

# HARI

## Kototama Style of treatment

### Kuni-Umi and Misogi

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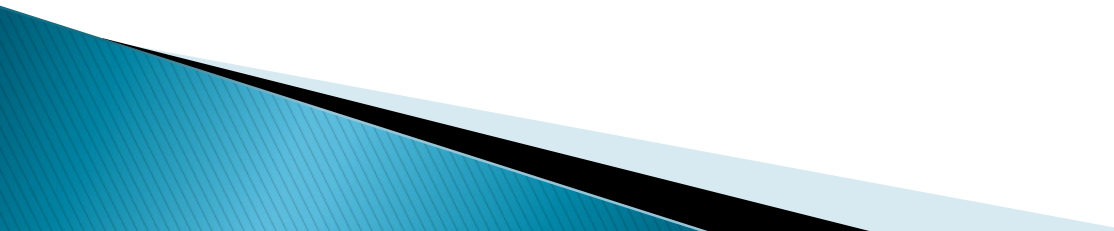
# INTRODUCTION TO HARI

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# Definition of Kototama style Meridian Therapy and (SHO/Pattern)

- ❖ Traditional medical system that grasps all diseases as a condition of deficiency and excess of Ki or Blood in the meridians.
- ❖ Uses the techniques of acupuncture to tonify or disperse that deficiency or excess in order to bring about healing.
- ❖ *Zui Shō* (随証) tx. method, which means treatment is given by following (SHO) the pattern of imbalance.

# Deficiency of essential ki

- ▶ The five organs are in charge of storing the essence, which should not be injured. If the essence is injured, the [body's] defenses will be lost, resulting in yin deficiency. (*Ling Shu*, chapter 8)
  - ▶ As is understood from the above quotations, disease stems from deficiency of Essential ki of the five organs.
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# Characteristics:

- After or are on the diagnosis, instantaneously treated.
- Tx. is given by following the SHO. Its minimize the number of points used in tx.. Period of tx. considerably shortened over time.
- Needles for Root tx. with non-insertion/UTT /w Ki technique
- Strengthen life force (dignity and harmony of the essential ki)

# We must understand the following points.

- Flow of the meridians and the location of the ac-points, as well as the methods for locating the active points and point selection theory.
- Yin/Yang and Kototama principals/five phases theory, deficiency and excess theory.
- Physiology (i.e. visceral manifestation) as described in Meridian Therapy
- The etiological factors that generate deficiency, excess, heat and cold and the resultant pathologies and symptomology.

(1)

# We must master the following points.

- Kototama meditation
- Ki Diagnostic techniques such as pulse diagnosis and abdominal diagnosis.
- Tonification and dispersion techniques such as needling and moxibustion. (1)

# Root treatment and deficiency of essential ki

- Organs are in charge of storing the essence, which should not be injured. If the essence is injured, the [body's] defenses will be lost, resulting in yin deficiency. (*Ling Shu*, chp. 8)
- As is understood from the above quotations, disease stems from deficiency of essential ki of the five organs.

(1)



# *Seiki* (精氣) Essential Ki and effects

① **A** Wood (魂)

Ethereal Soul / Emotion

② **E** Fire (神)

Spirit / Practical wisdom of  
selection

③ **I** Earth (意と智)

Intention and Wisdom/Space  
Creation Will

④ **U** Metal (魄)

Corporeal Soul / Desire on five  
senses

⑤ **O** Water (精と志)

Essence and Will / Empirical  
knowledge

① Art, Religion

= Liver Deficiency

② Joy / Political Morality

= Heart Heat

③ Pensiveness/Activate other

= Spleen Deficiency

④ Grief,Sorrow/Industry,Economy

= Lung Deficiency

⑤ Fear, Fright/Studies, Science

= Kidney Deficiency Heart Heat

(1)

# The Basic Patterns (primary SHO)

- ▶ The Basic Patterns of Imbalance & Deficiency, Excess, Cold, and Heat
  - Liver deficiency heat or cold pattern
  - Spleen deficiency heat or cold pattern
  - Lung deficiency heat or cold pattern
  - Kidney deficiency heat or cold pattern

## Secondary Sho (Dx.)

### The Generation of Cold and Heat Patterns

Secondary Dx.. and Effect on the yin and yang from primary deficiency

- LU dif. w/Liver def. or ex.
- SP dif. w/ LR dif. or ex.  
w/ KD dif. pattern
- LR dif. w/ SP dif. or ex.  
w/LU dif. or ex.
- KD def. w/SP dif. or ex.

