

INTRODUCTION TO

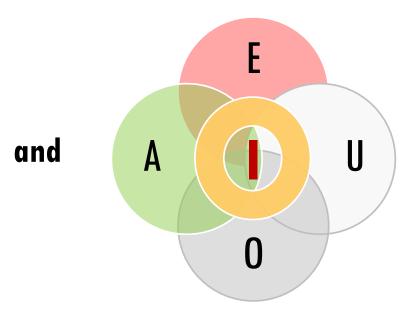
HARI STYLE OF ACUPUNCTURE

Takayuki Koei Kuwahara Lic. Ac.
President of The Hari Society

* ESSENCE OF HARI

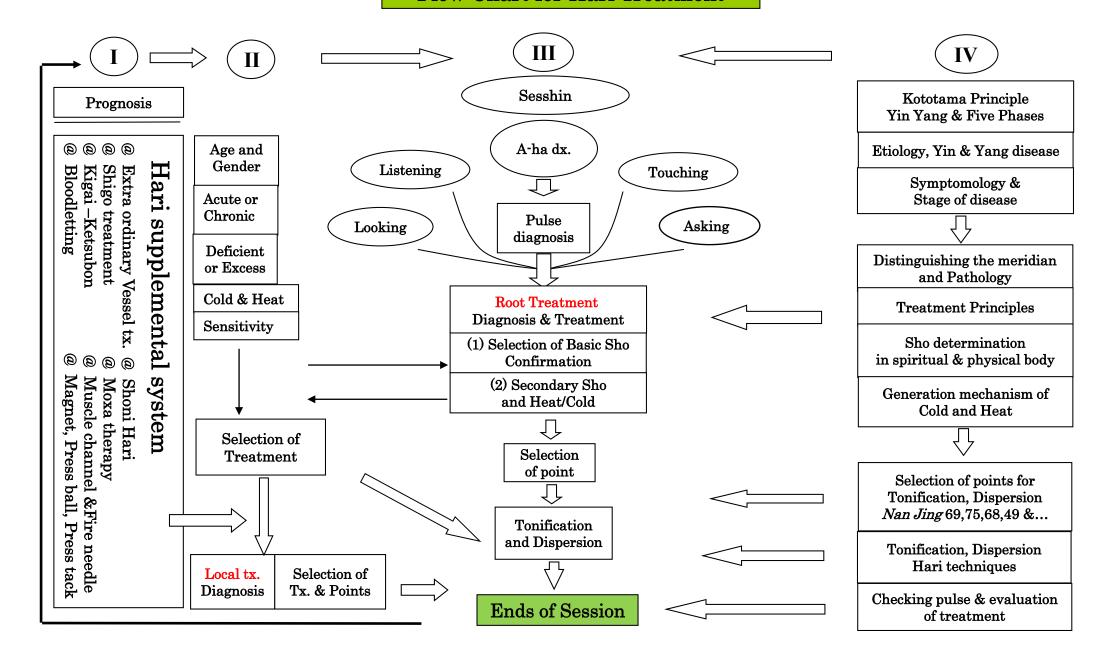
KI AND FIVE PHASES KOTOTAMA

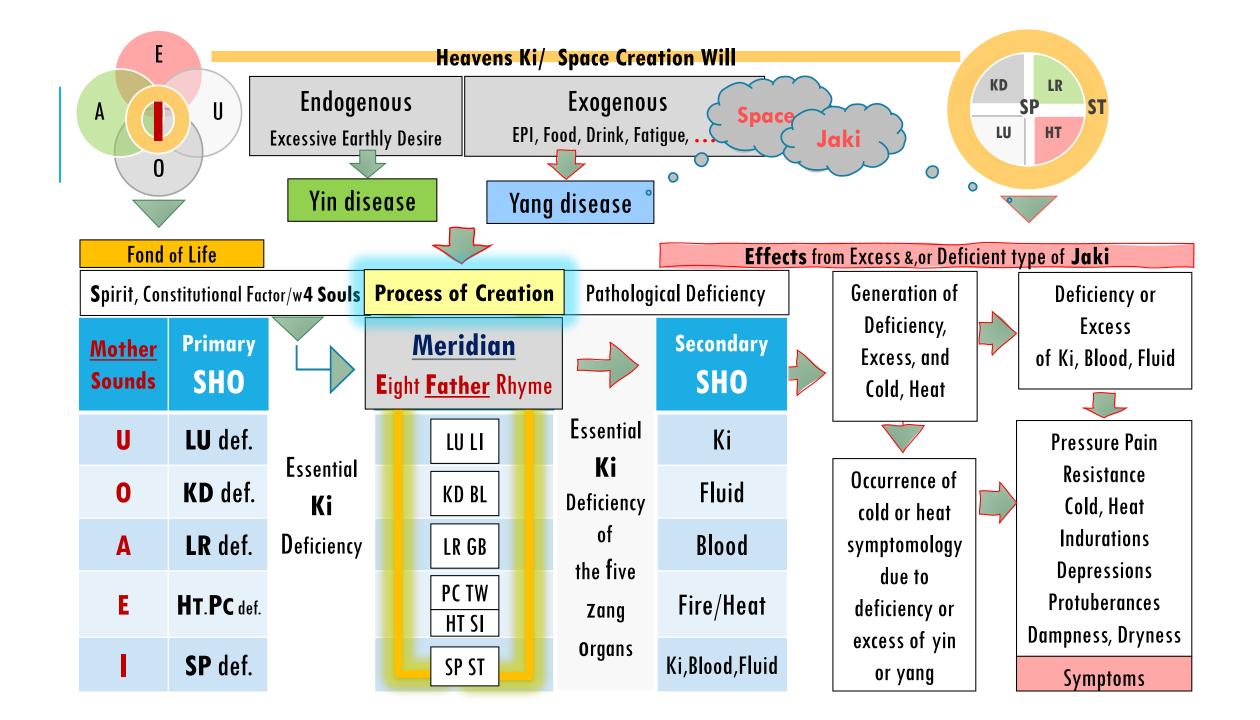
One Spirit



Four Souls

Flow Chart for Hari Treatment





* HARI DEFINITION

HARI is known as the Zuishō (随証) tx., which means Tx. is given by following the **SHO**/ pattern of imbalance in the Five dimensional, Kototama system of Essential Ki /Kami/Shen/space Will.

