





















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.

| | | |
|---|---|---|
| CONCENTRATION | DECISION MAKING | CLEAR THINKING |
|  <p>1. Push gently upward. 2. Hold for a 3 count. 3. Push downward. 4. Repeat x 3.</p> <p style="background-color: #d9ead3; padding: 2px;">clear thinking, intellectual focus</p> <p style="text-align: right; font-size: small; background-color: #d9ead3; padding: 2px;">EFFECT</p> |  <p>1. 4 fingers on temple. 2. Thumbs to side of jaw. 3. Gentle pressure to temple areas. Repeat x 3.</p> <p style="background-color: #d9ead3; padding: 2px;">clarity, resolve, action</p> <p style="text-align: right; font-size: small; background-color: #d9ead3; padding: 2px;">EFFECT</p> |  <p>1. Use thumb & index fingers. 2. Pinch bridge of nose. 3. Hold, let go. Repeat x 3.</p> <p style="background-color: #d9ead3; padding: 2px;">concentration, creative ideas, intellectual focus</p> <p style="text-align: right; font-size: small; background-color: #d9ead3; padding: 2px;">EFFECT</p> |
| DISCRIMINATION | CREATIVE THINKING | TOLERANCE |
|  <p>1. Massage sides of nose with index fingers. 2. Increase pressure. Slowly. Repeat x 24.</p> <p style="background-color: #d9ead3; padding: 2px;">balance, clarity, focus</p> <p style="text-align: right; font-size: small; background-color: #d9ead3; padding: 2px;">EFFECT</p> |  <p>1. Press with both hands against cheekbones. 2. Increase pressure. Hold, let go, repeat.</p> <p style="background-color: #d9ead3; padding: 2px;">intellectual focus, sharp mind</p> <p style="text-align: right; font-size: small; background-color: #d9ead3; padding: 2px;">EFFECT</p> |  <p>1. Use thumbs & index fingers of both hands. 2. Slide up & down. Use even pressure.</p> <p style="background-color: #d9ead3; padding: 2px;">memory, relationships, feeling</p> <p style="text-align: right; font-size: small; background-color: #d9ead3; padding: 2px;">EFFECT</p> |
| FRESH ENERGY | HEADACHES | FRIENDSHIP |
|  <p>1. Use all fingers. 2. Thumbs behind ears. 3. Slide outward. Use light pressure.</p> <p style="background-color: #d9ead3; padding: 2px;">eases pain, headaches, fresh energy</p> <p style="text-align: right; font-size: small; background-color: #d9ead3; padding: 2px;">EFFECT</p> |  <p>1. Hold sides of head in palms. 2. Push in. 3. Shift fingers across skull. Press, repeat.</p> <p style="background-color: #d9ead3; padding: 2px;">eases pain, headaches, fresh energy</p> <p style="text-align: right; font-size: small; background-color: #d9ead3; padding: 2px;">EFFECT</p> |  <p>1. Place ear between index & middle finger. 2. Press against head. Rub up and down.</p> <p style="background-color: #d9ead3; padding: 2px;">emotional interaction, tolerance</p> <p style="text-align: right; font-size: small; background-color: #d9ead3; padding: 2px;">EFFECT</p> |
| MEMORY | METABOLISM | VITALITY |
|  <p>1. Use fingers to press against shoulder blade. 2. Push elbow into palm of 2nd hand.</p> <p style="background-color: #d9ead3; padding: 2px;">frees emotions, helps blood-circulation</p> <p style="text-align: right; font-size: small; background-color: #d9ead3; padding: 2px;">EFFECT</p> |  <p>1. Hold arm between thumb and fingers. 2. Apply pressure. Move up & down.</p> <p style="background-color: #d9ead3; padding: 2px;">balance of metabolism, awareness</p> <p style="text-align: right; font-size: small; background-color: #d9ead3; padding: 2px;">EFFECT</p> |  <p>1. Hold arm between thumb and fingers. 2. Apply pressure. Move up & down.</p> <p style="background-color: #d9ead3; padding: 2px;">nourishment of entire body</p> <p style="text-align: right; font-size: small; background-color: #d9ead3; padding: 2px;">EFFECT</p> |
| VITALITY | CIRCULATION | CREATIVITY |
|  <p>1. Hold hand between thumb and fingers. 2. Apply pressure. Hold and shift.</p> <p style="background-color: #d9ead3; padding: 2px;">distribution of energy through body</p> <p style="text-align: right; font-size: small; background-color: #d9ead3; padding: 2px;">EFFECT</p> |  <p>1. Interlock fingers. 2. Push inwards, hold. 3. Pull outward, hold. 4. Fold outward.</p> <p style="background-color: #d9ead3; padding: 2px;">energises relaxes, eases</p> <p style="text-align: right; font-size: small; background-color: #d9ead3; padding: 2px;">EFFECT</p> |  <p>1. Hold finger between index and middle finger. 3. Pull outward, hold. 4. Apply pressure.</p> <p style="background-color: #d9ead3; padding: 2px;">mental energy, balance, ideas</p> <p style="text-align: right; font-size: small; background-color: #d9ead3; padding: 2px;">EFFECT</p> |
| CONCENTRATION | MEMORY | ENERGY FLOW |
|  <p>1. Push elbow gently against upper leg. 2. Shift position up & down. Repeat.</p> <p style="background-color: #d9ead3; padding: 2px;">strengthens thoughts & focus</p> <p style="text-align: right; font-size: small; background-color: #d9ead3; padding: 2px;">EFFECT</p> |  <p>1. Hold thigh between hands. 2. Push thumbs down. Apply pressure. Move up & down.</p> <p style="background-color: #d9ead3; padding: 2px;">strengthens resolve & memory</p> <p style="text-align: right; font-size: small; background-color: #d9ead3; padding: 2px;">EFFECT</p> |  <p>1. Hold leg between fingers & thumbs. 2. Apply pressure. Move up & down.</p> <p style="background-color: #d9ead3; padding: 2px;">helps energy to flow from head to feet</p> <p style="text-align: right; font-size: small; background-color: #d9ead3; padding: 2px;">EFFECT</p> |