(1)



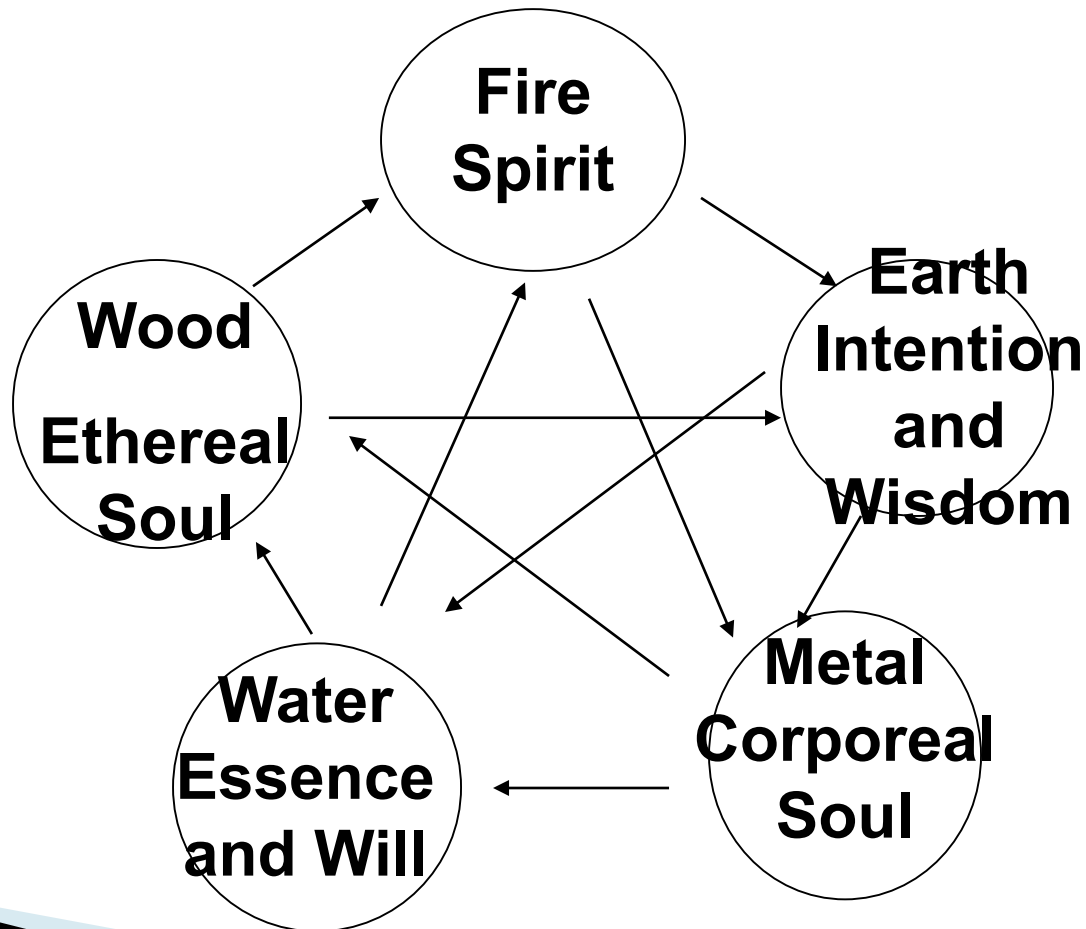
# The generation mechanism of symptom

- Deficiency of essential ki simply manifests as a degree of weariness is not called illness yet.
- If some kind of etiological factor (with JAKI) comes into play at this junction, then this situation is compounded by the addition of cold and heat and deficiency of ki, blood, or fluids of the organs to the already present essential ki deficiency.
- So the practitioner's first attention should be given to finding and tonifying the deficient yin channel, which will allow for the simultaneous tonification of insufficient ki, blood, and fluids. (1) C&H