*HARI DEFINITION

- The five organs, is the result of the creation from space Will (Essential Ki) and is in charge of storing the essence.
- 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.
- Disease stems from deficiency of Essential Ki and

Jaki invasion

*HARI



Spiritual Medicine

(Essential Ki) ONE Spirit and Four Souls

Meridian Medicine

(Ki) in meridian "Breath" "Mind, Senses"

Physical Medicine

Pathological (Ki) effects on Physical Body

*1. SPIRITUAL BODY

Spiritual Medicine

THE MOST IMPORTANT WORKSPACE IN THE HARI The energy of **Ho** (tonification/I-Ne) is the creation of the universe:

Sho-Diagnosis (**AHa dx.**) and Hari treatment (**I-Ne**) are one and the same.

Natural undulation on your life

*2. MERIDIAN KI BODY

Meridian Medicine

LIGHT, DRAGON IS A MAGICAL IMAGE OF MERIDIAN Meridian, a 5D illustration in Al space shows the process (Kibreathe/ Eight Father Ki Rhyme) of the creation from Spirit to body.

A COSMIC STRING
IN AI SPACE.

It is the locus of feelings
(AI 愛-Love) in a space of (I).

* 3. PHYSICAL BODY

Physical Medicine

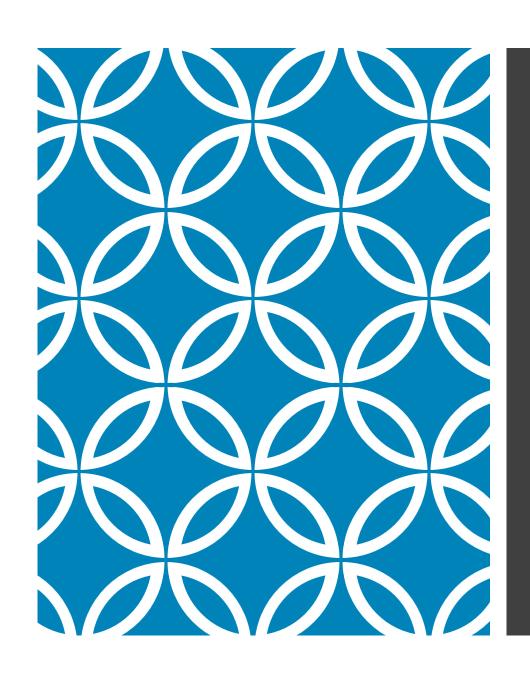
AND
HARI
FUTOMANI SHINPO

Based on understanding of body's (**Ki**) function, Physiology, Pathological and Jaki effects on Physical Body.

Kototama Principle in Hari practice

"God created man in his own image."

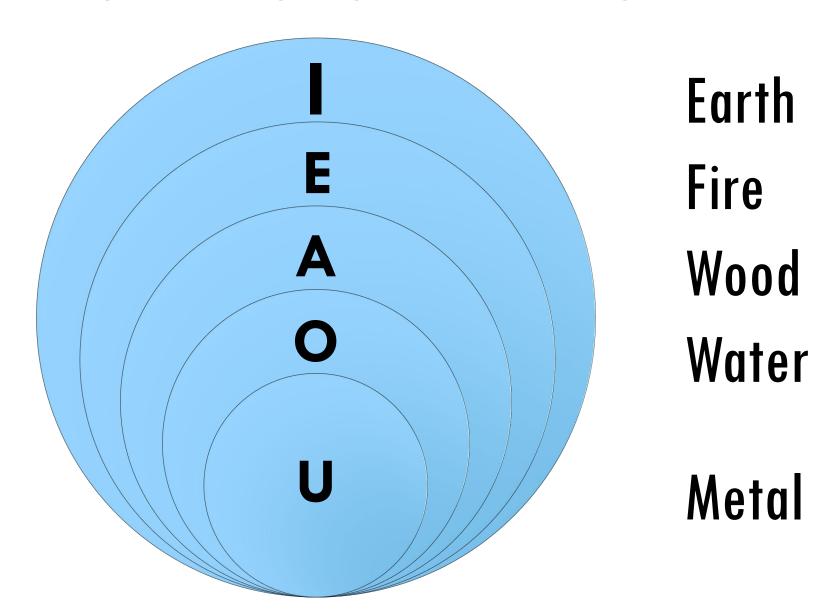
(Gen.1:27).

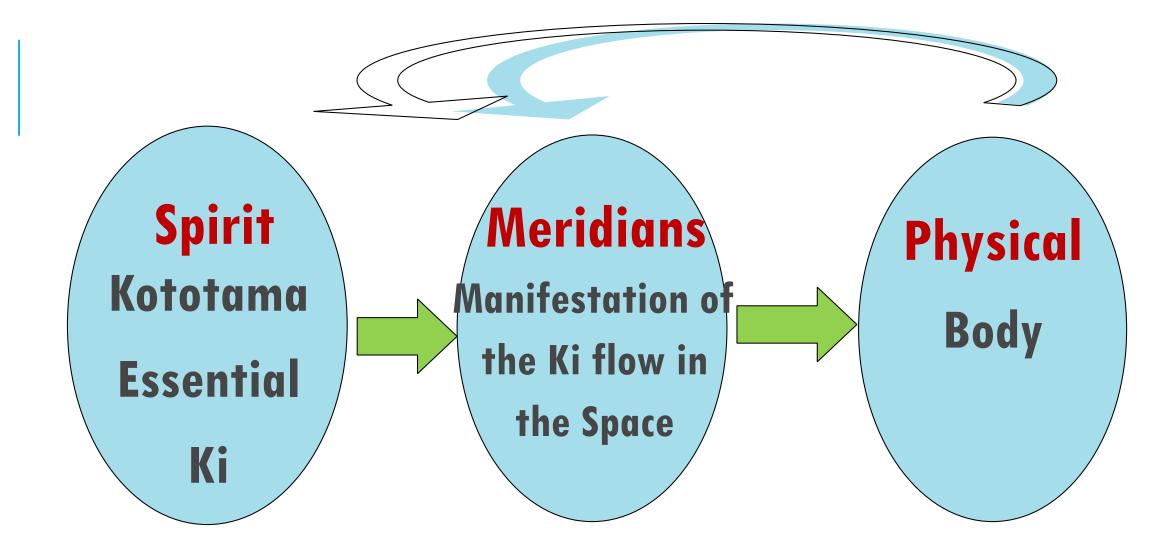


KOTOTAMA PRINCIPLES:

