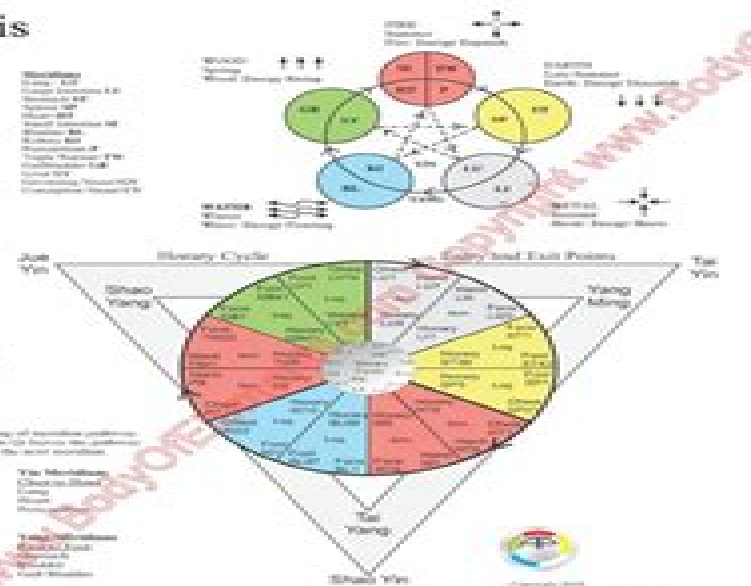
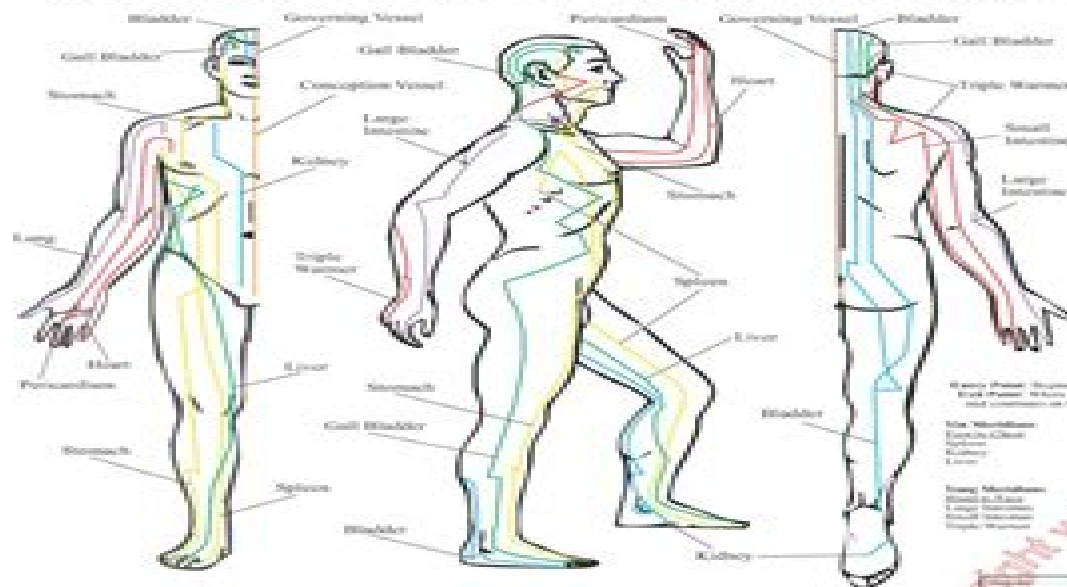


Shiatsu Chart of Meridians and Hara Diagnosis



Alarms (Front-Mid Points)

Alarms (Front-Mid Points) are points on the front of the body that are used to diagnose the condition of the internal organs. They are located on the front of the body, between the midline and the side lines.

Associated (Back-Side Points)

Associated (Back-Side Points) are points on the back of the body that are used to diagnose the condition of the internal organs. They are located on the back of the body, between the midline and the side lines.

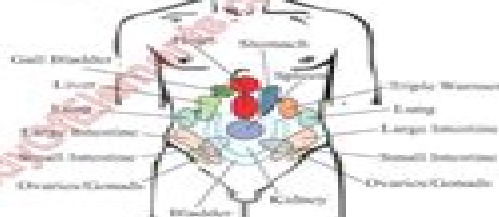


The points are called Front-Mid points. They are located on the front of the body, between the midline and the side lines. They are used to diagnose the condition of the internal organs.

