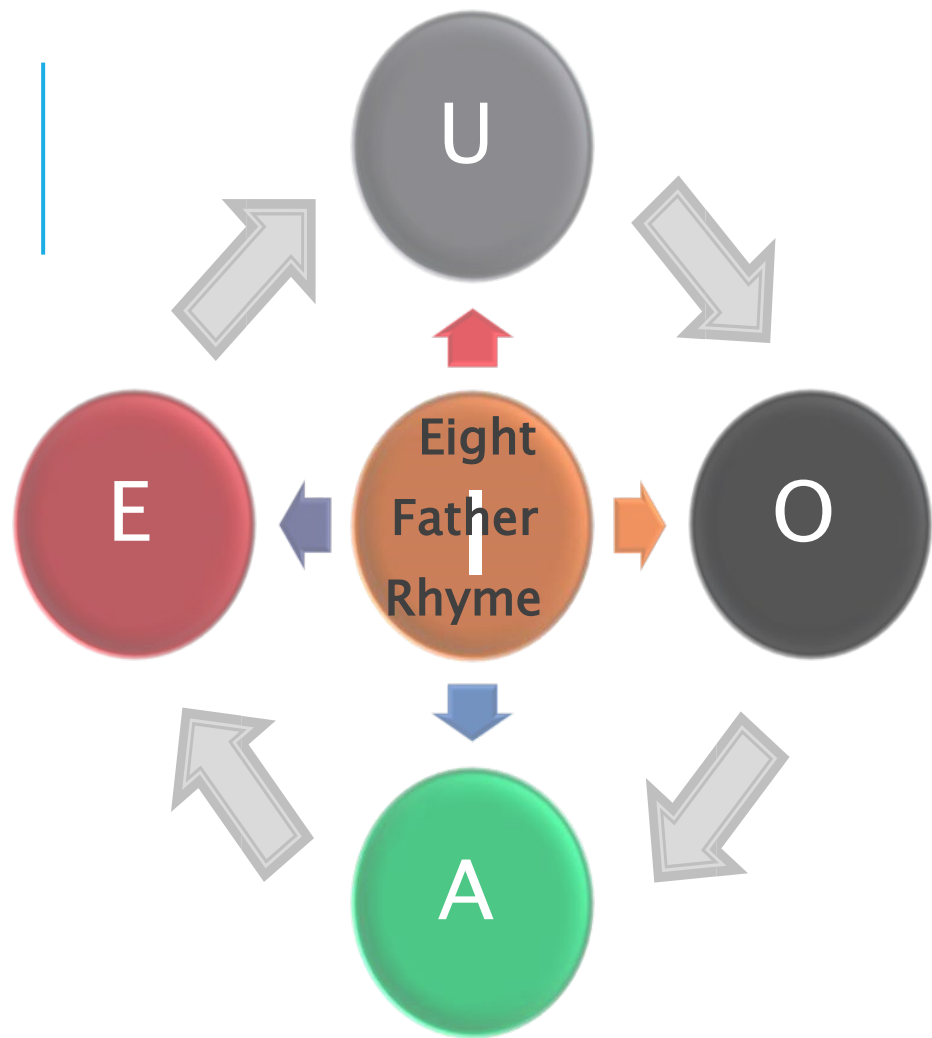
Earth

Fire

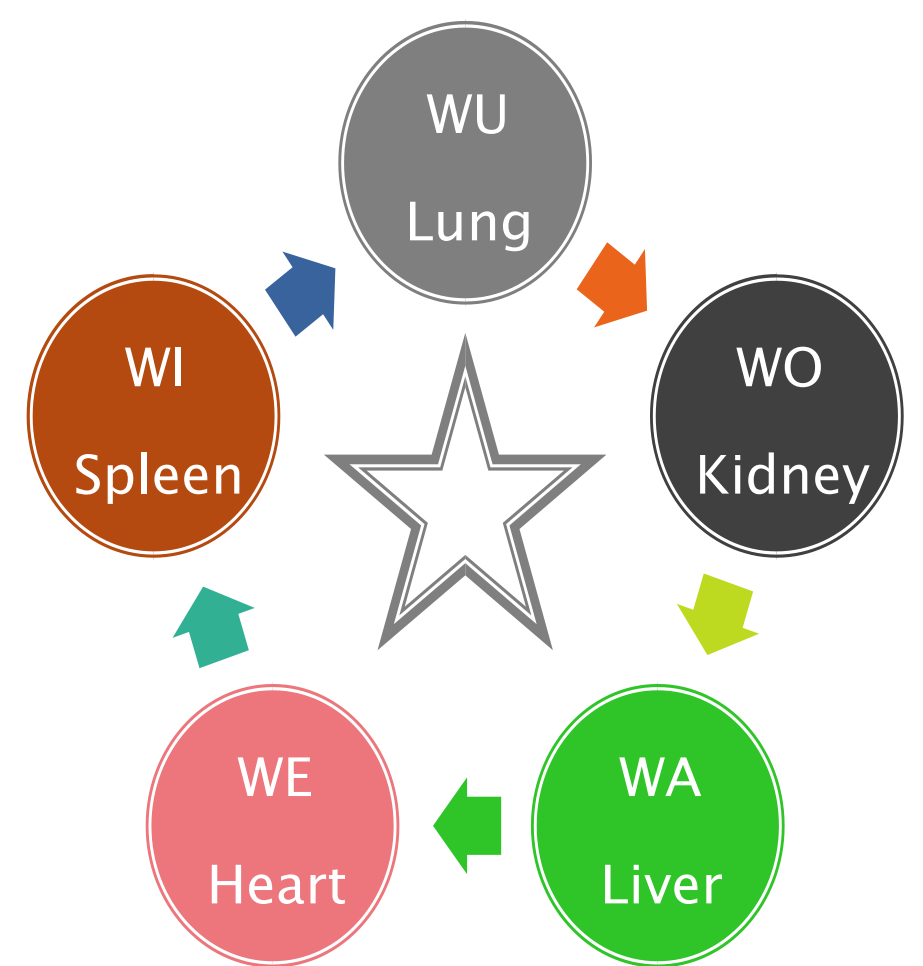
Wood

Water

Metal



Meridian



Congenital Structure

(I) Eight father Ki rhyme
Time and Space

Acquired Structure

Subject

Objective appearance on Society

A Wood Emotion Art, Religion LR/GB **wa**

O Water Empirical knowledge Studies, Science KD/BL **wo**

U Metal Desire on five senses Industry, Economy LU/LI **wu**

E Fire Practical Wisdom of Selection Political Morality HT/SI **we**

I Earth Space Creation Will
Activate 4-mother Space with Eight father rhyme SP/ST **wi**