# The Potency of the Root and Local treatments

- Root and local tx. are two sides of the same coin and that they blend together.
- Some people think that the root tx. is performed to bring the pulse into order, and that the local tx. is performed to alleviate the symptoms.
  - Conversely, the symptoms can be relieved with just the root tx., in addition to naturally adjusting the pulse.
- The effect of the tx. will last longer if the root tx. and local tx. are combined together, rather than just doing one or the other. (1)

# Generative and Controlling Cycles



# Classification of basic needling technique

- Tonification (Hoho) To tonify weak life force.
  - Dispersion (Sha-Ho) To remove excessive evil Ki
  - Dispersion within Tonification (Ho tyu no Sha)  
To both remove deficient-type evil and to tonify weak life force.
1. Blood Level *Ken*
  2. Ki Level *Ko*

# Classification of basic needling technique

- Transport dispersion (Yu-Sha)

To flush stagnation within meridians caused by abundant ki (which is caused by imbalance in the five phases, not by evil ki).

- Harmonizing Technique (Wa-Ho)

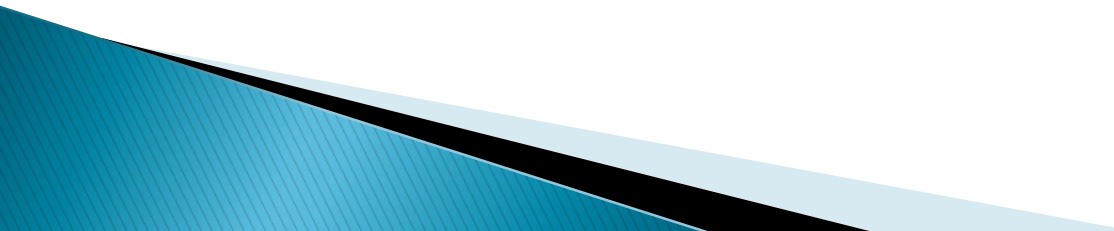
After that evil ki has been sedated. *Waho* is used when patient is presenting in the process of changing.

- Scattering Needle (San-Shin)

