

ANSWERS TO COMMON QUESTIONS ABOUT ZEN-TOUCH™ WITH SEYMOUR KOBLIN

What is Zen-Touch™?

Zen-Touch™ is a form of body therapy that combines:

“Zen” - A state of being where one is flowing in harmony with the forces of nature. When we experience this place we feel a sense of Oneness... Unity... with the divine. We can all recall times, perhaps moments when our life flowed perfectly. Call it perfection, bliss, joy, love, intuition or a connection with God, this state of “being” is very healing and perhaps the common state that all humans strive for.

“Touch” –The practitioner’s body, including hands, fingers, thumbs, elbows, forearms, knees, feet are used to make contact with a person’s energy field. A tuning of the body mind spirit occurs as the practitioner orchestrates movements, stretching and holding of points on energy meridians that correspond to functions of the body mind spirit.

It sounds like people who receive Zen-Touch™ will become healed or enlightened?

Receivers of Zen-Touch™ are “response able” for their own healing. The sessions are a thumbnail glimpse and experience of joy, calm, freedom from pain, and a state of peace that is inherent to our birthright as human beings. By facilitating a shift in how one’s body communicates with itself, practitioners merely catalyze changes that a client would have eventually embodied on her/his own (ideally in this lifetime). The change; relief, life lesson, joy, understanding simply comes sooner.

What model or tradition of healing is Zen-Touch™ based on?

My first teachers were CK CHU— Tai Chi Chuan Master, who drew his roots from Chinese Taoism, Wataru Ohashi, who developed his own form of Shiatsu called Ohashiatsu, from the Zen Shiatsu style created by his teacher Master Masunaga and Michio Kushi and Shizuko Yamamoto from the Macrobiotic tradition. I continue to be gratefully inspired by all these teachers and the roots they shared that helped me to create my own style.

Can you describe more closely the healing principles used in Zen-Touch™?

The Chinese Taoist philosophy described 8 branches or categories of healing methods that are incorporated into Zen-Touch™.

The **first is Meditation /Reflection**. Traditionally, if a person had a health challenge, sitting quietly emptying the mind would create a state of both healing and conscious awareness of how to intuitively transform the difficulty into an improved way of living. This is the ultimate healing tool that is largely overlooked today. ZT practitioners enter this state of being during sessions and the client is usually entrained into this state through our natural human ability to empathetically mirror each other—In this application both practitioner and receiver mirror a state of calm attention.

The next branches that can be considered and utilized are:

2)Geomancy(Feng Shui)

ZT practitioners are trained in helping clients harmonize a person’s environment i.e. integrate the forces of nature into clients’ living and/or working surroundings.

3)Constellational Influences- We can also consider a person’s birth date and position in the Chinese constellational energy map to affect health and lifestyle benefits according to the tendencies radiating upon us from the sun, moon and stars.

You mean you use Astrology?

Our attitudes, moods, and health conditions are influenced by the seasons of the year. Astrology from the Chinese point of view is merely an extension of seasonal influences inherent to our birth date and the continually changing days, months and years of our lives. So yes, sometimes it is very helpful to consider these influences when both making recommendations and applying therapy.

4) Exercise

Internal training exercise based on *Eternal Spring* Chi Kung created by CK CHU and Nui Kung are taught to clients to harmonize breath and body alignment and cultivate a person’s CHI/Life Force which is the ultimate

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healing tool all these branches are based on.

5) Food- Balancing the forces of nature influencing our body mind spirit through food was and in today's chemicalized fast food environment, is especially critical in achieving vital health. The energetics of food and tonic herbs(external and internal applications) are included in this category

6) Body Work- In traditional Chinese medicine, if utilizing these above methods had still left a person requiring more healing, than bodywork—the manipulation of the energy channels was used. In today's *High tech* society, it seems that we require the equally important *High touch* experience of massage and bodywork to balance the extremes of our lives—thus comes Zen-Touch™.

7) Acupuncture- Traditionally utilized for more acute onset dis-eases, we utilize the points without needles for typically less severe or extreme interventions. There are also some techniques unique to Zen-Touch™ that are a far departure from *acu* point work and other systems of Asian bodywork

“Point Impressions” -is a holding technique that leaves impressions of points on a client's body thereby extending the duration time and stimulation effect of life force moving through the energy meridians.

“Body Waves” -enhances the flow of energy during sessions by tuning and coordinating the practitioner's movement with the clients chi flow.

“Meridian Mirroring” - During a session the practitioner assumes an attitude that reflects a complementary attitude or mood to the individual patterns of energy reflected from the client's energy meridians. These energy movements correspond to the seasonal cycles found in nature. For example, if an area in the client's body reflects tension that feels *hyper or scattered (fire-like)*, the practitioner holds a space that complements and harmonizes this feeling by assuming an attitude of *calmness or grounding (water or earth)*. Communicating this mood while stimulating the places, points or energy lines that store this tension results in a profound sense of balance and peace.

“Time Layers” is an assessment technique that reveals specific ages in a client's life when and where trauma or stagnated “chi” is still being held. The location of the held energy also reveals the physical, emotional and spiritual nature of the client's challenge(s).