Ki

T

K

M

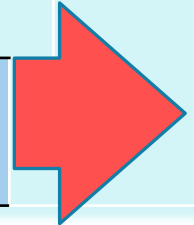
H

R

N

Y

S



ONZU

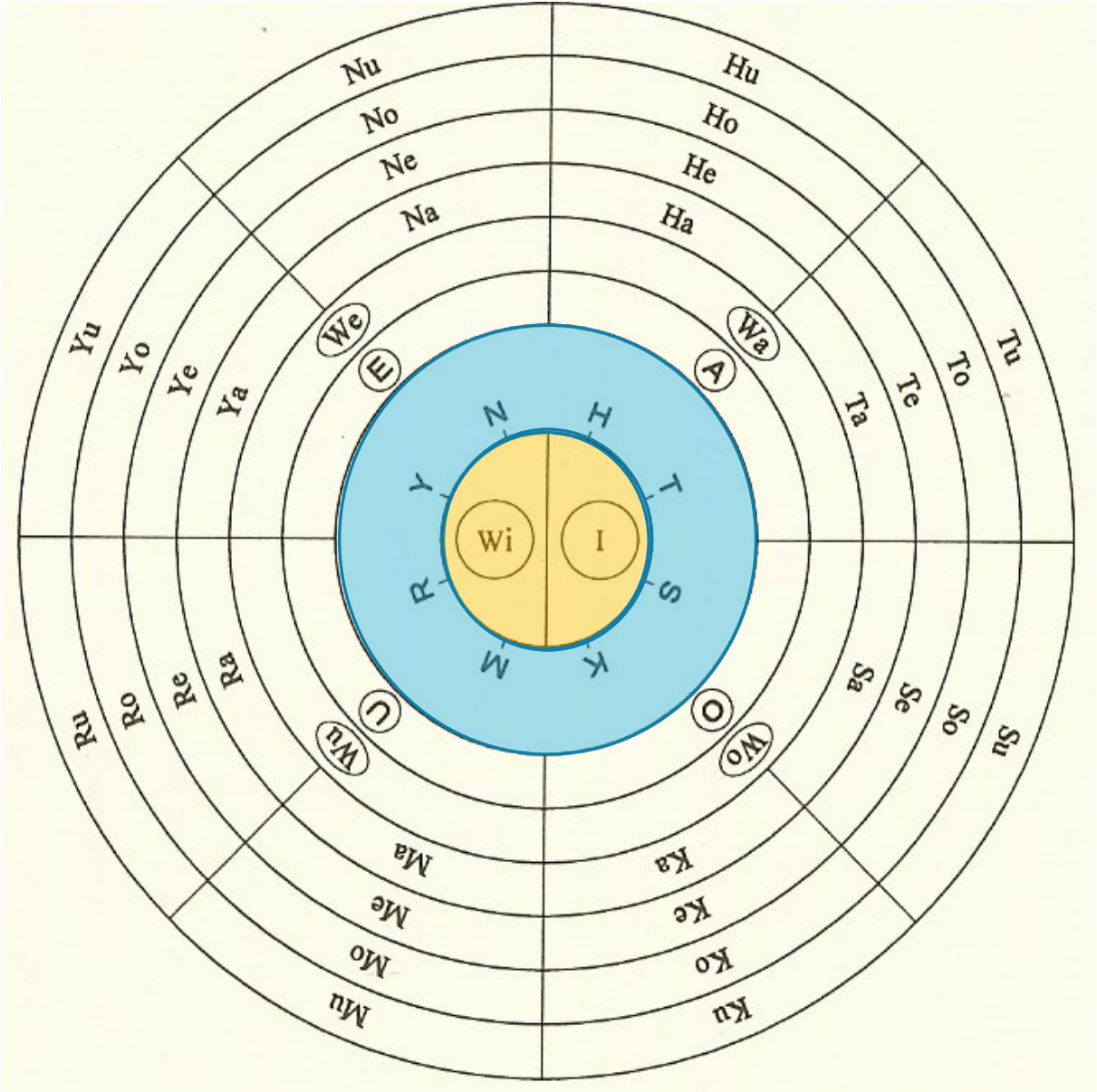
- U** Amatsu-Kanagi
 - A-kasatanahamayara-Wa
- O** Akatama
 - A-katamahasanayara-Wa
- A** Takara
 - A-takarahasanayama-Wa
- E** Amatsu-Futorito
 - A-takamaharanayasa-Wa
- I** Amatsu-Sugaso
 - I - any order - Wi

天津 太祝詞 **AMATSU-FUTONORITO ONZU**

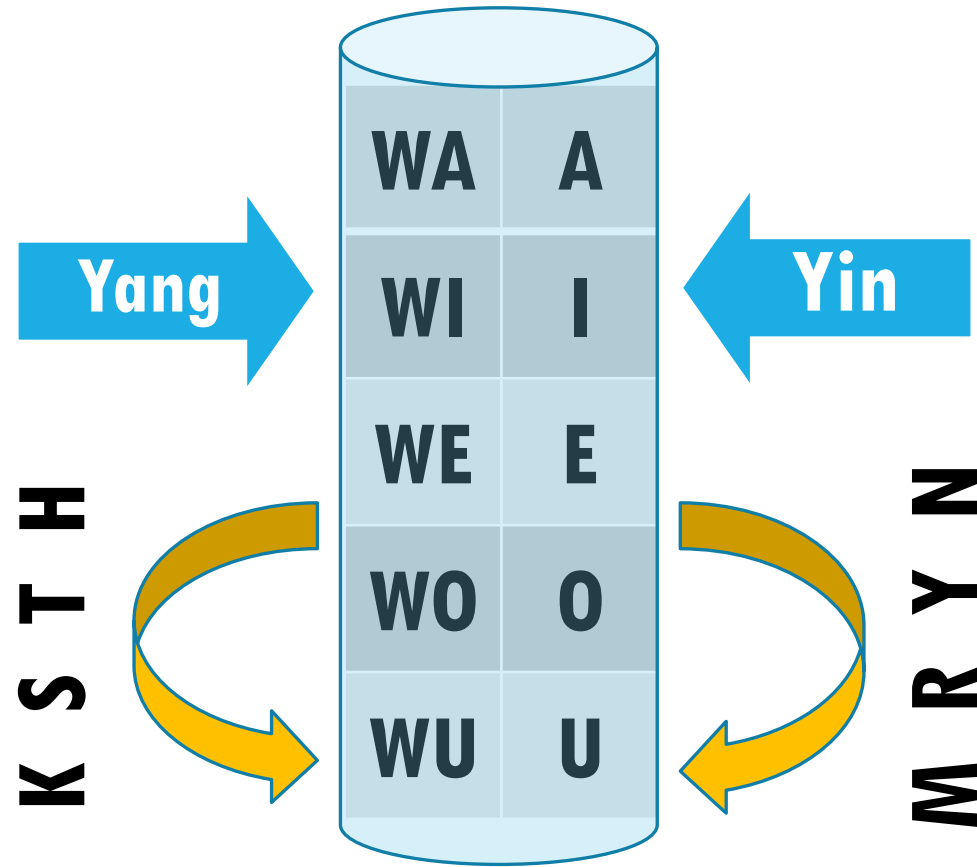
	T	K	M	H	R	N	Y	S	
A	Ta	Ka	Ma	Ha	Ra	Na	Ya	Sa	wa
I	Ti	Ki	Mi	Hi	Ri	Ni	Yi	Si	wi
E	Te	Ke	Me	He	Re	Ne	Ye	Se	we
O	To	Ko	Mo	Ho	Ro	No	Yo	So	wo
U	Tu	Ku	Mu	Hu	Ru	Nu	Yu	Su	wu

