




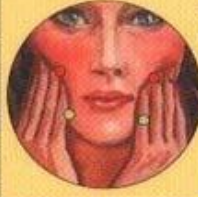















SHIATSU SELF MASSAGE



The coloured dots indicate the approximate positions of specific pressure points. Each colour refers to the following meridians:

- Bladder Meridian
- Heart Governor
- Liver Meridian
- Lung Meridian
- S. Intestine M.
- Spleen M.
- Kidney Meridian
- Triple Heater
- Gall Bladder M.
- Large Intestine M.
- Stomach M.
- Heart M.

<p style="text-align: center;">CONCENTRATION</p>  <ol style="list-style-type: none"> 1. Push gently upward. 2. Hold for a 3 count. 3. Push downward. 4. Repeat x 3. <p style="background-color: #e0e0ff; padding: 2px;">clear thinking, intellectual focus EFFECT</p>	<p style="text-align: center;">DECISION MAKING</p>  <ol style="list-style-type: none"> 1. 4 fingers on temple. 2. Thumbs to side of jaw. 3. Gentle pressure to temple areas. Repeat x 3. <p style="background-color: #e0e0ff; padding: 2px;">clarity, resolve, action EFFECT</p>	<p style="text-align: center;">CLEAR THINKING</p>  <ol style="list-style-type: none"> 1. Use thumb & index fingers. 2. Pinch bridge of nose. 3. Hold, let go. Repeat x 3. <p style="background-color: #e0e0ff; padding: 2px;">concentration, creative ideas, intellectual focus EFFECT</p>
<p style="text-align: center;">DISCRIMINATION</p>  <ol style="list-style-type: none"> 1. Massage sides of nose with index fingers. 2. Increase pressure. Slowly. Repeat x 24. <p style="background-color: #e0e0ff; padding: 2px;">balance, clarity, focus EFFECT</p>	<p style="text-align: center;">CREATIVE THINKING</p>  <ol style="list-style-type: none"> 1. Press with both hands against cheekbones. 2. Increase pressure. Hold, let go, repeat. <p style="background-color: #e0e0ff; padding: 2px;">intellectual focus, sharp mind EFFECT</p>	<p style="text-align: center;">TOLERANCE</p>  <ol style="list-style-type: none"> 1. Use thumbs & index fingers of both hands. 2. Slide up & down. Use even pressure. <p style="background-color: #e0e0ff; padding: 2px;">memory, relationships, feeling EFFECT</p>
<p style="text-align: center;">FRESH ENERGY</p>  <ol style="list-style-type: none"> 1. Use all fingers. 2. Thumbs behind ears. 3. Slide outward. Use light pressure. <p style="background-color: #e0e0ff; padding: 2px;">eases pain, headaches, fresh energy EFFECT</p>	<p style="text-align: center;">HEADACHES</p>  <ol style="list-style-type: none"> 1. Hold sides of head in palms. 2. Push in. 3. Shift fingers across skull. Press, repeat. <p style="background-color: #e0e0ff; padding: 2px;">eases pain, headaches, fresh energy EFFECT</p>	<p style="text-align: center;">FRIENDSHIP</p>  <ol style="list-style-type: none"> 1. Place ear between index & middle finger. 2. Press against head. Rub up and down. <p style="background-color: #e0e0ff; padding: 2px;">emotional interaction, tolerance EFFECT</p>
<p style="text-align: center;">MEMORY</p>  <ol style="list-style-type: none"> 1. Use fingers to press against shoulder blade. 2. Push elbow into palm of 2nd hand. <p style="background-color: #e0e0ff; padding: 2px;">frees emotions, helps blood-circulation EFFECT</p>	<p style="text-align: center;">METABOLISM</p>  <ol style="list-style-type: none"> 1. Hold arm between thumb and fingers. 2. Apply pressure. Move up & down. <p style="background-color: #e0e0ff; padding: 2px;">balance of metabolism, awareness EFFECT</p>	<p style="text-align: center;">VITALITY</p>  <ol style="list-style-type: none"> 1. Hold arm between thumb and fingers. 2. Apply pressure. Move up & down. <p style="background-color: #e0e0ff; padding: 2px;">nourishment of entire body EFFECT</p>
<p style="text-align: center;">VITALITY</p>  <ol style="list-style-type: none"> 1. Hold hand between thumb and fingers. 2. Apply pressure. Hold and shift. <p style="background-color: #e0e0ff; padding: 2px;">distribution of energy through body EFFECT</p>	<p style="text-align: center;">CIRCULATION</p>  <ol style="list-style-type: none"> 1. Interlock fingers. 2. Push inwards, hold. 3. Pull outward, hold. 4. Fold outward. <p style="background-color: #e0e0ff; padding: 2px;">energises, relaxes, eases EFFECT</p>	<p style="text-align: center;">CREATIVITY</p>  <ol style="list-style-type: none"> 1. Hold finger between index and middle finger. 3. Pull outward, hold. 4. Apply pressure. <p style="background-color: #e0e0ff; padding: 2px;">mental energy, balance, ideas EFFECT</p>
<p style="text-align: center;">CONCENTRATION</p>  <ol style="list-style-type: none"> 1. Push elbow gently against upper leg. 2. Shift position up & down. Repeat. <p style="background-color: #e0e0ff; padding: 2px;">strengthens thoughts & focus EFFECT</p>	<p style="text-align: center;">MEMORY</p>  <ol style="list-style-type: none"> 1. Hold thigh between hands. 2. Push thumbs down. Apply pressure. Move up & down. <p style="background-color: #e0e0ff; padding: 2px;">strengthens resolve & memory EFFECT</p>	<p style="text-align: center;">ENERGY FLOW</p>  <ol style="list-style-type: none"> 1. Hold leg between fingers & thumbs. 2. Apply pressure. Move up & down. <p style="background-color: #e0e0ff; padding: 2px;">helps energy to flow from head to feet EFFECT</p>