Ancient Five Phases

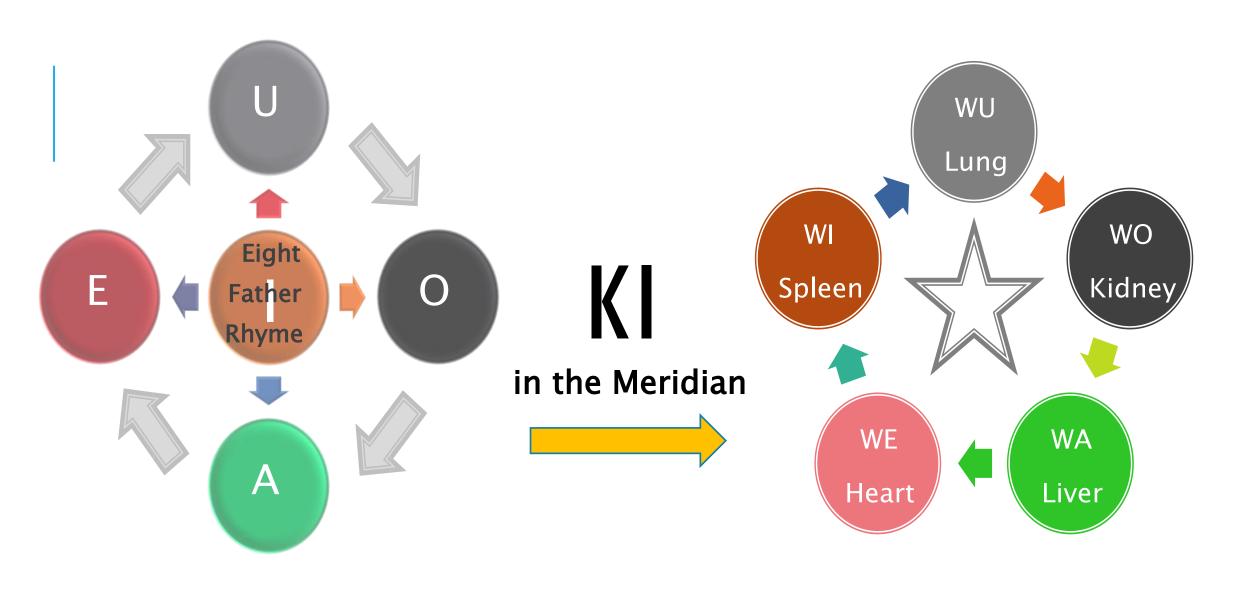
AN ORDER OF GENERATING





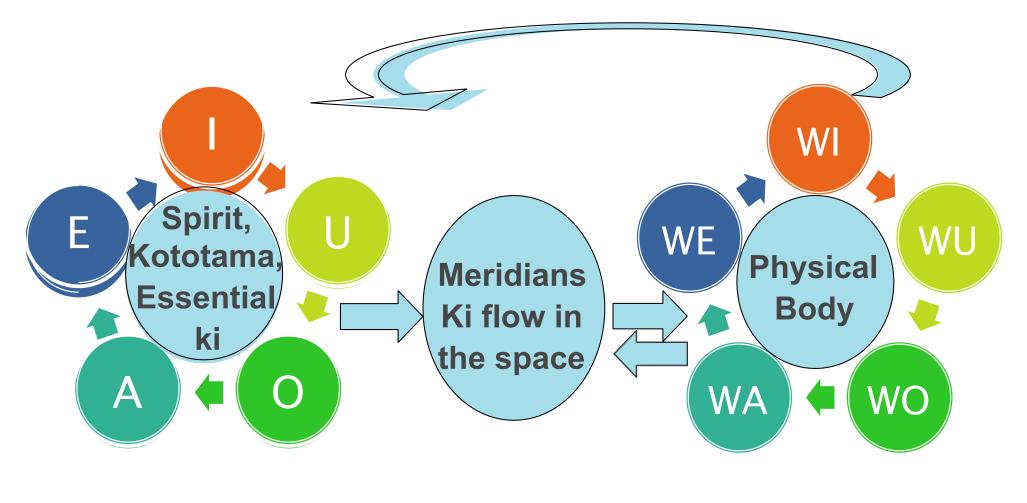
Universe of congenital structure

Acquired Structure



Congenital Structure

Acquired Structure



Mother sound

+(I) Eight father Ki rhyme
Time and Space

32 Child Sound

TREE OF LIFE-TREE OF THE KNOWLEDGE

ife	Subject					Obje	Objective appearance on Society				
	A	Wood	Emotion				Art, Religion			wa	
	0	Water	Empirical knowledge				Studies, Science			WO	ľ
of Life	U	Metal	Desire on five senses				Industry, Economy			WU	:
Tree	E	Fire	Practical Wisdom of Selection				Political Morality			we	
	ı	Earth	Space Creation Will Activate other 4 mother Sound with Eight father rhyme							wi	
	Ki	T	K	M	Н	R	N	Y	S		

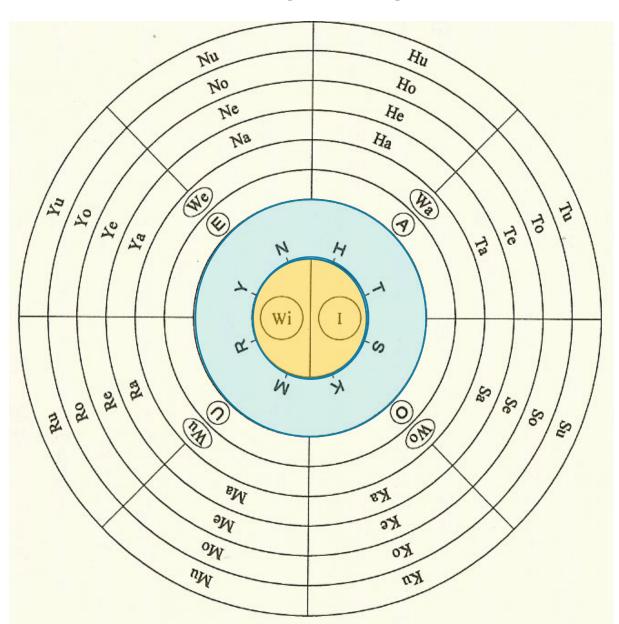
ONZU

- J Amatsu-Kanagi
 - · A-kasatanahamayara-Wa
- O Akatama
 - A-katamahasanayara-Wa
- A Takara
 - A-takarahasanayama-Wa
- E Amatsu-Futonorito
 - A-takamaharanayasa-Wa
- Amatsu-Sugaso
 - I any order Wi