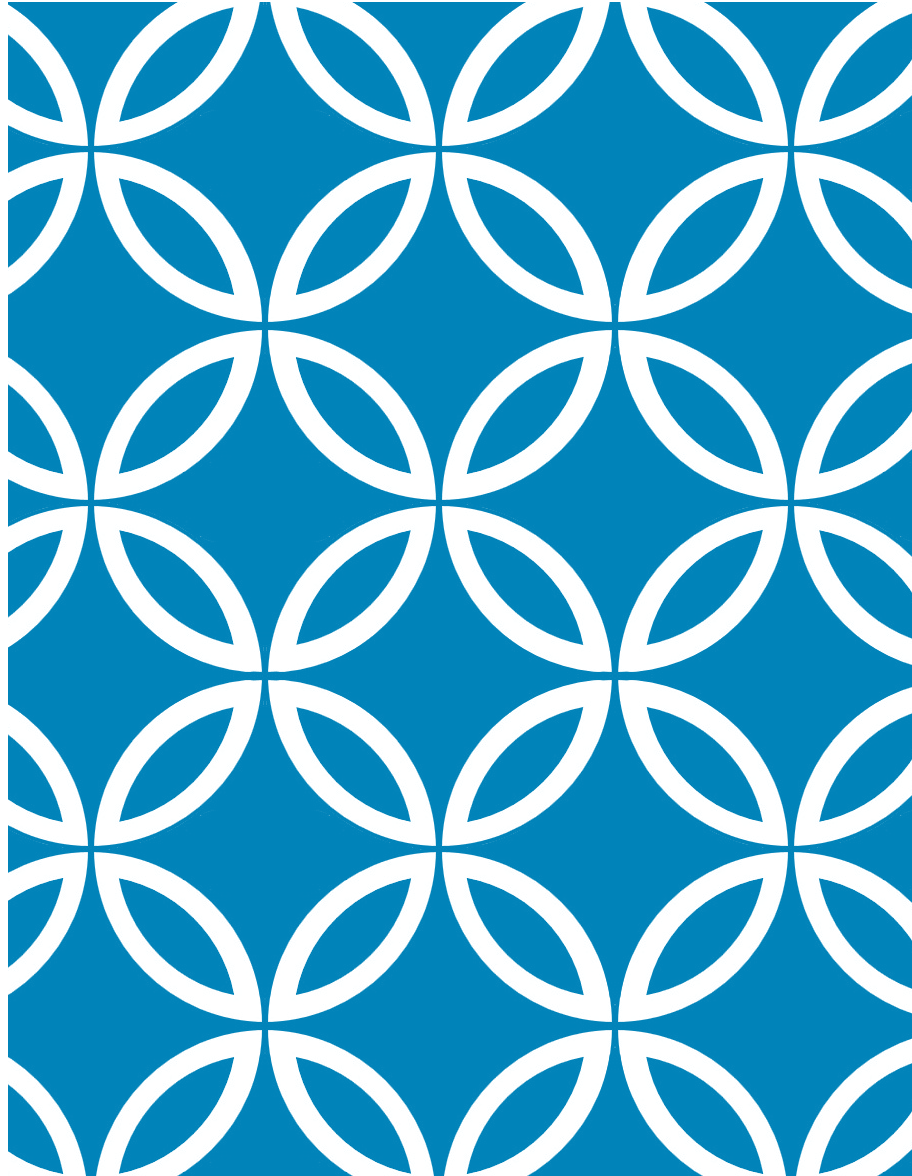
The Flow of the KI 

YATA NO KAGAMI



THE PILLAR OF THE HEART





HARI ROOT TREATMENTS

SHO/ DX. AND POINTS

Step 1, 2 and 3.

* **SHO**

**FOR
ROOT TX.:**

Disease stems from deficiency of
Essential Ki of the five organs.

*** HARI**
TX. STEPS

ROOT TX.
STEPS **1**
2
3

- **Stp 1. Primary SHO, Five-dimensional Spiritual Pattern**

Principles of tx., Intuitive dx. (A-Ha) and Six-Comparative Pulse dx.

- **Stp 2. Secondary SHO, Pathological (Physical Body) Pattern**

Effects from Essential Ki dif. to body and Jaki effects as excess. Pulse (Quality dx.)