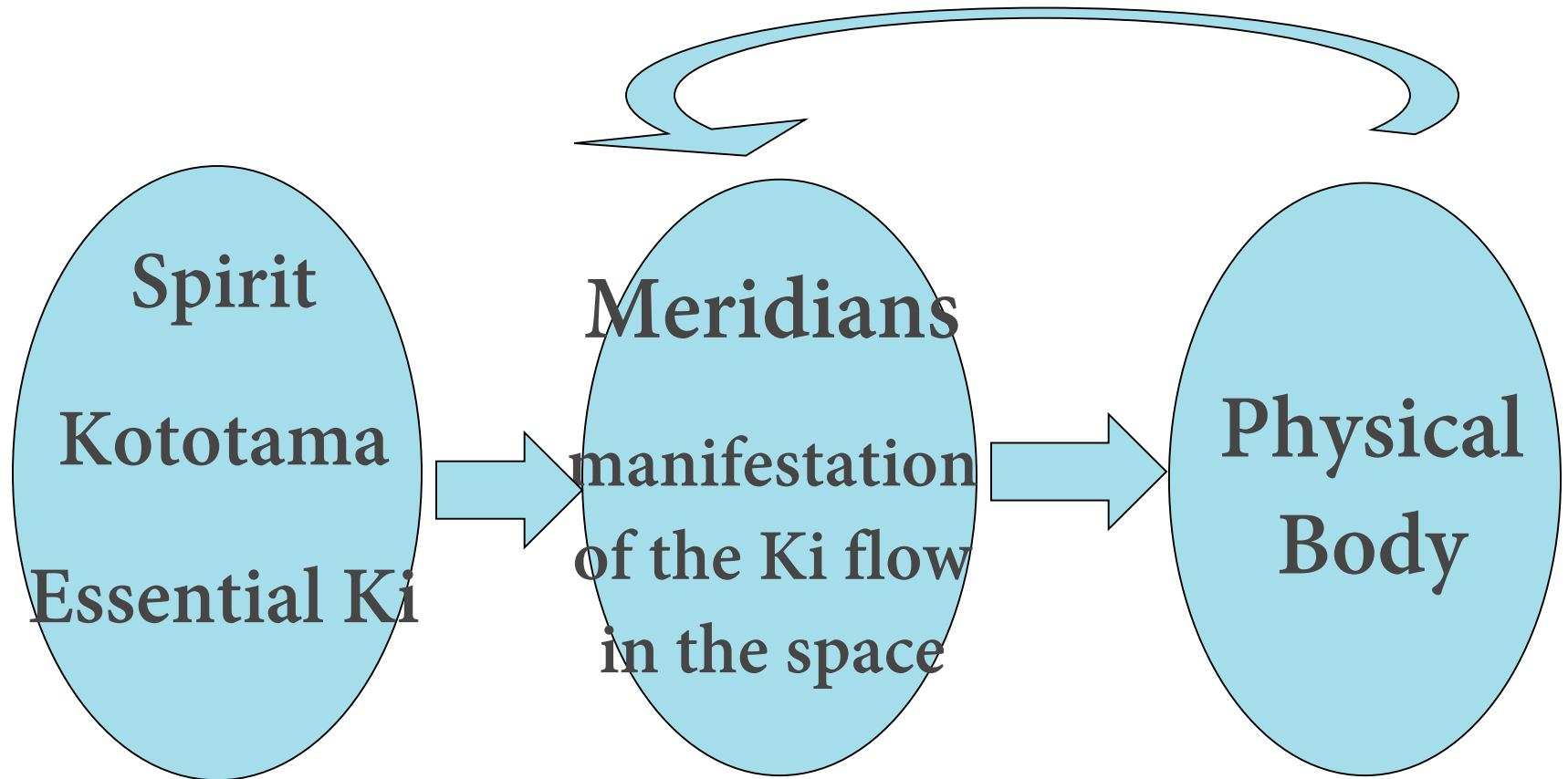
For tonification or dispersion of defensive ki during the local treatment (1)