“Life Challenge Transformation Technique” - (*LCTT*) is a verbally guided facilitation that is combined with holding specific points. This method initiates movement and change of any held blockages into fuel for life transformation and health vitality.

All these techniques are combined with a highly intuitive and improvisational approach to working with each client's unique expression of the traditional meridian system.

8) Symptomatic Herbal medicine formulas- Zen-Touch™practitioners utilize the principles of traditional Chinese Medicine that this modality is based on but because these more acute herbal applications much like western medicines, have side effects, we leave their practice to traditional Chinese medicine herbalists.

Seymour, you have a reputation for being very intuitive. It sounds like this skill is a big part of the Zen-Touch™ trainings.

Intuition is the single most important skill in our work. From assessment through therapy and recommendations—all are led by intuition. The principles, theories and techniques all surface from the practitioner's intuitive ability to tune in to when and how to work, speak, breathe—to be in the exact necessary place emerging in each moment.

The various stretches and body movement of your work seems like this might be hard on the practitioner?

The practitioner learns to use body dynamics and chi instead of muscle to move our clients through the various stretches and therapeutic positions of a ZT session. Zen-Touch™ practitioners are in effect doing yoga or chi kung with their clients and consequently feel better after each session. The practitioner and client become co-creators of a state of being that expedites change, and improves one's overall health condition. One of the unique differences between ZT and other bodywork forms is that the practitioner and client are in a reciprocal relationship- they both receive benefit. I compare it to giving a gift to someone you love.

Who gets more benefit? -the giver or receiver?

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Ideally both feel better from the experience. The amount of commitment that is necessary for a practitioner to facilitate this work is extensive. Eastern/holistic theories techniques and practical applications of energy meridian, behavioral, exercise, nutritional assessment and recommendations are all part of a practitioner's repertoire of necessary skills. The paradox is that while a practitioner could offer so much information and technical expertise to a client, the best work is accomplished when the practitioner gets out of the way so that a client finds his/her own path to healing.

Can you be more specific about the way ZT practitioners do their bodywork?

The 5 principles that practitioners maintain while facilitating sessions are the essential key to the unique approach of Zen-Touch™

1) **Reverence:** *Practitioners address the human body as a vehicle or instrument of Spiritual Development. The forces of nature that govern every movement and function of the body mind spirit are accessible through the energy meridians that the practitioner stimulates. The honor of touching and connecting with someone in this way is accepted with gratitude, respect, humility, compassion and awe. Before a practitioner lays hands on someone he takes a moment to center and embrace the sacred space that is created between client and practitioner.*

2) **Be Received:** *Practitioners wait to be called in rather than asserting themselves on a client. Instead of “Pushing” on the body we are being “Pulled” into one’s energy field, meridians, body areas and tissues. It’s like knocking on a door and waiting to be let in rather than pushing the door open. Being received also makes for a wide variety of types of sessions we facilitate with clients. Some clients are barely moved or stretched while others say it was like being passively danced through a variety of yoga like stretches. Some receive very light pressure while others receive deeper work.*

3) **Flowing:** *Instead of moving in an abrupt random manor, practitioners, like water, flow into the areas that are calling for attention. Stretches, point stimulation, and various foot, hand, elbow, and knee techniques are woven into a seamless pattern of motion that mirrors the contours— valleys and mountains, high’s and lows of the client’s body.*

4) **2 Hands:** *The use of two hands that are in constant communication with each other connect areas of high energy with areas of low energy. For example A “cool” area in the upper back that feels relief when a nurturing hand is placed there, is connected to a painful high ridge in the mid back area that is “ropey” and slips away when a thumb touches it. By gently connecting these two areas, the body feels how this state of extreme between emptiness and fullness can be moderated, and better balanced.*

When life situations are too extreme one may get burnt out, fatigued, and feel pain or resentment. The practitioner points this out by stimulating these areas of extreme and the body usually receives/accepts this message because of the practitioners nurturing and supportive approach. The body listens and spirit responds.

5) **Be Natural:** *each practitioner develops her own style or “nature”. Every session of Zen-Touch™ is as different as the practitioner that facilitates it. The common thread that one will recognize ZT by is the 5 Principles.*

Does the practitioner say anything to the client about these energy dynamics of these High and Low - Full and Empty areas?

At the end of a session the practitioner will often explain what she/he finds using the “yin/yang or 5 Element/Season model” which integrates one’s health condition with the cycles of nature. For example in the scenario above the high/full energy area might correspond to excess “summer-like” flamboyance, excitement and passion (that may actually be compulsion). This hyper activity can be a distraction from the person’s need to honor the “Fall –like” calling for self acknowledgement- “harvest” of one’s individuality and soul awareness. This hyperactivity may have kept the client from gathering/fulfilling her unique soul expression and shows up as relatively empty. The full here corresponds to the heart and the empty is associated with the lungs. A practitioner may offer, exercises, foods, and any number of way of life suggestions that will enhance and support the client’s movement towards the resolution of this extreme pattern.

Any last comments for readers about Zen-Touch™?

While this interview gives some insight to the healing benefits of ZT, the real understanding comes from receiving

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or giving it. Myself, and all our practitioners look forward to sharing Zen-Touch™ with you.