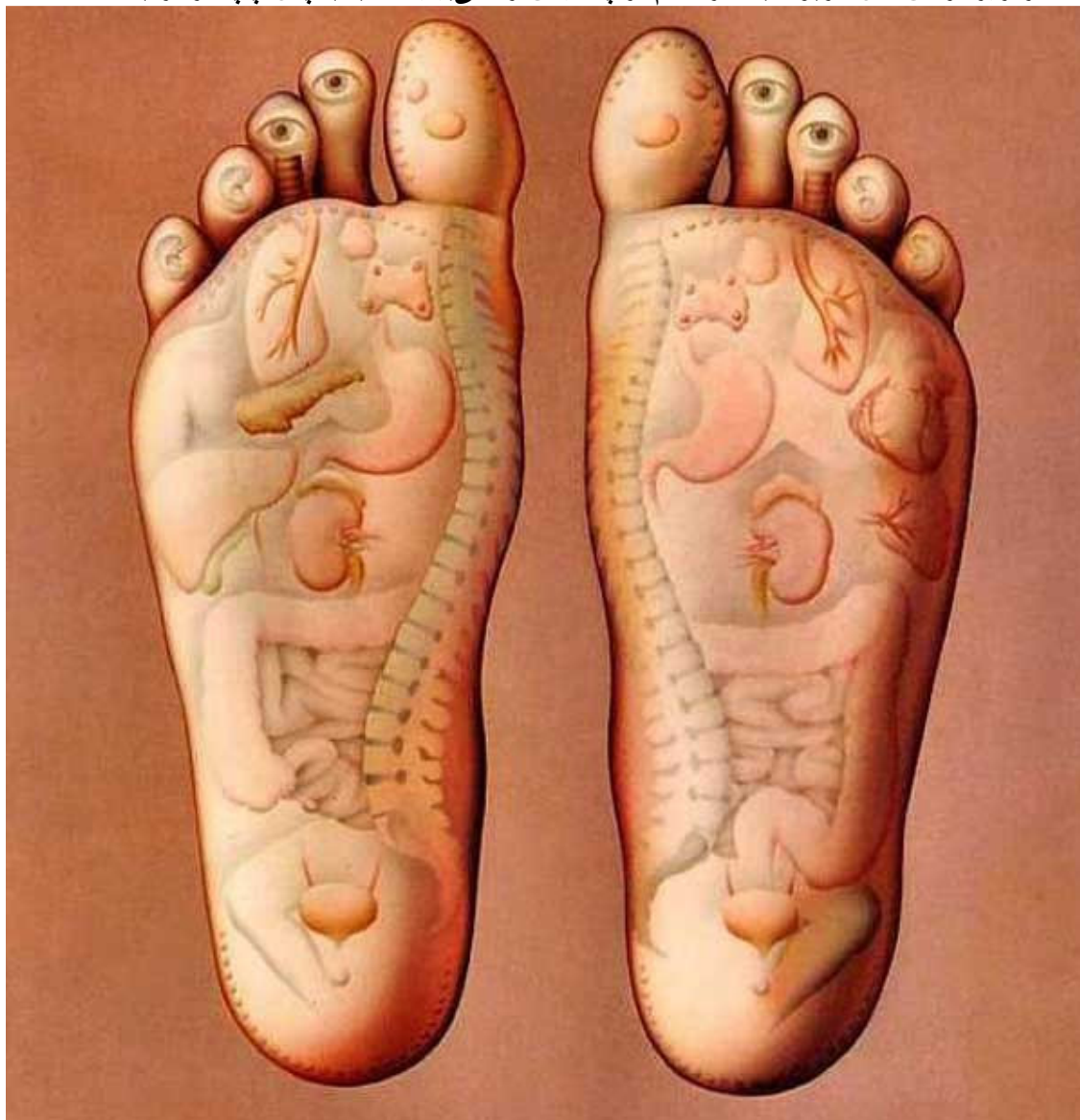