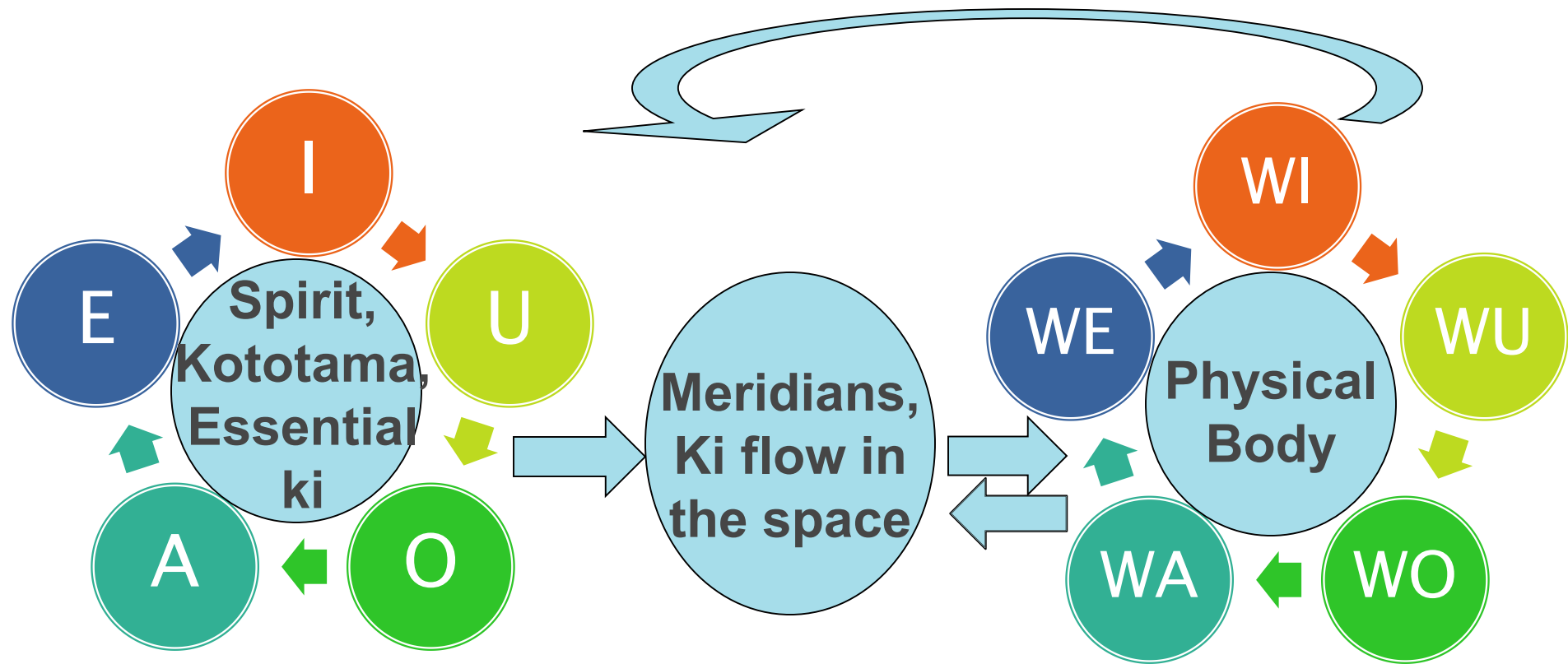
# Ki feedback methods by pulse

- ❑ How to detect abnormal and correct Ki within pulse.
  - ❑ Appropriate for use with any style of acupuncture, the methods taught in this class helps practitioners to use pulse diagnosis for more than just identifying a pattern of disease.
  - ❑ Students will learn how the pulse can be used as a feedback method for assessing the effectiveness of the treatment as it is being given. (1)
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# Spirit/Kototama, Ki, Physical Body



