

# MENTAL ATTITUDE

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The purpose of the meridian therapy is to harmonize the flow of Ki to improve the patient's health. We have to train ourselves to master the technique when controlling the patient's Ki by using needle.

For the past 40 years, I have noticed some key points while I have been studying for a better instruction method and also the technique to be a better practitioner. As well as improving the technique, the practitioner must be aware of the consciousness or acquire the posture of the mind.

As you know, there are the sayings that express the state of mind during a tonification technique. "Mindless and thoughtless", "Like chasing a sleeping tiger's tail", "Walking on a thin ice", "Pulling a ton of stone by a lotus thread" or "Picture a circle in your mind while tonifying and picture a square in your mind while sedating"

These kinds of expression are written in an introductory book of the Hari Society; however, the clear instruction method with the expression has not yet been introduced. Although we train our state of mind when we practice Ki feedback methods by pulse (Kozato method), we have not reached the point to instruct the method directly to the practitioners. On the other hand, the progression of the technique is improving like a work of god.

Due to this lack of teaching about the mind attitude, I think that the core principle of Hari only remains with the senior teachers. Through their years of clinical experiences as a doctor, they have mastered the practice of mind attitude. I believe this mind attitude can be taught in an earlier stage in order to reach the talented and satisfied level as a healer.

When I observe the practice among the Hari instructors, I have found some interesting findings. For example, when they are controlling the technique during the Kozato method practice, the Oshide usually touches the skin; however, the Oshide and the tip of the needle are not touching the skin, I often observe the fact that the patient's pulse changes to a healthy pulse.

This means that the pulse is not controlled by only a physical stimulation but the Acupuncturist's Ki and the conscious level change the pulse quality.

While I was researching this discovery and experiencing myself, I was asked to give a Hari lecture at Boston Shiatsu School. But I did not have the confidence to make a healthy pulse and treat the illness without using the needles. However, as the time passed, I strongly started thinking that Shiatsu technique is able to utilize the Hari theory and technique.

As you know, treatment technique of the Hari represents touching needle treatment using Teishin (UTT), and no need to insert the needles as I mentioned earlier. The technique is to harmonize the Ki with a minute needle technique and sending Ki to the alive points. According to my experience, I assure that the pulse quality changes depend on how you use the Oshide and Conscious of (the presence of) God (I-dimension state). Therefore, not using fingers for Sashide, but using fingers instead of needle may get a good result like acupuncture treatment.

I did not have enough confidence but the Hari class started at the Shiatsu school. The curriculum did not only include the basic theory of the meridian therapy but also all the techniques including newly developed clinical practice in Hari Society. Considering Ki feedback methods by pulse (Kozato method) method as a basic technique, Hari technique has replaced the Shiatsu technique.

I have found some unique aspects while instructing over 300 Shiatsu students in the past ten years. That is to make the same pulse quality with Shiatsu technique and when I am giving finger touch Acupuncture treatment, and also I am able to make the symptoms disappear. In addition, the students are easily and unexpectedly able to master the treatment technique by harmonizing the Ki.

When I have this type of experience, I remember that late Fukushima Sensei used to strongly emphasize "Acupuncture & Moxibustion therapy is to treat patients by harmonizing the Ki flow and spiritual undulation, not to treat them with stimulation. Sighted practitioners usually look at only the instructor's needles and techniques, and question what is the depth of the needle, how about the angle? It is not the proper way". "Ki is invisible. Imitating the form is not enough" At that time, I didn't understand "Ki" very well. So, what I could do then was just imitating the form. When I look back right now, I appreciate his words very much. At Shiatsu school my teaching is focusing only on development of the finger sensitivity to the acupoints, not on the visible technique. During the Kosato method practice, we listen to the third person that is monitoring the pulse, and the Acupuncturist has to change the consciousness to create a healthy pulse, and then remembers it.

As you know already, good pulse means improving the condition of illness. At the beginning, you cannot change the pulse to the good one very well, or cannot find effective consciousness during the treatment but once you get the idea of how you do it, it will become easier to control the patients' pulse later on. Therefore, one knows how to move the Ki.

So what kind of consciousness can create a healthy pulse? It is very difficult to understand this consciousness only from the words. Proof is better than argument. It is the best way to experience this method by checking the pulse, but I would like to introduce my usual explanation to instruct this to people who cannot study with me.

First of all, the Acupuncturist must be calm. You cannot control the pulse very well if you are busy-minded or something is interfering with your mind, and also that kind of mind may make pulse rough. You must relax totally and feel the most comfortable state of mind. Should I say the state of mind of Zen monk being meditating, such as you are in the state of peacefulness where your consciousness is not yet clear and you are not thinking. You have to create this stage not only on the surface level but also deep inside of you. That means you enter the deep meditative level. According to researchers on the brain, in this stage the right brain is working more than the left-brain. The brain wave is in Alpha stage, and the brain is releasing the large amount of  $\beta$ -endorphin. To reach this stage,

we have to get rid of the causes of the tension, obsession and hesitation. I advise you to picture a circle in your mind in order to relax your energy, and to create a joyful smile and laugh. By seeking them, the hard pulse will naturally get better, softer and richer.