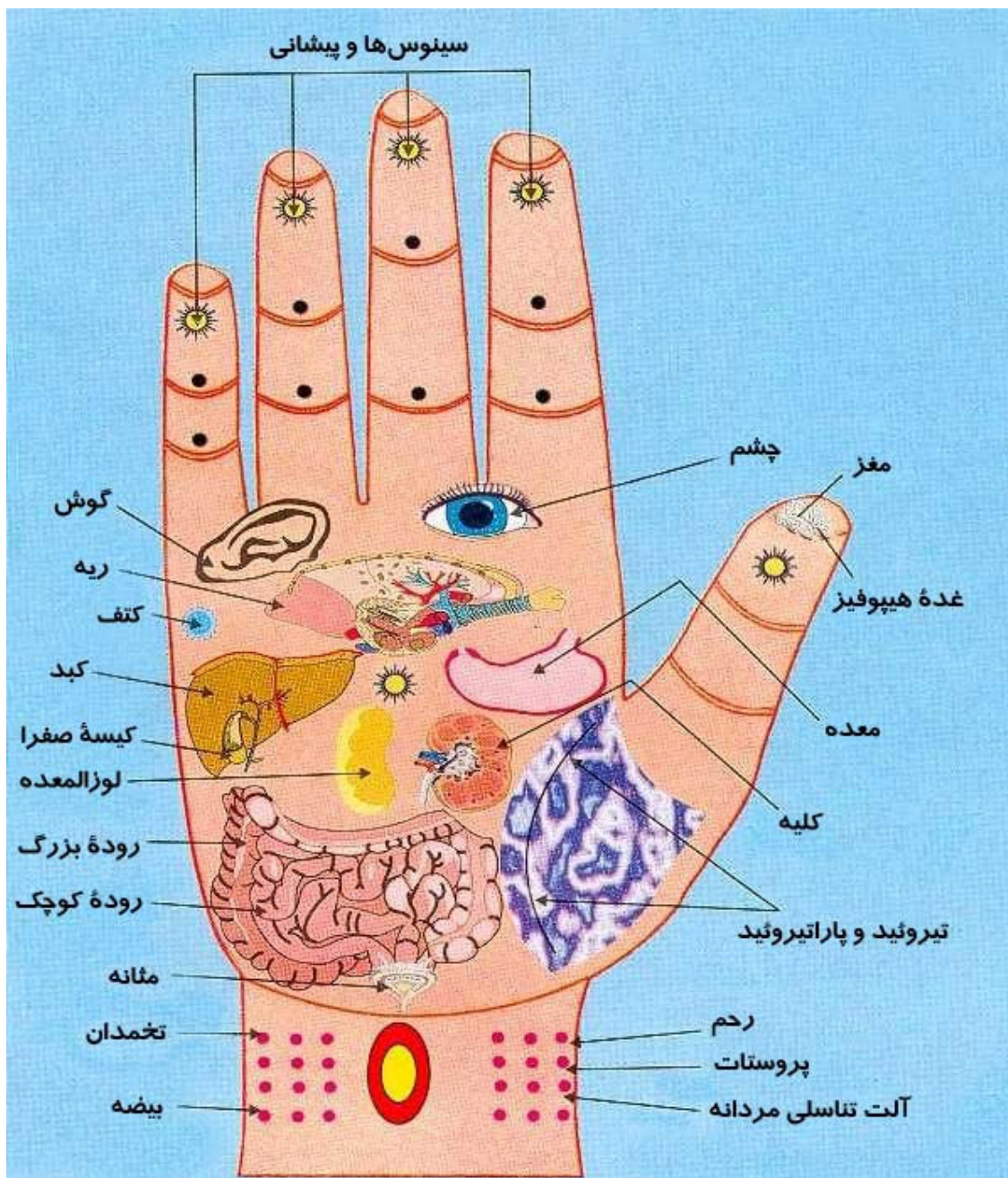


