

Seiki-Soho

by Akinobu KISHI

Thanks to a global visual perception or perception via the fingers, a therapist can come into resonance with the patient's body, enabling him to pinpoint the specific areas that require treatment. Seiki therapy is a method that makes use of this resonance to activate the organism and bring it back into balance.

While disease (pain, discomfort or unusual sensations) constitutes a deformation or blockage of the "formless" work of the human body (chi, energy, breath), it also represents a transformation of a living organism whose natural function is to seek a state of harmony. When the body is out of harmony, disease is one of the possible ways in which the organism expresses itself.

When the therapist offers a resonance to the energy vibrations emanating from a body that is out of harmony, he or she presumes that this organism has a "state of harmonious functioning." The specific points requiring treatment appear distinctly on the surface of the patient's body when there is a feeling of mutual trust and a feeling of trust in the life forces.

I have called this "state of harmonious functioning" Seiki (sei for balance or harmony and ki for chi or energy); it could also be called the "zero point" or "empty space."

And I have given the name seiki therapy to the process of resonance with sensations, or empathy in the literal sense of the word, which has this zero point as its basis and wherein diagnosis and treatment are indissociable.

Seiki therapy awakens the deep nature of a being, and the related modifications which take place on both a physical and mental level are clearly felt. The process of this change involves three factors.

The body relaxes and becomes more flexible, pain and abnormal sensations are clearly felt and the whole body becomes more aware. Then the functions for eliminating toxins become more active on a mental level. In this way, harmony is reestablished between body and spirit.

In the course of treatments, with an ongoing sensitisation of these three factors, the whole body-mind is rebalanced, made more dynamic and develops increased resistance. In addition, massage and Shiatsu techniques are more effective when used on Seiki resonance points.

Finally, it must be said that Seiki is not a therapy but a fundamental way to maintain the body's natural health, in other words, developing the individual's "desire" and autonomy in life and in his or her everyday tasks.