However, when I check the pulse, which beginners make, it is soft on the surface but the middle pulse is not soft enough, which means that the illness will not improve. I think the relaxation of tension is not enough. This phenomenon is understandable, because it takes years for monks to reach the perfect state of mind by sitting and facing toward the wall...

It is not so easy to be in that state of mind right away for beginners. But you do not need to practice like a monk. I want you to feel the intention and Ki, which heal and improve the patient. I want you to learn by your own body and recognize the state of mind. By doing so, you can transfer the Ki to the patient, and also your own health improves.

Next, the pulse should become not only soft but also consolidated. If the pulse becomes too wide, it becomes ill pulse - scatter. This pulse is OK if the person is resting but it is not appropriate to do general activities. What kind of state of mind can make a consolidated pulse? It would be the opposite of what I mentioned above about the relaxed state. These are the minds that we need for a life such as concentration and decision-making.

As we all know, we practice left hand for Oshide and right hand for needling a lot! Such as how comfortable we can insert a thin sharp needle, carefully airtight the Kamen (bottom part of the Oshide) of Oshide in order not to leak the Ki. And Oshide should be very light and locate the points with very light touch. You expect the effect from this technique, but I feel that this practice is meant to develop the power of concentration.

When I joined with Hari Society, Fukushima sensei strongly emphasized how important this left-right pressure (Sayuatsu) in left hand is for tonification technique. Because of that, I squeezed my thumb and index finger very tightly until I almost broke my fingers. But nowadays it has been changed. It is just not good enough to just tighten the fingers. If a stronger Sayuatsu makes pulse quality better, the stronger men get better result because of their stronger muscle, but I do not see that is true according to my experiences.

He instructs us regarding the Sayuatsu as following. It should not be losing the feeling of needle below the Oshide. It is important to be aware how the needle is approaching to the skin surface as if you were seeing it. If you squeeze Oshide too tight, you lose the sensation of the needle from your fingertips. You must have a strong concentration to be able to see the tip of the needle. Thus it may be important to teach a method to tighten the fingers to the beginners who have not yet cultivated this concentration. Tightening the fingers with the concentration simultaneously creates the consolidated and energetic pulse.

As I mentioned the before, the long-term experienced practitioners could make the pulse better without leaking the Ki even though the Oshide and the needle are above the skin. I think it happens because of the perfect balance between their strong concentration and their relaxation

When the senior teachers of Hari Society are at the critical moment during the treatment, we can feel a profound calmness and their extraordinary concentration. This balance between their strong concentration and the relaxation creates the vital pulse. The concentration and the relaxation are the biggest points even though there are more details of controlling the mind.

At last, I would like to introduce you what Fukushima sensei had always quoted about the important condition of the practitioner and the patient from Su Wen chapter 4. “If no human, not to teach. If no trust, not to be taught”

What does this mean? What does “If no human, not to teach” mean? You may treat an animal other than human, but no one may teach the animal. This “no human” means you are not living proper way as a human being even though it is not easy to judge the righteous way of human living. This is the lifetime subject since the human started existing. The closer you become to a good human being, the better acupuncturist you become; therefore, look for the good human being and teach them. But we are already Acupuncturists. Whether we are right or wrong, what we have been asked is to be a better human kind. As we set a goal to become a better human kind, we can sharpen the Acupuncture and Moxibustion technique.

“If there is no trust, do not needle”. This means to describe the trust between the practitioner and the patient. If you are experienced practitioner, you understand that the deeper the trust between the patient and the practitioner is the quicker the patient heals when the patient believes in your treatment. Without the trust not only the patient will not heal but the non-effective treatment will loose the trust even more.

Actually patients who do not believe in acupuncture and the practitioner will not come to the clinic. But in order to obtain more trust, you should improve not only your knowledge and skills but also your human quality as a practitioner. That leads you to the better practitioner who is trusted more. My simple advice to you is a wonderful smile filled with love and positive attitude.

How was it? To master the beauty of Hari, it is necessary for you to pay attention to this mental attitude. You might have thought inserting the needle is not necessary when you read the study from Shiatsu school. I thought of it for a while but I understood that there was a wonderful trick for the needle technique of the tonification and the sedation and selecting the points through my studies. Increasing the interests, I will never be able to quit being an acupuncturist.

For the next issue, I would like to talk about the tonification and the sedation technique.

Wish you the best!