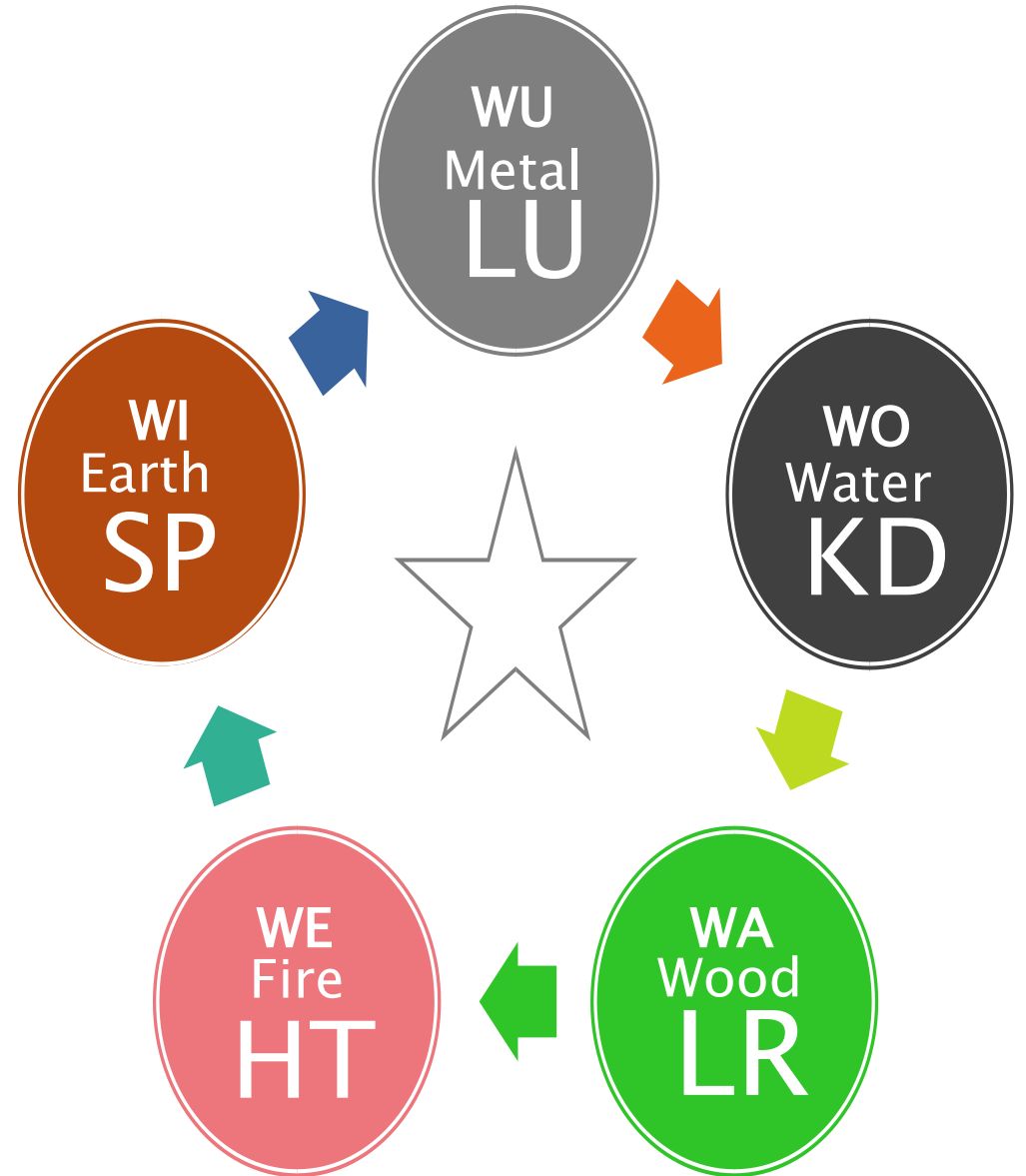
- **Stp 3. Yang meridians**

□. ROOT TX STEP 1

PRIMARY SHO
IN CREATIVE CIRCLE

**FIVE-DIMENSIONAL
SPIRITUAL PATTERN**

PRINCIPLES OF TX., SIX-
COMPARATIVE PULSE DX.



□. ROOT TX STEP 2.

SECONDARY SHO IN CONTROLLING CIRCLE

PATHOLOGICAL (PHYSICAL BODY) PATTERN

EFFECTS FROM ESSENTIAL KI
DIF. TO BODY AND JAKI

EFFECTS AS EXCESS.



**□. ROOT TX STEP 3.
YANG M.TX.**

**TX. SIDE
AND
MAIN TX. POINTS**

Effects on E(yang) and Ei (yin)

-Ki Dif. and Ki Excess

- ❖ Deficiency, tonify on same side as pulse
- ❖ Use both TW & ST, if it is deficient
- ❖ Excess, disperse on same side as Jaki
- ❖ Dispersion, use Luo point
- ❖ if symptoms is severe
can be used Xi-Cleft pts.

**□. HOW TO
FIND**

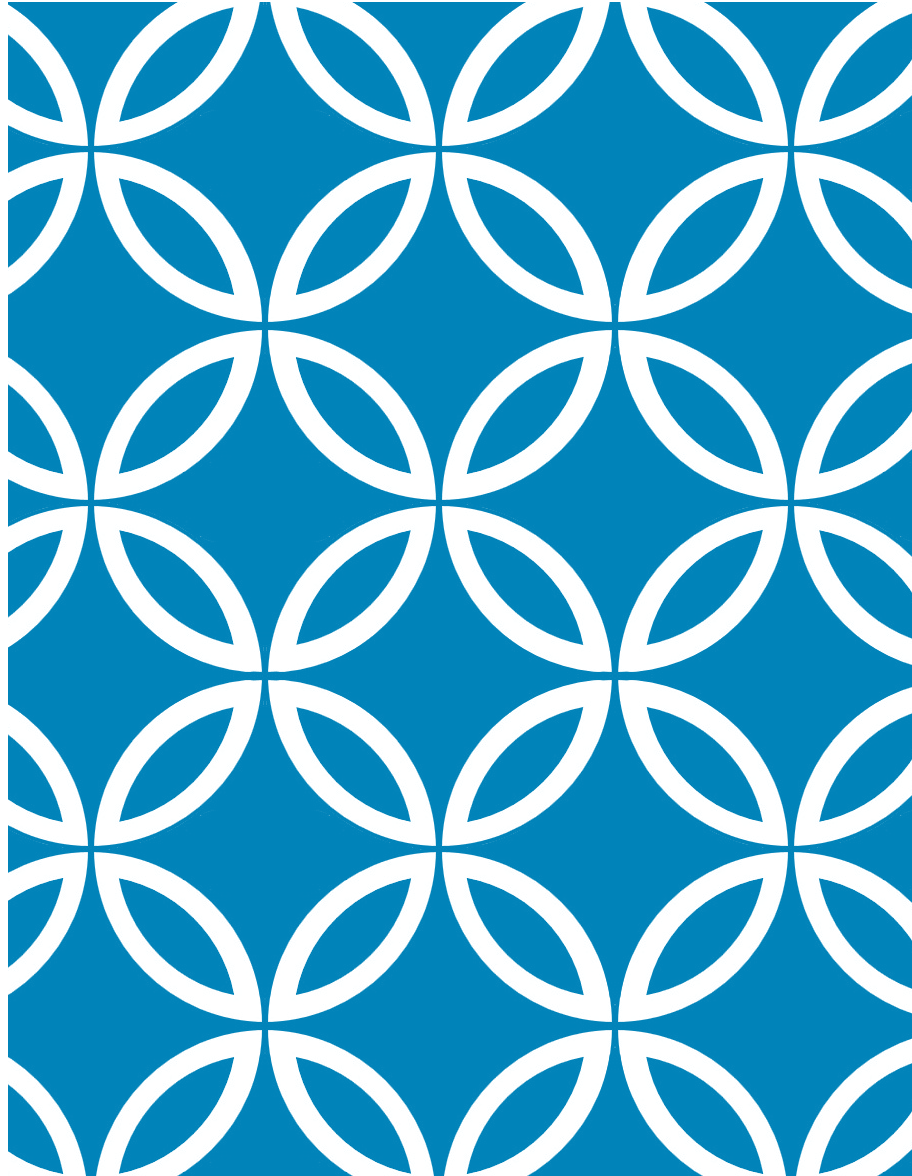
**DEFICIENT
POINT**

- ❖ The deficient point is sticky, depressed or weak.
- ❖ Those area with no energy flow appears dark.

**□. HOW TO
FIND**

**EXCESS POINT
AND
JAKE INVASION**

- ❖ The point that was affected from Jaki is unsmooth, convexed or hard, rough.
- ❖ Those area with energy flow appears as light-dark and volcano/tornado pattern.