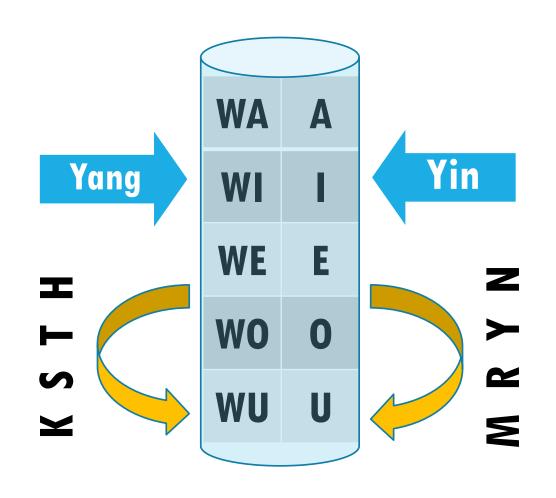
天津 太祝詞 AMATSU - FUTONORITO ONZU

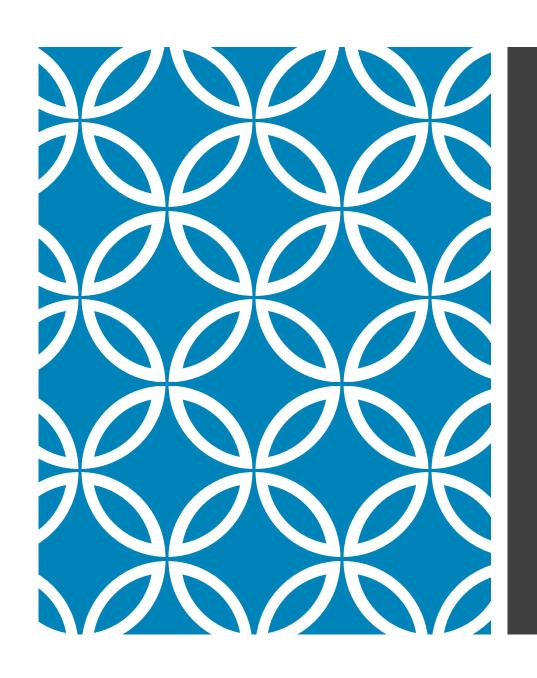
	T	K	M	Н	R	N	Y	S	
A	Ta	Ka	Ma	Ha	Ra	Na	Ya	Sa	WA
1	Ti	Ki	Mi	Hi	Ri	Ni	Yi	Si	WI
E	Te	Ke	Me	He	Re	Ne	Ye	Se	WE
0	To	Ko	Mo	Ho	Ro	No	Yo	So	WO
U	Tu	Ku	Mu	Hu	Ru	Nu	Yu	Su	WU

YATA NO KAGAMI



THE PILLAR OF THE HEART





HARI
A THING THAT IS
IMPORTANT.

Root and Local tx.,
Three Cornerstones,
Ki Feedback in Hari Practice

* HARI Change the rhyme and flow of the Ki in nature

SPIRIT A) Quality: Spiritual Medicine

(3) PATHOLOGICAL

PHYSICAL BODY

EFFECT ON

Natural and Unnatural(?) undulation in your life

B) Quantity: Meridian Medicine KI-BREATHE **(2)**

> Ki flow within proper mind/body posture and breath. (Eight Father Ki Rhyme) Kototama in Hari practice

Process of the creation of the physical body from spirit

C) Pts. and Methods: Physical Medicine

TCM style meridian therapy it based on understanding of body (Ki) function

* HARI DEFINITION

HARI is a system that is based on Classical Five Phases / Kototama.

DEFICIENCY OR **E**XCESS

1. Grasps all diseases as a condition of deficiency or excess of ki & blood.

TONIFY OR DISPERSE

2. Uses the **KI/Futomani** techniques of Acu-Moxa to tonify or disperse that deficiency or excess in order to bring about healing.

THE POTENCY 0F ROOT AND LOCAL **TREATMENTS**

- Root tx. and Local tx. are two sides
 of the same coin and that they
 blend together.
- 2. When the root tx. and local tx. are combined together, rather than just doing one or the other. Effect of the tx. will last longer

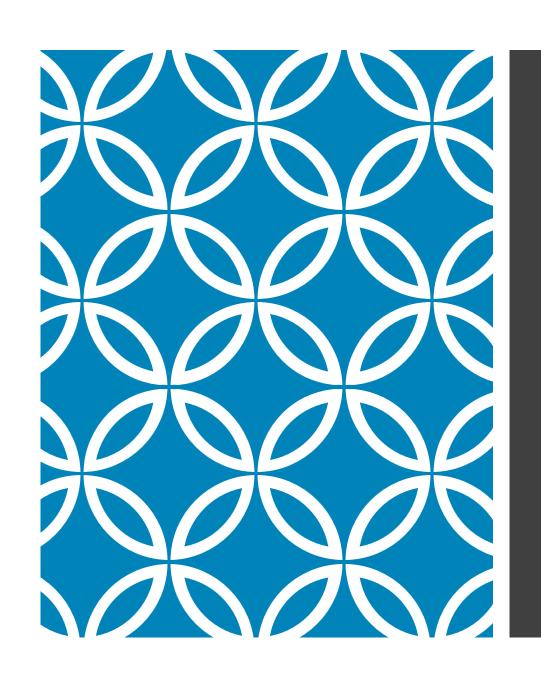
THE POTENCY OF ROOT AND LOCAL TREATMENTS

- 3. Root tx. is performed to bring the pulse picture into order.
- 4. Local tx. is performed to alleviate the symptoms more shortly than Root tx..
 - However, pulse can be brought into order and the symptoms alleviated just with the local tx. Conversely, the symptoms can be relieved with just the root tx., in addition to naturally adjusting the pulse.