# Spirit/Kototama, Ki , Physical Body



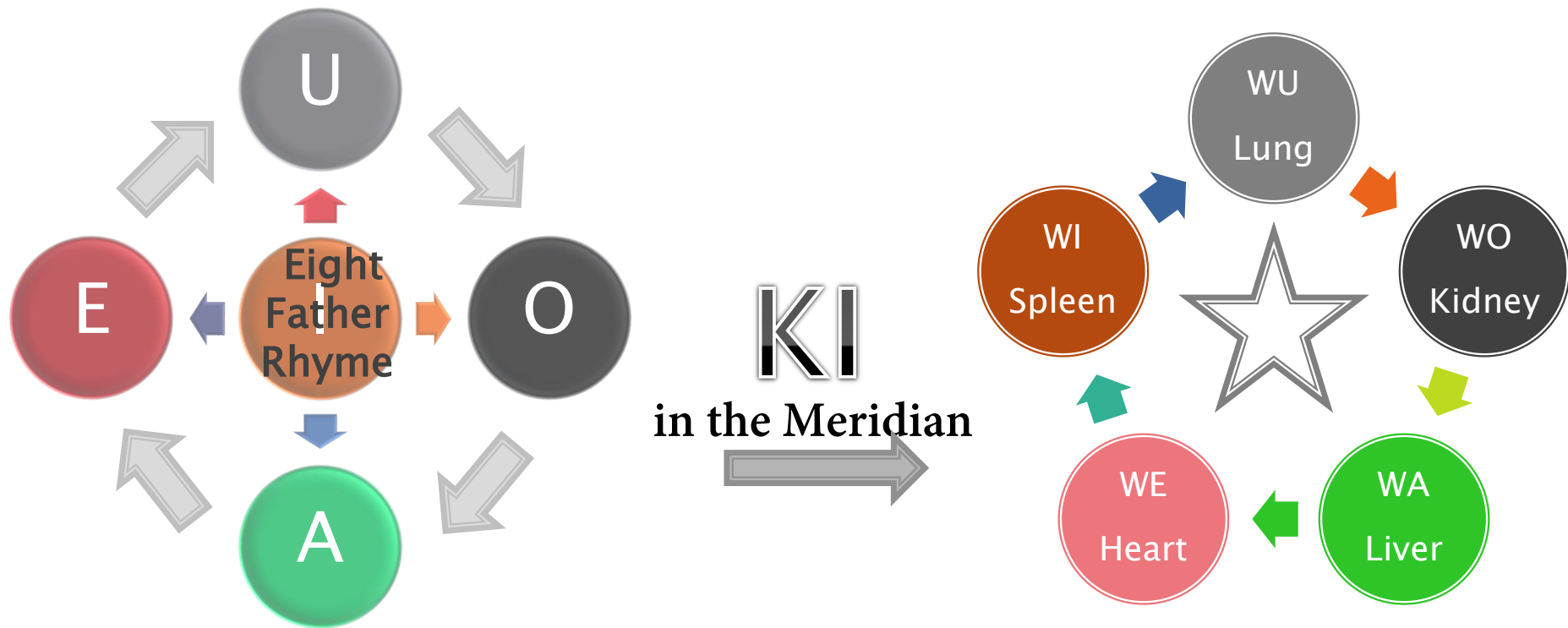
The universe of congenital structure

Mother sound



+ (I) Eight father Ki rhyme    32 Child Sound    Acquired Structure

# Five element and Kototama



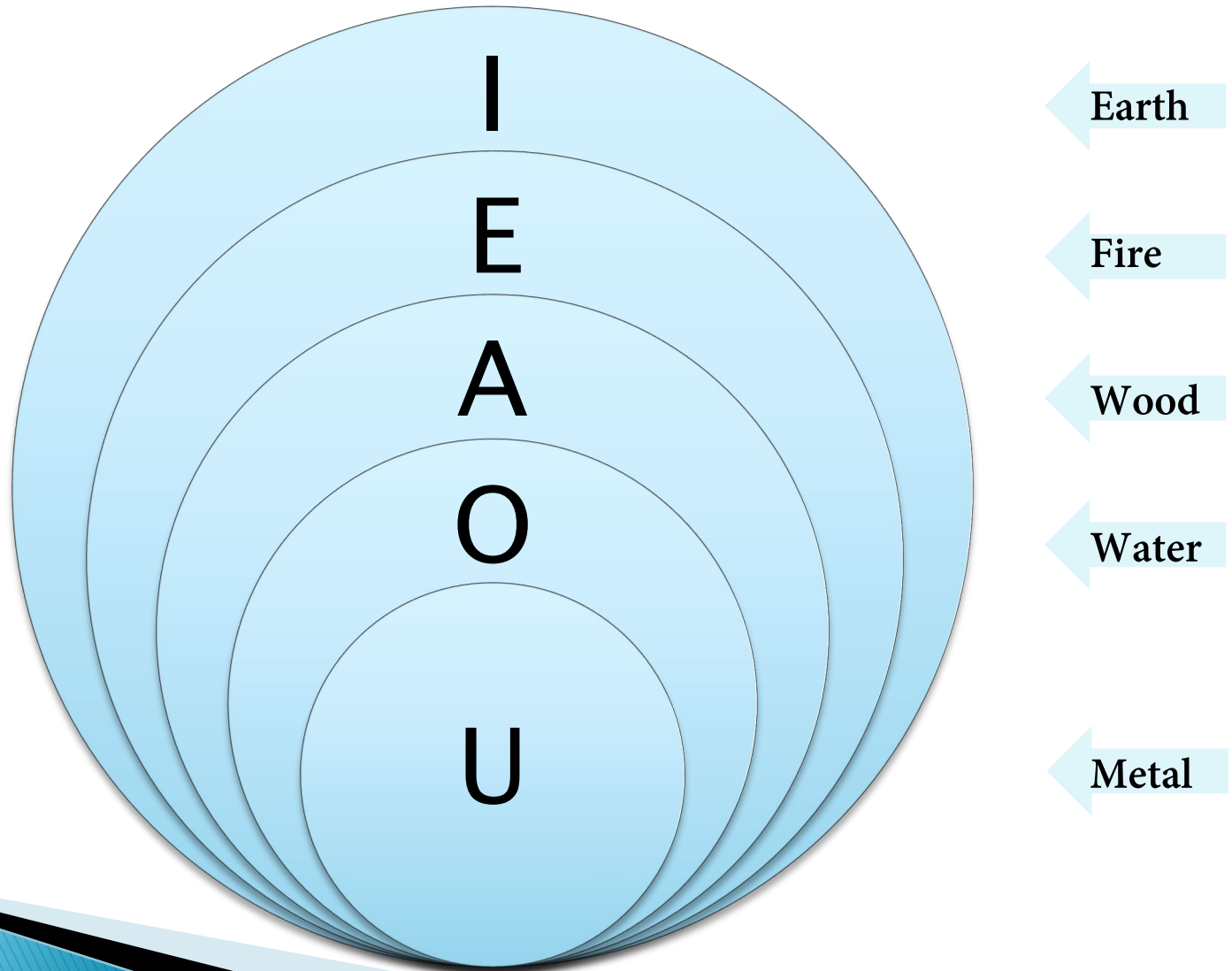
Congenital Structure  
Mother Sound

+ Eight father Ki rhyme



32 Child Sound Acquired Structure

# An order of Generating



# Tree of Life-Tree of the Knowledge

Tree of the Knowledge	Objective appearance on the society		Subject			Tree of Life	
	Wa LR/GB	Art Religion	Emotion	Wood	A		
	Wo KD/BL	Studies Science	Empirical knowledge	Water	O		
	Wu LU/LI	Industry Economy	Desire on five senses	Metal	U		
	We HT/SI	Political Morality	Practical Wisdom of Selection	Fire	E		
	Wi SP/ ST	Space Creation Will (Activate other four mother sound with eight father rhyme)		Earth	I		
	S	V	N	P	H		M