HARI TREATMENT

“ HARI SHIMPO ”

Nenshin (1)(2)
with Kototama

HARI SHIMPO

KEY POINTS

Kototama Hari Practice

1. Conscious-Intension:
 - Power of Words and its effects
2. Ki-Breath and Body Posture
3. Gassho-Gyoho
4. What is a Kundalini? and Its effects.
5. Nenshin (1) (2)

HARI SHIMPO

KEY POINTS

Kototama Hari Practice

- 1. Hari needling**
 - Shape, Positioning of Body Posture
 - Usage of
 - Oshide/ L-hand
 - Sashide/R-hand
- 2. Timing for going and removal with Kototama words /lightning.**

* HARI SHIMPO

POSTURE AND
KI-BREATHE
(EIGHT FATHER KI RHYME)

U 奇魂 くし、智。神からのメッセージ
O 和魂 にぎ、親。調和とバランス
A 幸魂 さち、愛。幸を感じる
E 荒魂 あら勇。願いを叶え物事を具現化
I 直霊 なおひ、高次の自分、無意識

U - **Metal**: Desire on five senses, Industry, Economy

O - **Water**: Empirical wisdom, Studies, Science

A - **Wood** : Emotion/Love/Space, Art, Religion

E - **Fire** : Practical wisdom of selection, Political Morality

I - **Earth** : Space creation Will, Activate other
four dimensions

* **HARI
SHIMPO**

POSTURE AND
KI-BREATHE
(AI-GASSHO GYOHÔ)

U - upward

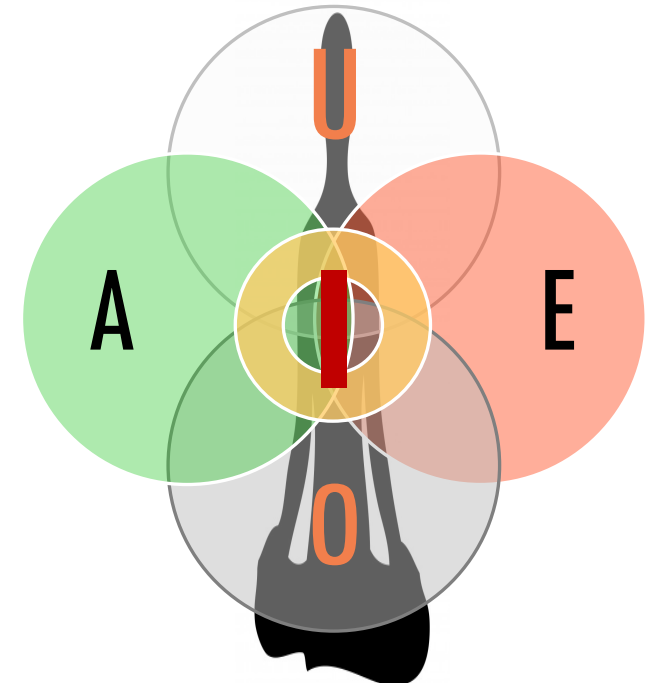
O - down

A - front

E - back

I - Center

One **S**pirit



Four **S**ouls

Middle-Tanden (Between **CV18** and **GV11**)

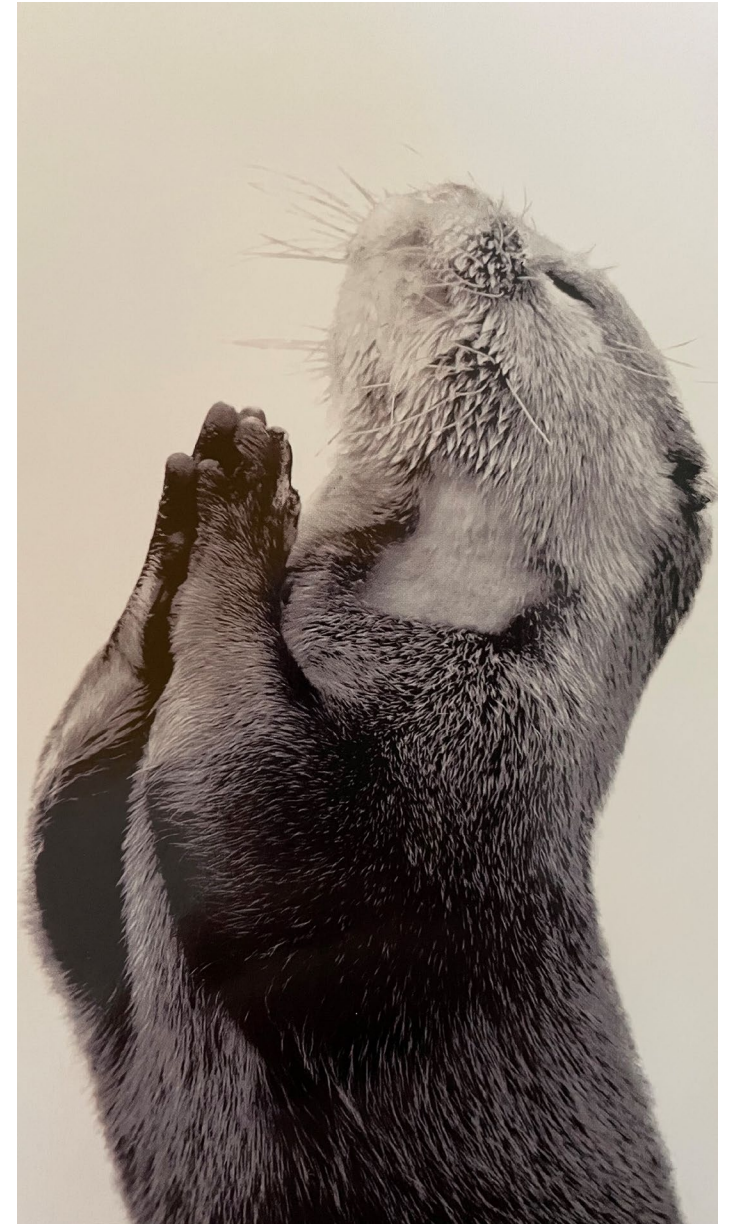
HARI SHIMPO

AI-GASSHO GYOHÔ

(**AI** 愛-LOVE) = “SPACE”

AI IS THE LOCUS OF FEELINGS
OF SPACE WILL (**I**).
IT IS PASSION, 愛-LOVE.

