

Kyo / Jitsu

Kyo/Jitsu Patterns

Progression of Disharmony

- 1 – a meridian will attempt to correct itself
- 2 – a meridian will call for help from its elemental partner meridian
- 3 – an element will draw on its creation cycle triads to get back into balance – especially true in Kyo conditions
- 4 – control cycle relationships will go out of balance, over-control and under control will wreak havoc – especially true in the case of Jitsu

Kyo / Jitsu Qi Energy Patterns and their Treatment

The image shows the Chinese character '虚' (Kyo) in a stylized, dark red calligraphic font. It is positioned on the left side of the slide, above the character for Jitsu.The image shows the Chinese character '实' (Jitsu) in a stylized, dark red calligraphic font. It is positioned on the left side of the slide, below the character for Kyo.

- Kyo/Jitsu are the terms we use in HeartMind Shiatsu to designate and differentiate between **deficient (Kyo)** and **excess (Jitsu)** Qi energy patterns in the meridian networks.
- They show up on all levels of Body, Mind and Spirit.
- These terms were first coined by Masunaga.
- They are at the heart of the HeartMind Zen Shiatsu practice.

Kyo = Deficiency = Need

Jitsu = Excess =

Action to meet Need

- Kyo and Jitsu are natural states of energy balance between need, fulfillment and flow.
- A need manifests and becomes obvious, and it brings about a response in the organism to take action to fill the need. In this way Kyo naturally creates Jitsu.
- If the need is properly identified, and correct action taken, then the Kyo need is satisfied and the Jitsu action is complete.
- Over time a new need manifests, and new action is initiated to fulfill it.
- In this way Kyo and Jitsu are like yin and yang, chasing one another's tails through eternity.

Kyo Jitsu in Meridian Energy

Kyo and Jitsu are terms used to describe the state of Ki energy in the meridian systems.

There will be variation and gradation in the states of kyo and jitsu.

We think of these gradations in terms of Most Kyo and Most Jitsu meridians.

There are also secondary and tertiary levels of kyo and jitsu throughout the meridian system.

Masunaga taught that the most kyo and most jitsu will not appear in the same element. Why do you think that is?

Jyaki = Distorted Energy = Haunted Energy

取り憑かれた

- Jyaki - distorted energy - Kyo and Jitsu are not properly balanced.
- Jyaki - manifests when the Kyo need is not properly identified and Jitsu action is not effective.
- In the case of long term Jyaki, we can say that the Qi life energy of the body, mind and spirit is “haunted”.
- The goal of HeartMind Shiatsu is to assist a person to regain balance in their body through effective treatment of kyo/jitsu conditions.

Treatment of Jyaki

Kyo / Jitsu Distorted Patterns

Tonification – Methods to build up a Deficiency

Sedation – Methods to disperse an Excess

- The art of HeartMind Shiatsu is to identify the true Kyo and to guide the body in awareness, so that effective Jitsu action may be taken and the balance of the organism can be restored.
- The four tools of assessment are used to identify the pattern and provide appropriate treatment to assist in restoring the balance.
- Tonification is the term used to describe any method that is effective in identifying and properly treating a Kyo deficient energy pattern.
- Sedation is the term used to describe any method used to disperse an excess energy pattern.

Kyo Jitsu

manifestations and treatment strategies

