

The Annual Seminar of Shakuju Therapy Introduction

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The summer of 2008, I attended the 5th annual Shakuju Therapy seminar. It was held at the New England School of Acupuncture (NESA) in Newton, Massachusetts.

Shoji Kobayashi Sensei, the founder of Shakuju therapy, generously shared his life's work to a group of more than 40 attendees, some new to Shakuju, others devoted practitioners of his work.

The five-day seminar reviewed basic theory and techniques of Shakuju therapy plus an introduction to supplementary treatments for the upper body. Mornings were filled with lectures and in afternoon the group practiced on each other with assistance of experienced Shakuju practitioners from Japan.

This year also marked another milestone. Kobayashi Sensei's English edition of his explicit book, *Acupuncture Core Therapy* was now available through Redwing Book publisher. This book provides a thorough study of the core theory principles, basic introduction to Shakuju therapy, and advanced techniques.

In the book's introduction, Kobayashi sensei quotes, "Acupuncture Core Therapy holds the concepts of qi and yin and yang as the core. We diagnose and treat patients according to these concepts" It further explains that the goal of Shakuju therapy is to tonify or strengthen the Jing qi or essence and remove cold in the body.

This was my third opportunity to study with Kobayashi sensei. He travels to the U.S. only one or two times each year. During the first seminar I attended, I learned that an essential element of Shakuju therapy is using focused intention while holding a pure silver acupuncture needle to the prescribed points. No needle insertion is required for the therapeutic effect expected from an acupuncture treatment. I recognized that staying focused on the movement of qi through the needle offered me another dimension to follow the progress of my patient's treatment.

I was so moved by the changes I saw in my patients and in how I became more engaged with the treatment using this therapy that I decided to study with Kobayashi Sensei in his clinic in Tokyo, Japan. I wanted to see how he incorporated this into his clinic and the scope of his patient treatments.

In his clinic, Kobayashi Sensei filled his day was filled with a wide variety of patients experiencing a variety of medical conditions. Regardless of the diagnosis, he used the methodical sequence of Shakuju therapy on each one of them occasionally using a bleeding technique or shiraku. Many of his patients had been seeing him for a long time and some were bringing their family members for an initial treatment.

After consistently practicing this technique I have seen consistent and at times profound results. For example, one of my patients who has chronic progressive Multiple Sclerosis and Lyme disease, found that her peripheral neuropathy markedly improved after receiving Shakuju therapy treatments. I have seen many where I notice with the addition of the Shakuju treatments, their core vitality increases and their medical condition improves more quickly.

In each Shakuju therapy seminar I attend the learning deepens. Each time I learn more about palpation and the subtle signs of diagnosis. In observation, the analogy, “less in more”, seems to apply to these techniques. By applying the more gentle treatments of Acupuncture Core therapy, the effects only seem to be have longer lasting effects.