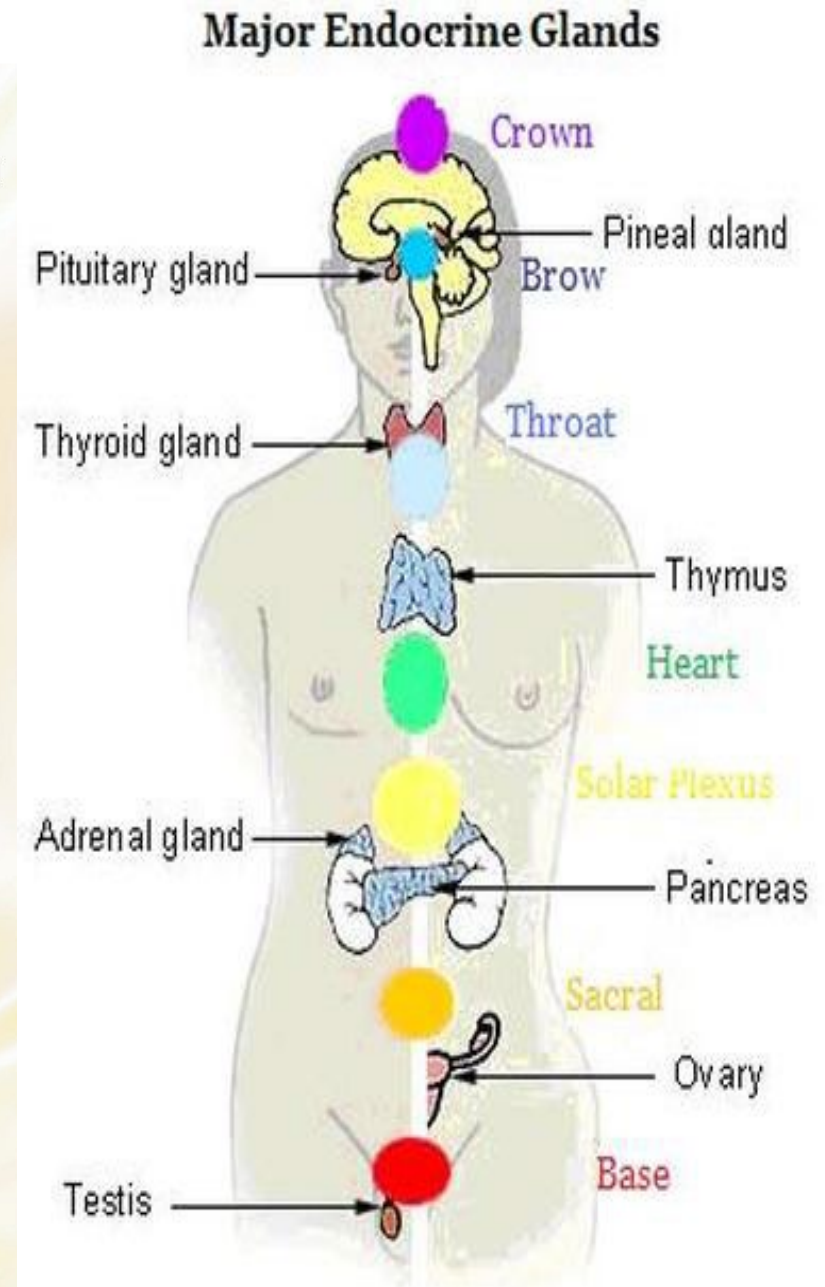
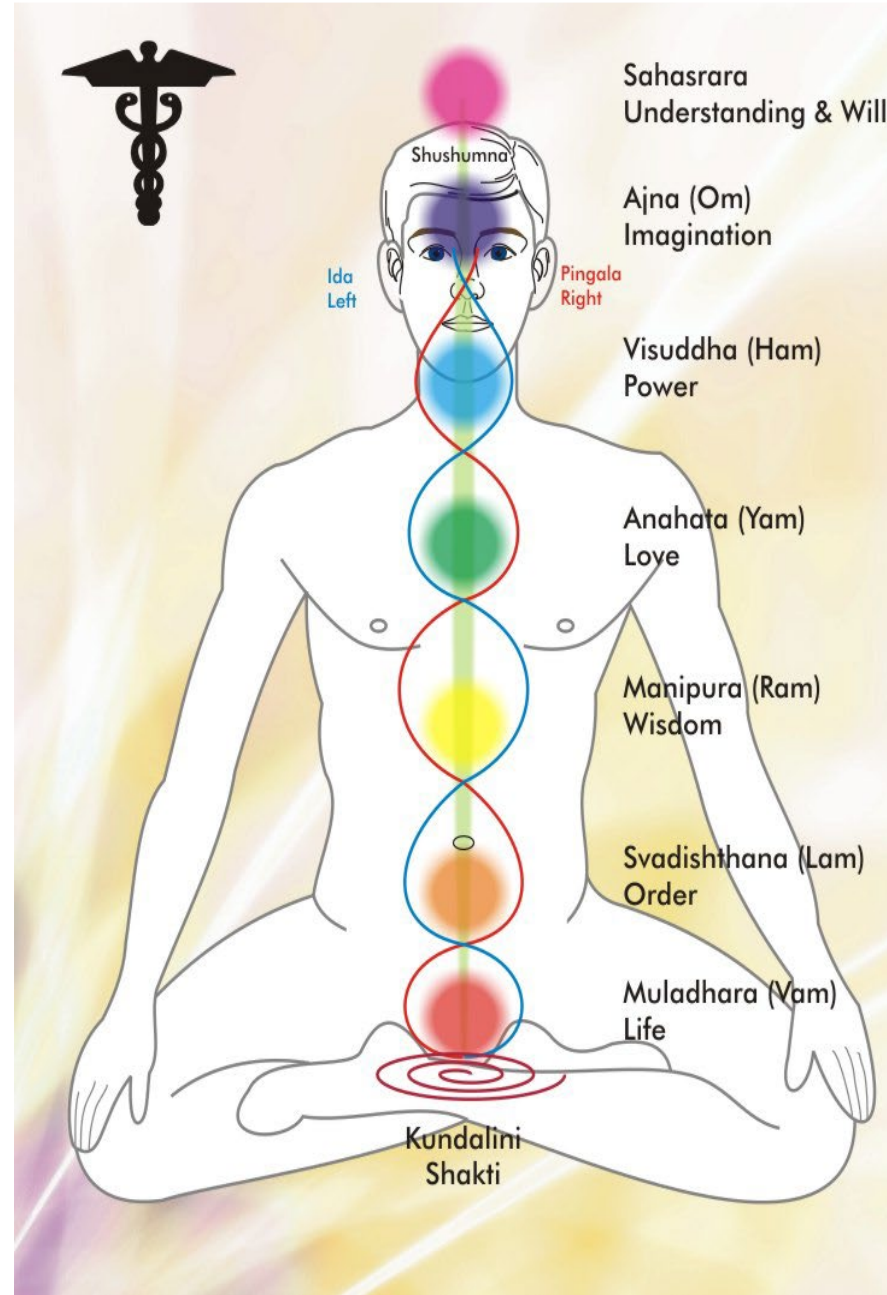
A IS “WOOD” ELEMENT AS
BLOOD WITH SPACE WILL (**I**) IN
BODY .



HARI SHIMPO

KI-BREATHE WITH KUNDALINI

AI-GASSHO GYOHÔ



HARI SHIMPO

TONIFICATION

CREATION OF THE LIGHT

❖ Ho-ho

Tonify, Strengthen the life force (dignity and harmony of the Essential ki)

❖ Effect of the tx. is strong-minded with the practice on

a- **Quality,**

b- **Quantity** of the Ki and

c- **Points, Oshide-Sashide
and Nen-Shin (1) Methods.**

**HARI
SHIMPO**

SHA

**DISPERSION
(MISOGI)**

❖ **SHA-ho**

Sha retune the rhyme setting allows the Ki to flow freely

1. Support them from excessive desire.
2. Release the attachment in meridian (**Eight Father Ki Rhyme**) that disharmonized the nature.

HARI SHIMPO

TWO TYPE OF
DISPERSION TECHNIQUE

- (1) **YU-SHA**
TRANSPORTING OR
SHUNTING
- (2) **SHA FOR JAKI**

Two type of Excess (Jitsu)

(1) **Oki-Jitsu**

Natural Excess without Jaki invasion

(2) **Jaki-Jitsu**

Excess, effected by Jaki.