* HARI KI FEEDBACK METHODS

WITH PULSE QUALITY DX.

- 1. How to detect abnormal and correct KI in pulse.
- 2. To use pulse Dx. for more than just identifying a pattern of disease.
- 3. The pulse Dx. can be used as a feedback method for assessing the effectiveness of the Tx. as it is being given.



HARI ROOT TREATMENTS

SHO/ DX. AND POINTS

Step 1, 2 and 3.

SHO DETERMINATION

- Four Examination: focus on Six-comparative and Pulse Quality dx.,
- Abdomen, Skin,
- Intuitive/Aha-info./Shen/Kami, dx.
- ☐ Yin and Yang type of diseases and
- Jaki, its effect on Pulse and Body
- Depth of the Needling, Obtain the Ki, Ki arrives and removal of needling

ROOT TREATMENT

SHO: PATTERN DIAGNOSIS

After the **Sho** determination, instantaneously treated.



- 1. Hari Tx. always is given by following **Sho**.
- 2. It minimizes the number of points used in tx.. steps of tx. considerably shortened over time.

* **SHO**

FOR ROOT TX.:

1. 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)

* **SHO**

FOR ROOT TX.:

2. As is understood from the above quotations, disease stems from deficiency of essential ki of the five organs.

* HARI TX. STEPS

ROOT TX.
STEPS 1
2
3

Stp 1. Primary SHO, Five-dimensional Spiritual Pattern

Principles of tx., Six-Comparative Pulse dx.

Stp 2. Secondary SHO, Pathological (Physical Body) Pattern

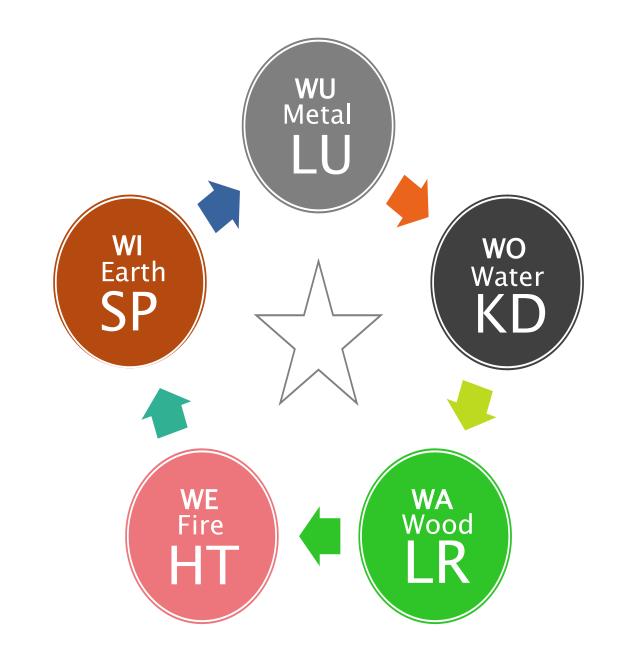
Effects from Essential Ki dif. to body and Pulse (Quality dx.) and Jaki effects as excess

Stp 3. Yang meridians

HARI

STEP 1 PRIMARY SHO

* SIX COMPARATIVE PULSE DX.



* HARI

STEP: 1 PRIMARY SHO:

I-KI EFFECTS ONTO
1 SPIRIT AND 4 SOULS

SPACE WILL/ ESSENTIAL KI IN YIN MERIDIAN

Nature of person, chronic * syndrome

As one's spiritual Ki constitution, then It manifests as Pathological deficiency of the five zang organs.

- Wood/LR def.
- Earth/SP def.
- Metal/LU def.
- Water/KD def.
- Fire/HT, M. Fire PC def.

HARI STEP: 1&2.

POINTS SELECTION & ORDER

(NAN JING, CHAPTER) 69. 68. 75.

Tx. Principles from

Nan Jing Chapter 69

- For deficiency, tonify the mother
- For excess, disperse the child
- First tonify deficiency,
- then disperse excess
- When there is neither deficiency nor excess, treat the diseased meridian

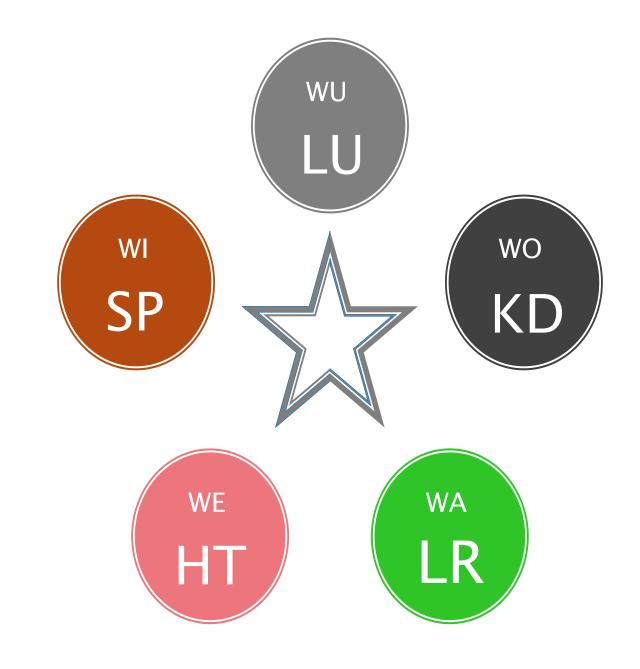
Nan Jing Chapter 68

Nan Jing Chapter 75

HARI

STEP: 2. SECONDARY SHO

DEFICIENCY
AND JAKI EXCESS
IN THE KETSU



* HARI STEP: 2 SECONDARY SHO:

PTS. SELECTION(1)

EFFECTS FROM

-KI DEFICIENCY

& JA-KI EFFECTS

ON
PHYSICAL
BODY

As one's physical constitution, It manifests as Pathological deficiency of the five zang organs.

Its effects on controlling cannels. or & other Yin-Yang area.

- LR/ Blood def. or ex.
- SP/ Ki, Blood, Fluid def. or ex.
- LU/ Ki def. or ex.
- KD/ fluid def. or ex.