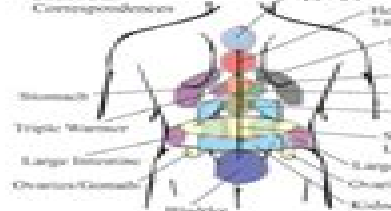


Hara Diagnosis Areas

Hara Diagnosis Areas are the areas on the front of the body that are used to diagnose the condition of the internal organs. They are located on the front of the body, between the midline and the side lines.

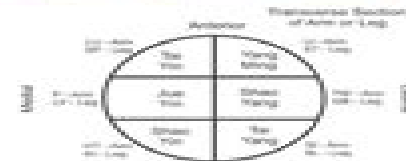


Back Area Correspondences



Element	Color	Direction	Season	Time	Planet	Sound	Flavor	Smell	Emotion	Organ	Meridian	Point
Wood	Green	East	Spring	3-5 AM	Mars	Sheng	Sour	Smell of rot	Anger	Liver	Jue Yin	LR 14
Fire	Red	South	Summer	5-7 PM	Venus	He	Bitter	Smell of smoke	Worry	Heart	Shao Yin	PC 4
Earth	Yellow	Center	Long	7-9 PM	Mercury	Xi	Sweet	Smell of soil	Sadness	Spleen	Shao Yin	SP 4
Metal	White	West	Autumn	9-11 PM	Jupiter	Shu	Sour	Smell of metal	Grief	Lung	Shao Yin	LU 4
Water	Black	North	Winter	11 PM-1 AM	Saturn	Ke	Salty	Smell of water	Fear	Kidney	Shao Yin	KI 4

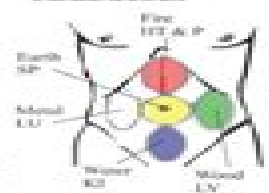
Face Area Correspondences



Hara Diagnosis

Hara Diagnosis is a method of diagnosing the condition of the internal organs by feeling the pulse at the Hara points. It is a simple and effective method that can be used by anyone.

Five Phases Hara Diagnosis



Chapter Hara Shiatsu

Jack Raso



Chapter Hara Shiatsu:

Finding Spirit in Zen Shiatsu Kris Deva North, 2006 **Hara Diagnosis** Kiiko Matsumoto, Stephen Birch, 1988 Point names the traditional means of identifying acupoints have meanings that are hard to grasp This text promotes understanding of each point s use in acupuncture practice by considering the meaning context and significance of each The 363 points covered are listed according to the system currently in use in China **Shiatsu** Corinna Somma, 2007 Practitioners and lay readers alike will appreciate the accessibility of this text that makes Asian medical theory intelligible plausible and credible to Western minds Balancing theory with practice this text addresses everything from proper body mechanics to special populations It contains hundreds of captioned photographs demonstrating sample Shiatsu sessions a photographic glossary of over 90 acupressure points and an introduction to complementary modalities such as moxabustion herbal heat therapy magnets Gua Sha friction therapy and Qi Gong movement and breathing exercises that can be incorporated into a Shiatsu practice Complete with line drawings tables practice exercises mnemonic devices real life examples review questions tests and answers this text provides indispensable pedagogical and professional support and is an enduring reference work BOOK JACKET Massage Therapy - E-Book Susan G. Salvo, 2015-03-25 Covering massage fundamentals techniques and anatomy and physiology Susan Salvo s Massage Therapy Principles and Practice 5th Edition brings a whole new meaning to the word comprehensive This student friendly text boasts more than 700 illustrations and expanded sections on neuroscience research and special populations plus new line drawings in the kinesiology chapter of origins and insertions that match the painted skeletons found in most classrooms It makes the essential principles of massage therapy more approachable and prepares you for success in class on licensing and board certification exams and in a wide range of therapeutic practice settings Clear straightforward approach simplifies complex content for easier understanding Complete anatomy and physiology section in addition to material on techniques and foundations gives you all the information you need in just one book Certification Practice Exam on Evolve mimics the major certification exams in format and content builds confidence and helps increase pass rates Over 700 high quality illustrations including line drawings and halftones clarify difficult concepts in vibrant detail Case studies challenge you to think critically and apply your understanding to realistic scenarios foster open mindedness and stimulate dialogue Profile boxes provide an inspirational real world perspective on massage practice from some of the most respected authorities in massage and bodywork Clinical Massage chapter focuses on massage in clinical settings like hospitals nursing homes and medical offices to broaden your career potential Two business chapters loaded with skills to make you more marketable and better prepared for today s competitive job market Video icons refer you to the Evolve site featuring about 120 minutes of video covering techniques routines client interaction sequences and case studies that facilitate the learning process and the practical application of the material Evolve icons listed in each chapter encourage you to go beyond the lecture and reading assignments and learn more on the Evolve site Evolve boxes at the end of each chapter

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