**HARI
SHIMPO
SHA**

EXCESS TYPE **JAKI**

DISPERSION NEEDLING
NEN-SHIN (2)

Excess type of Jaki-jitsu

FU-jitsu:

Yang type Ex. Pulse: Floating, Fest, Excess

Gen-jitsu:

Yin type Ex. Pulse: Sinking, Wiry, Excess

HARI SHIMPO SHA

DEFICIENT TYPE **JAKI**

DRAINING WITHIN
TONIFICATION
NEEDLING
NEN-SHIN (2)

Ho tyu no Sha

is dispersion within tonification,
remove deficient-type jaki/evil and
to tonify weak life force.

Deficient type of Jaki

Ken: Blood Level

Ko: Ki Level

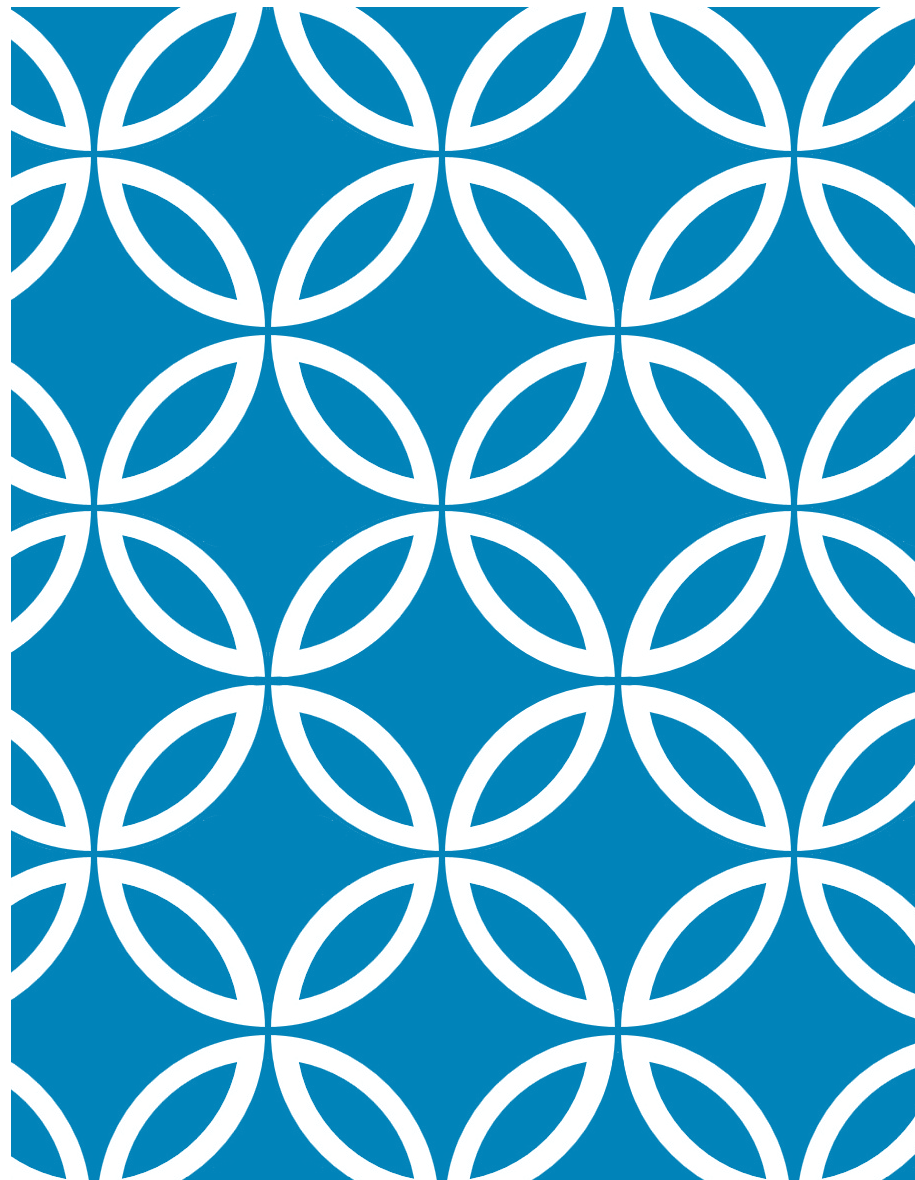
**HARI
SHIMPO
SHA**

**WAHO
YU-SHA**

Wa-ho is Harmonizing technique (**No Jaki**).

Yu-Sha is transporting/balancing **Oki-Jitsu** with tonification.

Oki-Jitsu is abundant ki which is caused by imbalance in the five phases, It is **Not from Evil Ki/Jaki**. Treatment should be done with **HO**/tonification.



HARI PULSE DIAGNOSES

Stomach Pulse and depth of the
pulse position

PULSE DX.

POINTS
TO
UNDERSTAND ABOUT
STOMACH
(**CALM**) PULSE QUALITY

1. ST Ki can be judged as being abundant if the pulse has enough depth (thickness) in between the superficial and deep levels.
2. ST Ki quality should feel as moderate and peaceful. * *Myakutei*

PULSE DX.

SIX COMPARATIVE PULSE Dx.

FOR PRIMARY SHO

MIDDLE PULSE

- A)** Middle pulse is the line where the three fingers feel equally and clearly the pulse.
- B)** It is also the place where the pulse is felt the strongest.

❖ First, Find the Middle Pulse, then

- 1.** Compare the Yin/Yang,
- 2.** Find deficiency/excess (Oki-jitsii)
in the 6 positions.

PULSE DX.

PULSE QUALITY Dx.

FOR SECONDARY SHO

□ Locate the abnormal **excess** pulse that is come with **Pathological** effects from Jaki invasion.

1. Detect the Jaki Ki in pulse that is missing the ST Ki pulse quality.
2. It shows the Hesitate pulse that caused with excess or deficient type of Jaki.

PULSE DX.

□ Use the pulse quality + sense dx.

FEEDBACK METHODS

WITH

1. PULSE QUALITY

2. 6TH - 7TH SENSE

:

1. For more than just identifying SHO/
pattern of disease.
2. It can be used as a feedback method,
assessing the effectiveness of the tx.
as it is being given.



HARI LOCAL TREATMENTS

Volcano and Sanshin
Step 0, 4 and 5.

* **HARI**

**ORDER OF
LOCAL TX.**

STEP. 0

. 4

. 5

0 and 4

[A] Thoracoabdominal, Back Region and
Supplementary systems & Local points

[B] Affected Area

[C] Harmony points

5 [A] Finish needling

[B] Moxibustion

[C] Home treatment

*** HARI
LOCAL TX.**

STEP 0, 4 AND 5:

- A: Supplementary systems**
(EV, Shigo, Shiraku, Ketsubon/Kigai...)
- B: Volcano point tx. w/Nenshin(2)**
Sanshin tx. (Hifushin, Piano touch...)
- C: Harmony Points**
- D: Home therapy**
(Moxa, Magnet, Pressball...)

HOW TO FIND

EXCESS POINT

- ❖ from SHO dx., touch dx., pulse and EV, Shigo dx. other
- ❖ Dispersing point (Volcano/Tornado) has a resistance (losing flexibility).
 - Usually feels drier and tighter like a wall.