* HARI

- PTS. SELECTION (2)
- (NAN JING, CHAPTER 68 & OTHER),
 "LIVE" POINT
 TX. SIDE

- Wood Ki / gathering
 Blood/ grow and produce
- Fire (HT) Ki <u>firming</u>(PC) fire Ki/<u>growth</u>
- Earth Ki /relaxing, moistening dry things
- Metal Ki / circulation and release
 Skin-Ki/ gathering
- Water Ki/ softening / Fluid/ firmness

HARI

MAIN TX. POINTS

HT SHO PC SHO

Step 1 Step 2

LU Sho LU9+SP3 LR3

SP Sho SP3+PC7 KD3orLR3

KD Sho KD7+LU8orLU5 SP3

LR Sho LR8+KD10 SP3orLU9

HARI STEP 1

- 1. Gender
- 2. Symptoms
- 3. Radial & Temporal pulse

TX. SIDE FOR ROOT TX.

- 4. Navel and Feet
- 5. Presently Alive Point
- 7. How does Point affect to pulse
- 8. Touch along Deficient Meridian & Body Hair

HARI STEP 2

TX. SIDE FOR STEP 2

Secondary Sho/pattern Yin channels

- Use other side from primary for secondary tx.
- If the condition is acute-excess, Use same side for secondary tx.

STEP 3 FOR YANG CHANNELS

TX. SIDE AND MAIN TX. POINTS

Effects from **E(yang)** and **Ei (yin)** -Ki Dif., Excess and **Jaki** invasion

- Deficiency, tonify on same side as pulse
- Use both TW & ST, if TW-ST is deficient
- **Excess**, disperse on same side as pulse
- Dispersion, use Luo point
- if symptoms stronger can be used Xi-Cleft pts.

HOW TO FIND

DEFICIENT POINT

- The deficient point is sticky, depressed or weak.
- Those area with no energy flow appears dark.

POINTS. SELECTION LR DEFICIENCY SHO

LR Deficiency Sho	LR	LR-1 LR-8	GB	GB-38	SP	SP-5 (SP-3)	ST	ST-36 ST-45
	KD	KI-1 KI-10	BL	BL-65	LU	LU-5 (LU-8)	LI	LI-11 LI-1



HARI TX.:

A THING THAT IS IMPORTANT.

"Futomani Shimpo" with Kototama Principles

FUTOMANI SHIMPO



- Kototama Practice
 - Conscious-Intension: Power of Words and its effects.
 - Hari needling, Shape and usage of Oshide/ L-hand and
 Sashide/R-hand positioning
 - Timing for going and removal with Kototama, Ki-breath, Body Posture



A) Quality: Spiritual space

Natural and Unnatural (Jaki?) undulation in our life
Kototama (I-Ne) practice



B) Quantity: flow of Meridian

Japanese style of Meridian therapy,

Mind/body posture and Ki-breathe change the rhyme and flow of the Ki (Eight Father Ki Rhyme)



C) Pts. and Methods: Physical (Ki) actions

TCM style of Acupuncture,

It based on understanding of the body (Ki) function and Pathological effects on Physical Body

* FUTOMANI SHIMPO

B) QUANTITY:

POSTURE AND KI-BREATHE (EIGHT FATHER KI RHYME)

● 奇魂 くし、智。神からのメッセージ
 ● 和魂 にぎ、親。調和とバランス
 ▲ 幸魂 さち、愛。幸を感じる
 ● 荒魂 あら勇。願いを叶え物事を具現化
 ■ 直霊 なおひ、高次の自分、無意識

- U Metal: Desire on five senses, Industry, Economy
- O <u>Water:</u> Empirical wisdom, Studies, Science
- A Wood: Emotion/Love/Space, Art, Religion
- **E Fire :** Practical wisdom of selection, Political Morality
- <u>Earth</u>: Space creation Will, Activate other four dimensions

* FUTOMANI
SHIMPO
B) QUANTITY:

U - upward from GV20

O - down from CV1

POSTURE AND KI-BREATHE (EIGHT FATHER KI RHYME)

A - front from CV18

E - back from GV11

One Spirit A Four Souls

- Center M-Tanden (Between CV18 and GV11)

FUTOMANI SHIMPO

TONIFICATION

CREATION OF THE LIGHT

- It is Ho-ho.
- Tonify, Strengthen life force (dignity and harmony of the essential ki)
- Outcome of the tx. is determined with the practice on
- a-Quality,
- b-Quantity of the Ki and
- c-Points and Oshide-Sashide Methods during the Hari tx.

HO TONIFICATION:

HARI EFFECT ENTIRE
UNIVERSE
BECAUSE
WE ARE ALL PART OF THE
UNIVERSE.

- 1. Tonification does not just stop in the tx. room. In treating the client, we effect the entire universe because we are all part of the universe.
- 2. Bring the image of someone, when it shows up. Always within the wholeness, you can connect to their actual body. Always go back to the wholeness to share the space.

FUTOMANI SHIMPO

DISPERSION

MISOGI AND PURIFICATION

- It is Sha-ho.
- Purification/Change the quality of the light.
 - * Why do we need Misogi?

Our attachment causes stagnation on the meridians, which creates imbalance of the body.

* |

What is

CAUSES OF DISEASES AND SYMPTOMS



KYO, JITSU

JAKI

JAKI

THE LIFE (PULSE AND BODY)

Oki-Jitsu

Natural Ex. without Jaki invasion

Jaki-Jitsu • •

Effected by Jaki



FUTOMANI SHIMPO

SHA

DISPERSION (MISOGI)

*SHA: Dispersion - (Misogi)

It retune the rhyme setting allows the Ki to flow freely

- 1. Support them from excessive desire.
- 2. Release the attachment, that disharmonize their and your nature.
- 3. Hari, (Eight Father Ki Rhyme)

SHA

EXCESS TYPE JAKI

DISPERSION NEEDLING

Sha-Ho is Dispersion. To remove jaki/evil Ki and support the body from its effect.

Excess type of Jaki

Fu: Yang type Ex. <u>Pulse:</u> Floating, Fest, Excess

Gen: Yin type Ex. <u>Pulse:</u> Sinking, Wiry, Excess

SHA

DEFICIENT TYPE JAKI

DRAINING WITHIN TONIFICATION

Ho tyu no Sha is dispersion within tonification, To both remove deficient-type jaki/evil and to tonify weak life force.