# Physical Body –Meridian–Essential Ki, Spirit

Tree of the Knowledge The Object		Yin Ki				Yang Ki					Tree of Life Spirit / Congenital The Subject
	Wa GB/LR	GB meridian				Pishon LR meridian				A	
	Wo BL/KD	BL meridian				Gihon KD meridian				O	
	Wu LI/LU	LI meridian				Euphrates LU meridian				U	
	We SI/HT	SI meridian				Tigris HT meridian				E	
	Wi ST/SP	ST meridian				SP meridian				I	
		S	Y	N	R	H	M	K	T		

# One Hundred Deities

W	S	Y	N	R	H	M	K	T	
WA	Sa	Ya	Na	Ra	Ha	Ma	Ka	Ta	A
WI	Si	Yi	Ni	Ri	Hi	Mi	Ki	Ti	I
WE	Se	Ye	Ne	Re	He	Me	Ke	Te	E
WO	So	Yo	No	Ro	Ho	Mo	Ko	To	O
WU	Su	Yu	Nu	Ru	Hu	Mu	Ku	Tu	U
WU	Su	Yu	Nu	Ru	Hu	Mu	Ku	Tu	U
WO	So	Yo	No	Ro	Ho	Mo	Ko	To	O
WE	Se	Ye	Ne	Re	He	Me	Ke	Te	E
WI	Si	Yi	Ni	Ri	Hi	Mi	Ki	Ti	I
WA	Sa	Ya	Na	Ra	Ha	Ma	Ka	Ta	A
W	S	Y	N	R	H	M	K	T	






### 3. 天津太祝詞 Amatsu-Futonorito

W	S	Y	N	R	H	M	K	T	
WA	Sa	Ya	Na	Ra	Ha	Ma	Ka	Ta	A
WI	Si	Yi	Ni	Ri	Hi	Mi	Ki	Ti	I
WE	Se	Ye	Ne	Re	He	Me	Ke	Te	E
WO	So	Yo	No	Ro	Ho	Mo	Ko	To	O
WU	Su	Yu	Nu	Ru	Hu	Mu	Ku	Tu	U