WHAT IS
VOLCANO PT.

SANSHIN TX.

1) Volcano point tx.: w/Nenshin (2)

Stages I, II, III

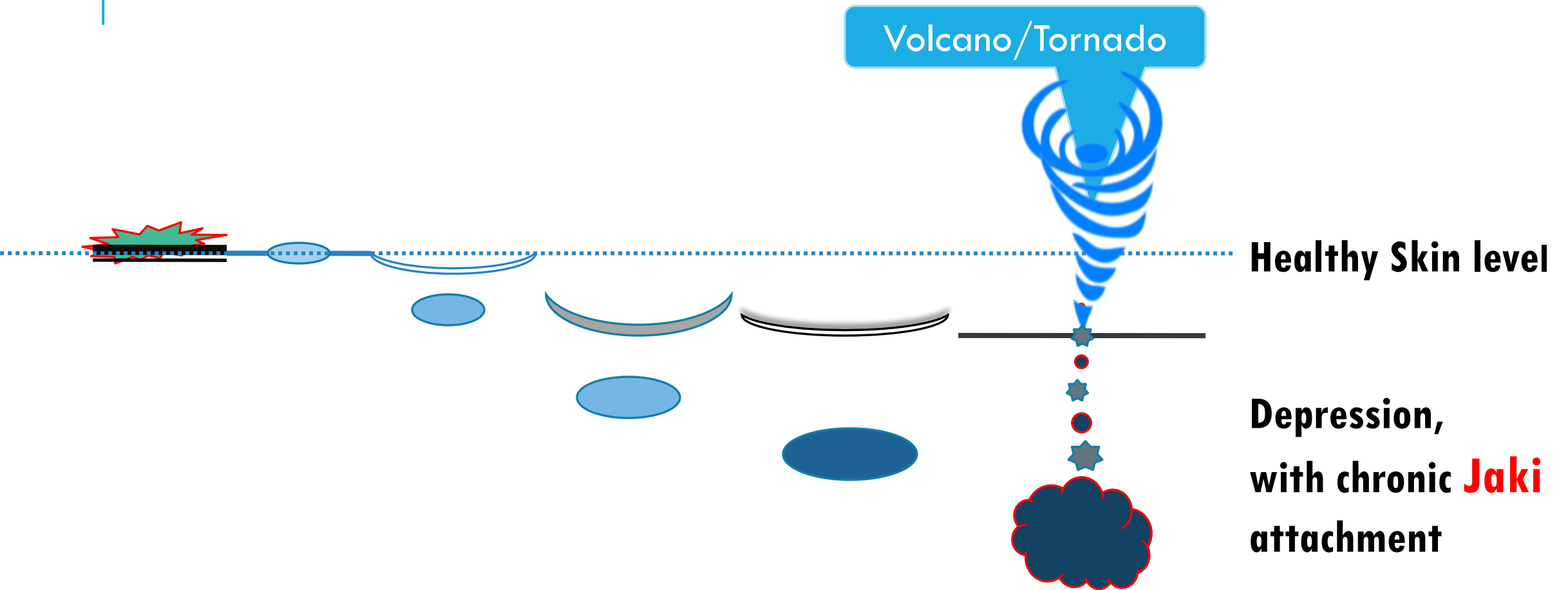
2) Sanshin tx.

and Hifushin, Piano touch

Scattering Needle (San-Shin)

- ✓ Tonification or
- ✓ dispersion for defensive Ki during the local treatment

JAKI EFFECTS, PROGRESSION OF THE JAKI INVASION



* **LOCAL TX.**

W/VOLCANO TX.

STEPS: 0. 4. 5.

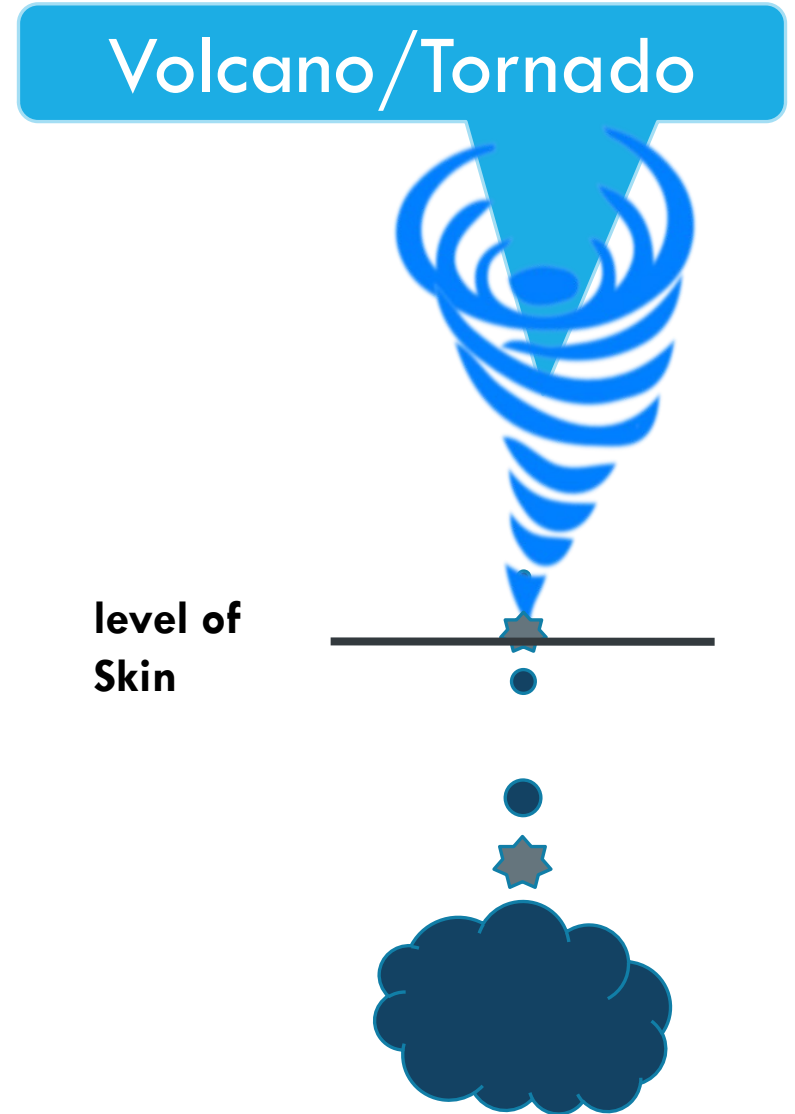
Volcano, live-point

has a kind of connection to **Jaki**.

Under the point-surface, it likes an old thread and induration.

It helped by three types of tx. methods

corresponding to their skin, old thread conditions.



live-Volcano point with Jaki

* LOCAL TX.

VOLCANO TX.

STEPS: 0. 4. 5.

	Level of Water	Surface	Thickness of the skin
(1) Sanryo-Shin	Dry	Convex	Thick, hard, rough
(2) Go-Shin	Med	-level	or mix
(3) Chokusetsu -Kyu	Dampness wet	Concaved depressed soft, flaccid	Thin, with water retention