

## Transcending Kyo and Jitsu

Continuous development in energetic awareness and sensitivity brings with it a need to reappraise one's approach to shiatsu and a reassessment of the terminology used.

For example, pre-treatment 'making friends' becomes 'establishing a frame of reference'.

### **Establishing a Frame of Reference**

Energetic interaction and change is taking place continuously, producing a fluctuating sea of 'noise'. Establishing what is 'normal' for any given time, place or situation is called the 'frame of reference'. This may be compared to buying a car and getting used to its noises, bumps, rattles etc., the sound of which eventually fades away into the background.

You have then established your frame of reference.

Establishing your frame of reference will be different from one individual to another as their energetic qualities are different. Then there are also the changes, which take place as a result of the interaction between your energetic quality and theirs.

Describing the process of making friends in this way actually takes longer than doing it.

It only takes a few seconds to establish a new frame of reference. Once established, any sound, (in the case of the car), outside of this 'frame of reference' is significant. One becomes aware of any changes in the sounds produced by the car without having to listen for them; it is the change, which commands attention. The same applies to energetic changes with regard to the interaction between individuals, also those changes produced as a result of treatment.

### **Hara diagnosis now requires modification.**

The hara is a high frequency area; this can be supported by the quite noticeable colours appearing in the upper limits of the visible light spectrum.

In the hara, the energetic structures can be changed quite easily; hence one cannot linger over a hara diagnosis as energetic interaction can render the hara neutral for diagnostic purposes in a remarkably short period of time.

The energetic qualities within the hara are sensitive and responsive to each other, therefore in order to obtain the best diagnosis before the hara

changes, a quick tactile assessment in terms of kyo and Jitsu narrows down the possibilities, and an energetic assessment confirms the best 'quality' interaction, and the final choice.

To assess the diagnosis from the hara, purely on energetic response can leave one with varying degrees of recorded interaction within each comparison, as there will always be a degree of interaction between each quality. Once the diagnosis has been confirmed the treatment can begin.

As one approaches the meridian, (any meridian), interaction of energy creates a response, which varies in degree of duration and intensity. Kyo and Jitsu no longer dictate where to work, but by the location of active tsubos, which indicate their location, and possibly their degree of activity by displaying excitation when in the proximity of a catalyst.

You are already immersed in the energetic quality of the client, however when you approach the energetic core of any particular quality (i.e., a meridian) interaction is intensified, a degree of excitation takes place and active tsubos demonstrate their potential to create expansion or contraction, whatever is needed to put the body/mind back on the path to energetic homeostasis.

Time and again the most responsive tsubos have been found to be the shallow ones, which are located within both Kyo and Jitsu areas, (it seems to make no difference where they are located, both areas are equally effective).

The pace of the treatment is governed not only by the energetic condition of the client but also by the duration, and the degree of response from the tsubo and, ultimately the degree of adjustment of the energetic structure.

A year ago I noted my own observations of the variations of energetic response.

'Experiencing the movement and interaction of energy is like being engulfed in the moods of the sea. Waves pounding on the shore, gentle ripples, strong currents, periods of stillness in the warmth of the sun, then movement again! Expansion, contraction, interaction, ever changing, demonstrating a generally unseen fundamental expression of life'.

It all sounds a very poetic, however even now after a year of continuous development I would not change a word of it, nor do I, at present, have anything else to add to this description.

Tsubo response varies however, what is of importance initially is whether they are active or inactive.

Tsubos respond to a range of frequencies and degrees of excitation. These correspond to the energetic strength of the tsubo and its relationship to the overall energetic frequency of the 'quality', (i.e. wood, fire, etc.).

### **Variations in Tsubo Response.**

As the frequency and excitation changes within the quality, either as a result of treatment or of naturally changing conditions, each individual tsubo becomes more, or less active.

Active tsubos vary from a localised, limited effect to those whose response can spark off a chain reaction throughout the whole human energetic field. The effects of non-localised response can be felt some distance away as changing conditions are recorded and relayed through other energetic structures.

Localised tsubo changes may not be intercepted/recorded by the practitioner or observer however the physiological change 'swirling', 'bubbling' etc demonstrates that an earlier, minor energetic change had taken place which had little effect and had been re-absorbed by the frequency of the overall quality.

The changing energetic structure may re-activate formally inactive tsubos as the quality and frequency of the energetic structure changes, however any back-tracking to check these tsubos may be counter-productive as the continuing treatment may again deactivate, 'fire' or absorb the tsubo without any direct action being taken.

New tsubos will also be created.

After taking into consideration the energetic state of the client, the dynamic relationship between Kyo and Jitsu may be called upon where it is estimated that the, 'tsubo effect', may be assisted to produce a greater response. Initially the signal may be increased in the tsubo according to the principles of Waveform. The signal may then be supported with the thermodynamic effect on the Jitsu which assists in the preparation of the energetic structure for a change of condition; expansion/contraction, fluctuation, frequency change.

Appropriate stretching and rotating may assist in energetic change and may also be required for physiological purposes, however these must be carefully measured against the overall energetic condition of the client if they are not to have a counter-productive effect on the course of the treatment and be detrimental to the overall state of health of the client.

Although sensors may be open on 'scan', selective, rather than continuous monitoring of the energetic progress of the treatment is preferable. Any change of 'note' will automatically be picked up as a 'blip' on the frame of reference, therefore 'conscious' monitoring is not necessary, and one would end up by being submerged in a rapidly changing sea of information.

As stated earlier, the pace of the treatment is determined by the overall energetic condition of the client, the duration and response of the tsubo and the degree of change in the energetic structure. The whole treatment can be carried out and paced entirely on tsubo reaction and energetic response. This will produce a sea of constant movement as described earlier.

In order that the concentration and focus of the client and therapist are kept 'sharp', periods of consolidation are needed, two to three seconds are generally quite adequate for this purpose. This gives the client back to him or herself, and the next, and subsequent signals and response remain clear, sharp and fresh.

All is in a continuous state of change; the only constant is the 'listening'.

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