



American
Organization for
Bodywork
Therapies of
Asia

Macrobiotic Shiatsu: Long Definition

This form was originated by: Shizuko Yamamoto

Macrobiotic Shiatsu is therapeutic oriental bodywork based on George Ohsawa's philosophy that each individual is an integral part of nature. The term Macrobiotic refers to a large view or understanding of life, and a basic assumption in this form of shiatsu is that good quality in all areas of life brings us into harmony with nature, and, therefore, to good health.

MB Shiatsu supports a natural lifestyle and heightened instincts for improving health, nutrition, and personal relationships. Complaints are remedied by balancing the physical, emotional, and spiritual health of the recipients. Dietary guidance, medicinal plant food, breathing techniques, and home remedies are emphasized.

The client's health, constitution, and condition are assessed through visual, verbal, and touch techniques (including pulse taking) and the Five Transformations prior to and during treatment. Treatment involves non-invasive touch and pressure, using hand and barefoot techniques and strengthening weaknesses in the body-mind. The practitioner's breathing and movement are centered in Hara and coordinated with the receiver's breath. The giver and receiver wear loose cotton clothing.

Lifestyle counseling is an important part of Macrobiotic Shiatsu. Food selection and preparation, as well as consumption, are studied from an energetic perspective (including balance of yin and yang), and timely, individual recommendations may be made. The quality of food is emphasized, as the body is made from what a person eats and drinks.

Medicinal food and herbal remedies may also be used, Proper breathing, movement, including exercise and stretching, proper rest, balance of activity and rest, relationship with society and nature, and attitude about life may be addressed. Traditional Asian home remedies, including the following, may be employed and/or taught: compresses, plasters, drinks and teas. Moxibustion, corrective exercises, postural rebalancing, self shiatsu (Do-In), Qigong, breathing, and palm healing may be included in MB Shiatsu sessions.

In Macrobiotic Shiatsu the receiver is encouraged to take some responsibility for his/her health and well-being; the practitioner helps, guides, and teaches, and through continuous self examination and self healing, serves as an example for the receiver.