راه بروید...

ارگان‌های بدن شما سنسورها و گیرنده‌های قابل لمسی در کف پاها دارند که با ماساژ دادن این نقاط، می‌توانید از دردها و خستگی‌های آن اعضا بکاهید.
در زیر ارگان‌های مربوط به هر کدام از پاهایتان را می‌بینید. قلب با پای چپ در ارتباط است:



در این تصویر، اعضا و ارگان‌های بدن بدانگونه که هستند نمایش داده شده و مشخص گشته که هر عضو با کدام نقطه در ارتباط است.
رشته‌های عصبی مرتبط با هر ارگان در نقطه نمایش داده شده به پایان می‌رسد.



راه رفتن باعث تحریک شدن گیرنده‌های اعضای مختلف شده و همواره آن‌ها را فعال نگه میدارد. پس... راه بروید!





















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.

















<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. <p>Repeat x 3.</p> <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. <p>Repeat x 3.</p> <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>



SHIATSU SELF MASSAGE



This ancient Japanese massage technique is based on the same philosophy and medical theory as acupuncture. The energy channels (meridians) are stimulated by finger pressure. Anyone can benefit from Shiatsu immediately. Shiatsu is especially suitable for self-massage and can be practiced anywhere: at home, in the office, in the car or at work.

<p>RELAXATION</p>  <ol style="list-style-type: none"> 1. Hold foot, thumbs pressing into sole. 2. Rub vigorously across sole. <p>increases tolerance, helps relaxation</p>	<p>RELAXATION</p>  <ol style="list-style-type: none"> 1. Hold both feet while squatting. 2. Push thumbs into soles. Fingers press up. <p>relaxes nerves, increases sensitivity, balance</p>	<p>ENERGY FLOW</p>  <ol style="list-style-type: none"> 1. Separate each toe. 2. Hold between index & thumb. Massage and release. <p>helps energy to flow from feet to chest</p>
<p>ENERGY FLOW</p>  <ol style="list-style-type: none"> 1. Apply even pressure against chest. 2. Move slowly up and down. <p>helps energy to flow from chest to feet</p>	<p>ENERGY FLOW</p>  <ol style="list-style-type: none"> 1. Use knuckles of both hands. 2. Slide up and down spine. Increase pressure. <p>Promotes energy flow from head to feet</p>	<p>STRENGTH</p>  <ol style="list-style-type: none"> 1. Hands on sides. 2. Thumbs on back. 3. Apply pressure. Move up & down. <p>strengthens immune system, gives energy</p>
<p>CONFIDENCE</p>  <ol style="list-style-type: none"> 1. Four fingers on solar plexus. Other hand on top. 2. Massage with gentle pressure. <p>confidence, personal power, emotional control</p>	<p>OVERVIEW</p>  <ol style="list-style-type: none"> 1. Four fingers on front, thumbs on back. 2. Massage with gentle pressure. <p>balanced thoughts, tolerance, overview, focus</p>	<p>ENDURANCE</p>  <ol style="list-style-type: none"> 1. Use three fingers of both hands. 2. Apply gentle pressure. 3. Change sides. <p>concentration, endurance, physical energy</p>
<p>MENTAL CLARITY</p>  <ol style="list-style-type: none"> 1. Index fingers in ears. 2. Move back & forth, applying slight pressure. <p>helps to make decisions, brings clarity</p>	<p>METABOLISM</p>  <ol style="list-style-type: none"> 1. Index finger at right angle to nose. 2. Rub left to right & back. Repeat 12 times. <p>regulates metabolism, strengthens confidence</p>	<p>EYE EXERCISE</p>  <ol style="list-style-type: none"> 1. Look up. 2. Look left. 3. Look down. 4. Look right. <p>stimulates brain activity, excellent for focus</p>
<p>ANXIETY</p>  <ol style="list-style-type: none"> 1. Use knuckles to drum across top of head. Use light, rhythmic movements. <p>brings courage, relaxes, dissolves anxiety</p>	<p>MUSCLE TENSION</p>  <ol style="list-style-type: none"> 1. Hold affected area between thumb & fingers. 2. Gentle pressure. 3. Stroke firmly. <p>excellent to ease stiffness due to tension</p>	<p>TENSION</p>  <ol style="list-style-type: none"> 1. Head in both hands. 2. Gentle pressure. 3. Rotate thumbs. 4. Breathe deeply. <p>eases tension, lightens mind, relaxes muscles</p>
<p>INSOMNIA</p>  <ol style="list-style-type: none"> 1. Press thumb against bridge of nose. 2. Hold pressure. 3. Let go, repeat. <p>eases strained nerves, relaxes the mind</p>	<p>JET LAG</p>  <ol style="list-style-type: none"> 1. Press against temples. 2. Hold ear between index & middle finger. 3. Rotate gently. <p>excellent for balancing mind & body clock</p>	<p>EYE FATIGUE</p>  <ol style="list-style-type: none"> 1. Cover face with hands. Press gently and hold. 2. Massage temples clockwise. <p>excellent for eye fatigue, freshens mind</p>

جزئیات ارزشمند و مفید در این زمینه در کتاب Shiatsu Self Massage توسط انستیتوی Acupressure منتشر شده:

<http://www.acupressure.com/>