Deficient type of Jaki

Ken: Blood Level;

Ko: Ki Level;

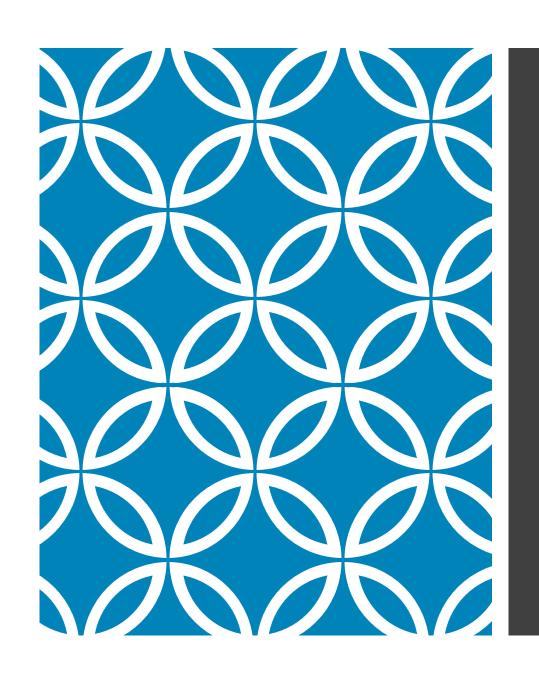
SHA

WAHO YU-SHA

Wa-ho is Harmonizing technique (No Jaki).

Yu-Sha is transporting Oki-Jitsu with tonification.

Oki-Jitsu is abundant ki which is caused by imbalance in the five phases, It is Not from Evil Ki/Jaki. Tx. with Ho/tonification



HARI PULSE DIAGNOSES

Stomach Pulse and depth of the pulse position

PULSE DX.

THREE MAIN **POINTS** UNDERSTAND **ABOUT** STOMACH KI

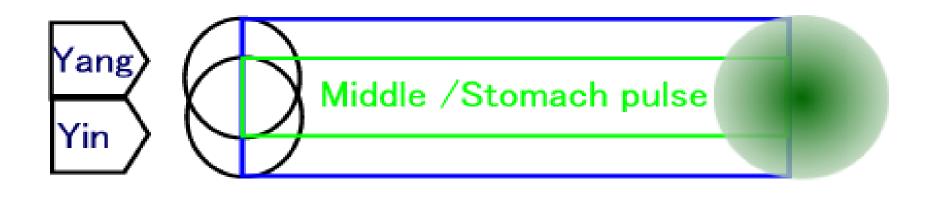
- 1. Strength and quality of ST ki is ascertained mainly at the middle pulse.
- 2. ST ki quality should feel moderate and peaceful.
- 3. ST ki can be judged as being abundant if the pulse has enough depth (thickness) in between the superficial and deep levels.

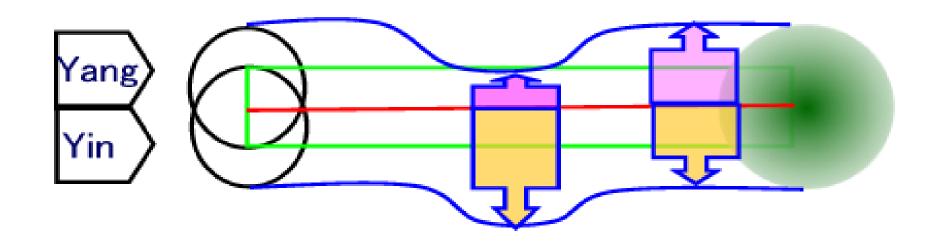
PULSE DX.

MIDDLE/ STOMACH KI PULSE

- Middle pulse is the line where the three fingers feel equally and clearly the pulse.
- It is also the place where the pulse is felt the strongest.
 - First, Find the Middle Pulse,
 - 1. compare the Yin/Yang,
 - 2. find deficiency/excess in the 6 positions.

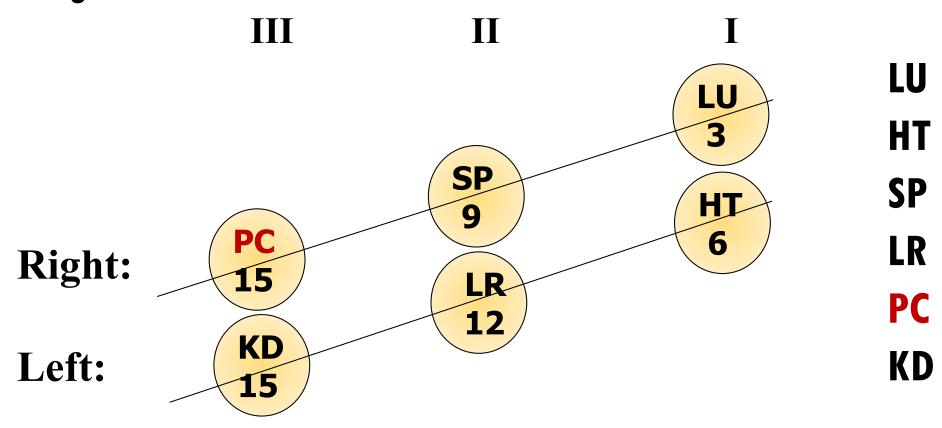
MIDDLE/STOMACH PULSE

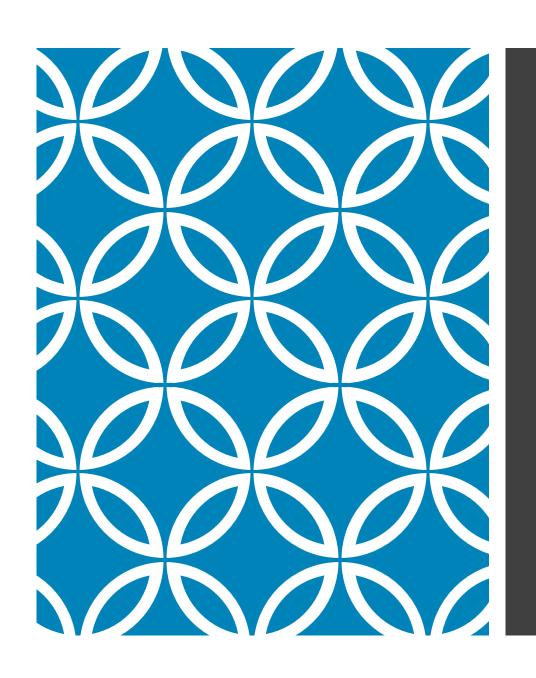




DEPTH OF THE PULSE IN EACH POSITION

In the Classics the depth of each position is indicated by the weight of beans:





HARI LOCAL TREATMENTS

Step 0, 4 and 5.

