





















SHIATSU SELF MASSAGE



The coloured dots indicate the approximate positions of specific pressure points. Each colour refers to the following meridians:
 Bladder Meridian (Yellow) Heart Governor (White) Liver Meridian (Orange) Lung Meridian (Black) S. Intestine M. (Light Green) Spleen M. (Purple)
 Kidney Meridian (Grey) Triple Heater (Pink) Gall Bladder M. (Blue) Large Intestine M. (Dark Green) Stomach M. (Red) Heart M. (Light Blue)

<p>CONCENTRATION</p>  <ol style="list-style-type: none"> 1. Push gently upward. 2. Hold for a 3 count. 3. Push downward. 4. Repeat x 3. <p>clear thinking, intellectual focus</p> <p>EFFECT</p>	<p>DECISION MAKING</p>  <ol style="list-style-type: none"> 1. 4 fingers on temple. 2. Thumbs to side of jaw. 3. Gentle pressure to temple areas. Repeat x 3. <p>clarity, resolve, action</p> <p>EFFECT</p>	<p>CLEAR THINKING</p>  <ol style="list-style-type: none"> 1. Use thumb & index fingers. 2. Pinch bridge of nose. 3. Hold, let go. Repeat x 3. <p>concentration, creative ideas, intellectual focus</p> <p>EFFECT</p>
<p>DISCRIMINATION</p>  <ol style="list-style-type: none"> 1. Massage sides of nose with index fingers. 2. Increase pressure. Slowly. Repeat x 24. <p>balance, clarity, focus</p> <p>EFFECT</p>	<p>CREATIVE THINKING</p>  <ol style="list-style-type: none"> 1. Press with both hands against cheekbones. 2. Increase pressure. Hold, let go, repeat. <p>intellectual focus, sharp mind</p> <p>EFFECT</p>	<p>TOLERANCE</p>  <ol style="list-style-type: none"> 1. Use thumbs & index fingers of both hands. 2. Slide up & down. Use even pressure. <p>memory, relationships, feeling</p> <p>EFFECT</p>
<p>FRESH ENERGY</p>  <ol style="list-style-type: none"> 1. Use all fingers. 2. Thumbs behind ears. 3. Slide outward. Use light pressure. <p>eases pain, headaches, fresh energy</p> <p>EFFECT</p>	<p>HEADACHES</p>  <ol style="list-style-type: none"> 1. Hold sides of head in palms. 2. Push in. 3. Shift fingers across skull. Press, repeat. <p>eases pain, headaches, fresh energy</p> <p>EFFECT</p>	<p>FRIENDSHIP</p>  <ol style="list-style-type: none"> 1. Place ear between index & middle finger. 2. Press against head. Rub up and down. <p>emotional interaction, tolerance</p> <p>EFFECT</p>
<p>MEMORY</p>  <ol style="list-style-type: none"> 1. Use fingers to press against shoulder blade. 2. Push elbow into palm of 2nd hand. <p>frees emotions, helps blood-circulation</p> <p>EFFECT</p>	<p>METABOLISM</p>  <ol style="list-style-type: none"> 1. Hold arm between thumb and fingers. 2. Apply pressure. Move up & down. <p>balance of metabolism, awareness</p> <p>EFFECT</p>	<p>VITALITY</p>  <ol style="list-style-type: none"> 1. Hold arm between thumb and fingers. 2. Apply pressure. Move up & down. <p>nourishment of entire body</p> <p>EFFECT</p>
<p>VITALITY</p>  <ol style="list-style-type: none"> 1. Hold hand between thumb and fingers. 2. Apply pressure. Hold and shift. <p>distribution of energy through body</p> <p>EFFECT</p>	<p>CIRCULATION</p>  <ol style="list-style-type: none"> 1. Interlock fingers. 2. Push inwards, hold. 3. Pull outward, hold. 4. Fold outward. <p>energises, relaxes, eases</p> <p>EFFECT</p>	<p>CREATIVITY</p>  <ol style="list-style-type: none"> 1. Hold finger between index and middle finger. 3. Pull outward, hold. 4. Apply pressure. <p>mental energy, balance, ideas</p> <p>EFFECT</p>
<p>CONCENTRATION</p>  <ol style="list-style-type: none"> 1. Push elbow gently against upper leg. 2. Shift position up & down. Repeat. <p>strengthens thoughts & focus</p> <p>EFFECT</p>	<p>MEMORY</p>  <ol style="list-style-type: none"> 1. Hold thigh between hands. 2. Push thumbs down. Apply pressure. Move up & down. <p>strengthens resolve & memory</p> <p>EFFECT</p>	<p>ENERGY FLOW</p>  <ol style="list-style-type: none"> 1. Hold leg between fingers & thumbs. 2. Apply pressure. Move up & down. <p>helps energy to flow from head to feet</p> <p>EFFECT</p>