

Development of Specific Kiatsu Healing Extensions

Developing "E" and "A"

Hold your hands about one foot apart. Imagine a pot bellied stove in the space between the hands. Feel the warmth. Extend "E" as a beam from the center of the palms, through the pot bellied stove, past opposite hands to infinity.

You do the same with "A", but make the beam the size of a lazer.

"E" can be a very broad beam. With your hand facing away from you, you can beam "E" with a one and a half foot circumference, or whatever you can imagine. Also, if you place "E" on a surface with the flat of your hand you can make it spread out and penetrate evenly over a wide area.

Developing "O"

"O" is the same as "A"—as are all extensions, yet different in form. You can start building with your hands facing a couple feet apart. As you slowly bring the palms toward each other the heat will intensify. Imagine you are holding a very large basketball between your hands. It is like molding a soft, warm ball of dough, yet "O" is hollow. Instead of beaming energy through it, allow energy to conform to the outer surface of the ball. Feel how it is hollow and warm close to your hands while cool in the center.

"O" has no shape, unlike the others. It is everywhere, diffused, and can be wrapped around any part of the body, like a sore knee or toe, surrounding it and penetrating it with a soft ball of energy. "O" can be inserted under a fingernail if you concentrate to make it small enough. As "O" becomes smaller it also becomes warmer. It feels cozy, "like home". "O" seems to be the most generally used extension when there are no intense problems in the person. It is good to use following "A" and after "U" workouts for it is relaxing.

When massaging with effleurage, use "O" and wrap it all around the person.

Developing "U"

Imagine a cup in one (in this instance, the left) hand. You must see it and feel it as though it is actually there. Bring your fingers around the cup to steady it. In the right hand develop a feeling of a deep gong vibration. Cupping this feeling in your hand, carefully pour it out your fingertips into the cup of the left hand until the cup is full. Be aware of color, temperature and viscosity.

Most of us agreed "U" was like dark, amber honey in the way it dripped and like oiled honey in the way it glopped onto ourselves)

Next, take hold of the cup with the left hand in such a way that you can set it on the floor without spilling it. At this point you have "U" in both hands. Play

with the energy as though it is honey, letting it glop, and fall to a lower hand, back and forth, continuously. Then, wiping the hands over each other, rub the "U" around. You have to be very centered, relaxed and undisturbed to get this extension. Then wipe the "U" onto your thighs, feeling the viscosity—deep, heavy, vibrant. It seems to dull nerves in the hands when used for a long period of time.

"U" is a deep vibration, like the full low note on a gong, used for deep muscle work. After it has been worked with for thirty seconds to a few minutes it creates a heavy vibration. The patient may begin to sweat. Your hands feel vibrant. If it gets too heavy just cool, smooth it over with an "O"

"U" and "I"

When "U" is used with "I" it is very difficult to maintain the "I". When this happens it is okay. Let the "I" go. Both hands will be "U". Use them both where needed. This is the only way "I" goes away naturally. To get "I" again you will have to go through the whole process.

Checking Someone Else's Extension

As the person sits with palms facing each other in front of the, insert one hand in-between theirs and your other hand facing one of their hands on the outside. Your hands do not touch theirs. Thus, your hands are facing each other in the same way the other person's hands face each other, with space in-between.

This may also be done with all four hands facing the same direction when checking "E" or "A", which can be beamed from the palms of the hands. A single beam in one direction enhances the flow of the extension

The Bell Method of Developing any Extension

Sit on your heels. Touch the fingertips together of both hands to create a bell shape in front of your neck and eyes. Imagine a clanger inside. To ring the bell, straighten your arms while shaking the bell down towards your knees and quickly bring them back up to head level. Imagine a high-pitched ting for "A" all the way down to a very heavy low deep gong sound for "U". As you ring the bell, hear the sound mentally. Each time you do it the mental image of the clang it should become clearer and clearer until you feel set in the particular range of extension you choose.