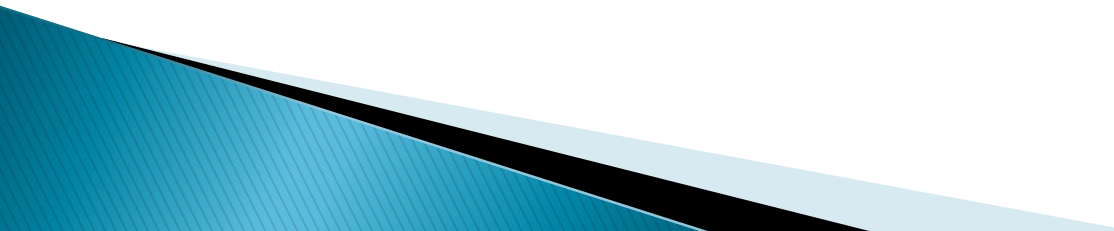




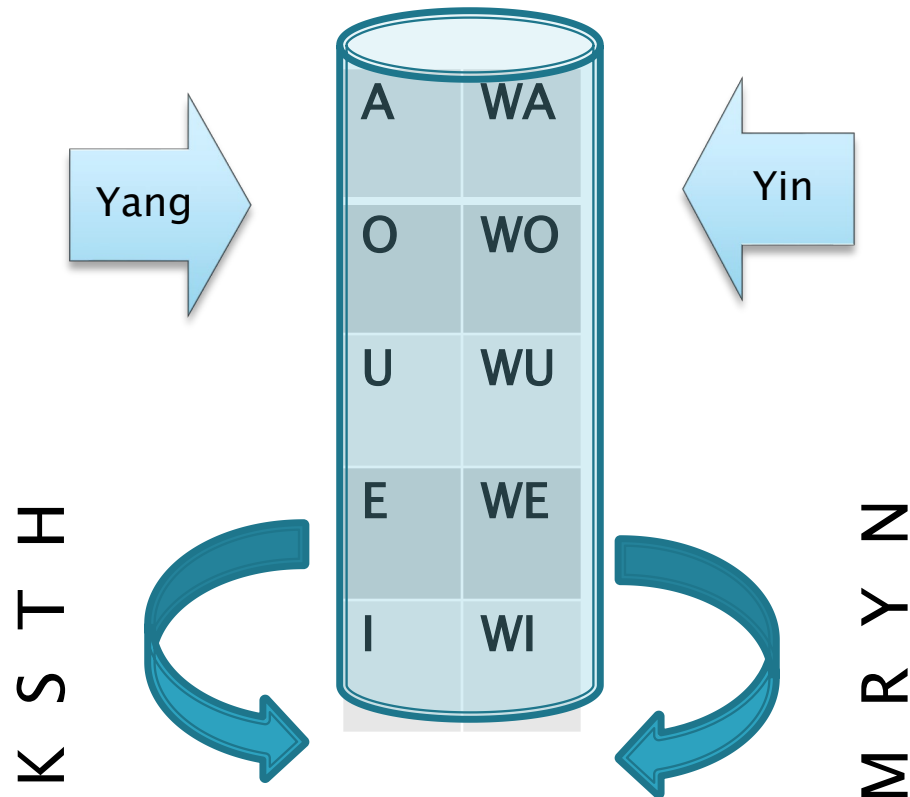
# Eight Father Ki rhyme

- (1) 【T】 ☀ Devotion, concentration,  
and focus leading to an instantaneous beginning
  - 【Y】 ★ Exploring by staying the course. Keeping the momentum  
    by not changing the direction of the beginning
  - (2) 【K】 ☀ Searching past experience;  
    Going within to find stored knowledge.
  - 【M】 ★ Seeking knowledge from the outside world
  - (3) 【S】 ☀ The calm coming from recognition and  
    comprehension; the movement is of a spiral traveling  
    in a counterclockwise direction inward
  - 【R】 ★ Imagination. Exploration of ever-proliferating ideas;  
    the movement is of a spiral traveling in a clockwise  
    direction outward
  - (4) 【H】 ☀ The beginning of clarity as light shows on darkness.  
    Recognition before intellect
  - 【N】 ★ Nearing the conclusion – the culmination of work.  
    Like a pot of food, raw ingredients are becoming one dish
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# Chin-Kon Ki-Shin

- ▶ Spiritual practice  
(lit., bringing the soul to peace and  
returning to nature)
  - ▶ Futomani:  
universal principal of the KOTOTAMA
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# The pillar of the heart



# Yata no Kagami