* HARI TX. ORDER

- [A] Thoracoabdominal Region and Supplementary systems & points
 - [B] Affected Area
 - [C] Harmony points

- LOCAL TX. STEP. 0

- [A] Back and Supplementary system, points
 - [B] Affected Area
 - [C] Harmony points
- 5 [A] Finish needling
 - [B] Moxibustion
 - [C] Home treatment

* HARI

LOCAL TX. STEP 0, 4 AND 5:

A: Supplementary systems

(Kikei, Shigo, Shiraku, Ketsubon/Kigai...)

B: Volcano point tx. and Sanshin tx. (Hifushin, Piano touch etc.)

C: **Harmony** Points

* HARI

- TX. **STEPS: 0. 4. 5.**
 - SUPPLEMENTARY SYSTEMS:

- Kikei: Extraordinary vessels tx.
- Shiraku: Bloodletting and Cupping
- Kinkei: Muscle channel tx. with Fire needle
- Shigo: Midday Midnight tx.
- Ketsubon and Kigai:

Supraclavicular and Inguinal region treatments

• Shonihari: Non-insertive Hari and Taishi style of Pediatric acupuncture

* HARI LOCAL TX.

ACU-MOXA M-&-METHODS

TX.

STEPS: 0. 4. 5.

Tan shi (non retaining style needling)

Chi shin (retaining style needling)

San shin (widespread style needling)

San ryo shin (Three edge needle)

Choku setsu kyu (Direct moxibustion)

Chi netsu kyu (Warming moxibustion)

Kyu to shin (moxa on the needle hand)

Hi nai shin (intradermal needle)

Gyo shin (fire needle)

Kyu kaku (Cupping), Shiraku (Bloodletting)

Ji shaku (Magnet) Ryu shin (Press-ball)

HOW TO FIND EXCESS POINT

- Dispersing/*misogi* point) has a resistance.
 - Usually feels drier and tighter like a wall.
 - Volcano Point
 - Touch needling is deeper than the tonification point (= the deficient points).

WHAT ARE VOLCANO PTS.

SANSHIN TX.?

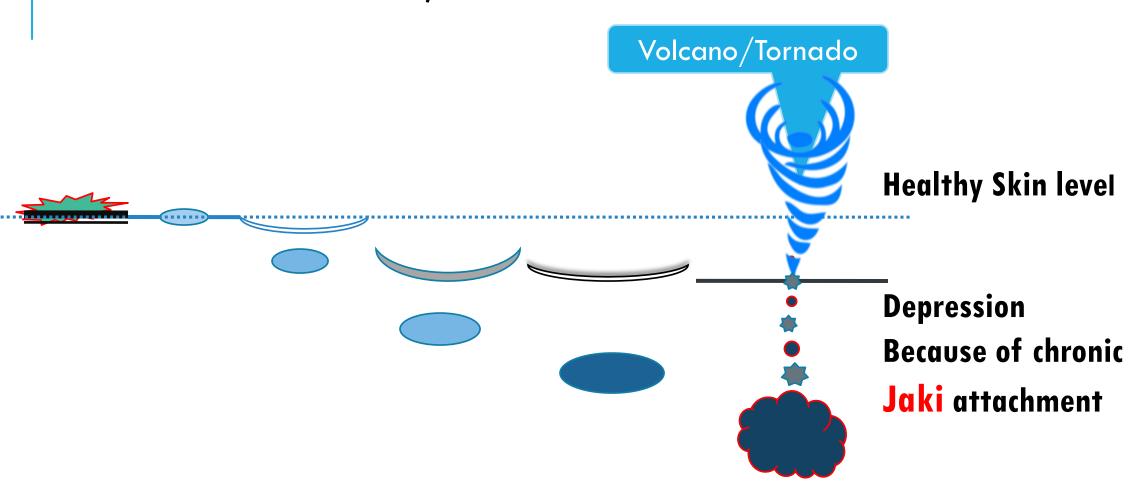
1) Volcano point tx.:

Stages I, II, III

2) Sanshin tx. (and Hifushin, Piano touch)

Scattering Needle (San-Shin) For tonification or dispersion of defensive ki during the local treatment

JAKI EFFECTS, PROGRESS OF THE JAKI INVASION



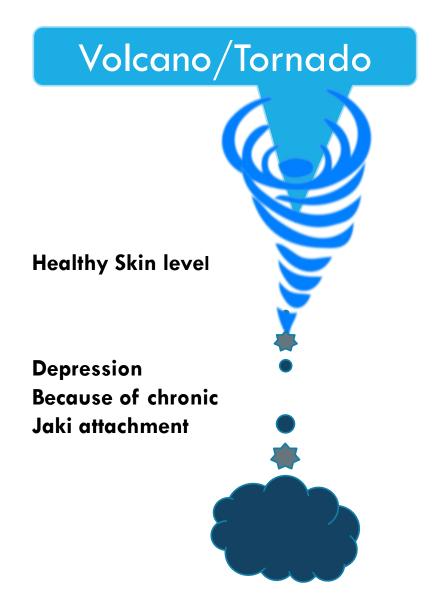
* LOCAL TX.

W/VOLCANO TX.

TX.

STEPS: 0. 4. 5.

Volcano, livepoint has a kind of connection to Jaki its under the surface, like an old thread. It can be helped by three types of tx. methods corresponding to their skin conditions.



Volcano, live-point

* LOCAL TX.
W/VOLCANO
TX.

Level of **Surface** Thickness of Water the skin Thick, hard, Dry Convex SanryoShin rough 2) GoShin Med-level or mix 3) Concaved, Thin, with Dampness, Chokusetsu depressed, wet water -Kyu soft, flaccid retention

STEPS: 0. 4. 5.

Q&A AND CLOSING WORDS