



PAUL LUNDBERG

Guidance Methods of the Seiki Way

*Transformational Practice
on the Healing Path
- A Chicago Intensive*

April 23-28, 2018
Evanston, IL



PAUL LUNDBERG – CHICAGO INTENSIVE

Guidance Methods of the Seiki Way:

Transformational Practice on the Healing Path

April 23-28, 2018

Monday-Saturday, 9am-5:30pm

Zen Shiatsu Chicago

825 Chicago Ave, Evanston, IL

www.zenshiatsuchicago.org/courses/paul_lundberg/

847-864-1130

A 6-day intensive with one of the world's most renowned shiatsu instructors. Enrollment is limited!

- A rare U.S. intensive with Paul Lundberg, **author of The Book of Shiatsu**. Paul is here to transmit his life's work, including the insights gained by 30 years of study with Akinobu Kishi.
- All hours approved for NCCAOM PDA credit and NCBTMB CEs (42 hours total).
- All hours also count towards CE hours for renewal of IL licenses for acupuncture, massage therapy, physical therapy, nursing, occupational therapy, naprapathy and social work.

Participants must be professional Asian Bodywork Therapists or Acupuncturists, or have at least 100 hours of student training in an ABT discipline.

Pricing

Full Seminar (42 hours): \$995 by March 23rd / \$1095 thereafter

Deposit: \$400 due to hold space, remainder due by 3/23 to secure discount

Lodging

A block of rooms is available at the Margarita Inn, at \$129 per night for a single, \$139 for a double (contact our office for help with room sharing arrangements). Call by March 23rd for reservations and mention the Zen Shiatsu rate. Nearby AirBnB options are available ranging from \$63-149 per night.

Margarita European Inn
1566 Oak Avenue, Evanston, IL 60201
847-869-2273

Intensive Overview - A Message from Paul Lundberg

“Seiki begins with essentially simple, quietly focused practices that connect us directly with nature. **It is firmly rooted in life-experience.** We learn to appreciate how the natural elements associated with healing are configured and to understand the relationship between consciousness and Ki. We embark on a journey of discovery in which we are ourselves transformed.

In Seiki, increased consciousness and enhanced sensitivity are twin goals, cultivated through safe practice. **We seek to understand and communicate what is happening in the simplest and most direct terms**, avoiding mystifying complexities, protective strategies or elite positions.

This is non-conventional learning – perhaps the initiation of an actual transformation that likely requires some nurture and care, some perseverance and courage. Akinobu Kishi, the founder of Seiki So-ho and my long-time teacher, emphasised the benefit of extended periods of contact time to allow for more **complete immersion in the practices**, and for the whole experiential process to percolate into the interior.

My intention is **to assemble the resources and clarify the nature of the experiential approach to healing**, an interior journey that confirms the personal path.”



PART 1 - KNOW YOURSELF

The Healer Becomes the Medicine

Monday/Tuesday April 23-24, 9am-5:30pm

The Breathing Body-Mind: Introducing the basic practices: Daoyin Qigong, Gyoki, Meditation and Hara Movement. Through the self-regulated practices we begin to examine our own relationship with the world as we experience it, harmonizing the interior with the exterior to refine our perceptions and develop conscious coherence in mind and body, in posture, movement and touch. We find our center and learn orientation regarding self, others and the environment.

These practices connect us directly with Daoist, Buddhist and Naturalist philosophy and Yin-yang medicine theory. We can outline the practice benefits in terms of physiology and psychology, bio-electrical field coherence, and in ordinary lay-person's language.

Treatment: Appreciating simple touch (WaKi), we approach the mysteries of spaciousness, stillness and silence, "doing" in relation to "non-doing". Practicing "Original Touch" in Ampuku to evoke and understand the recuperative powers of the autonomic nervous system, the unity of breath, body and mind.

Protection, safety, empathy and witnessing: Mindfully accompanying others in subtle practices. Visiting the question of aims and expectations in therapy.

We Will Explore:

- **Establishing self-regulated practice** – the different exercises and their benefits.
- **Embodiment:** experience and ideas - Yin-Yang philosophy as a general guide; no special theory.
- **Exchange and collaboration** - the simplest forms of touch reveal the deepest healing movements.



PART 2 - TOWARDS A UNIFIED, GLOBAL, SENSITIVE AWARENESS

Wednesday/Thursday April 25-26, 9am-5:30pm

Alignment and movement from the centre - exploring the "ten directions" in relation to movement and touch. Sensitivity developed through paired work and group work; communication through movement and touch in relation to the environment; awareness of boundaries, autonomy and co-operation in the shared space.

Understanding the living body matrix - the Three Tanden; the concept and the reality of traditional Channels and Vessels. Tonification and Sedation as a natural self-regulation of the breathing body-mind. Medicine principles echo nature. Reference to natural and human development, evolution of hierarchies, knowledge, holistic systems, consciousness, culture and shared interiors.

Seiki-Katsugen and spontaneous movement in Daoyin Qigong - the importance of spontaneous movement in the healing tradition and the challenges related to control, authenticity, autonomy and creativity. Group support and shared guidance through Katsugen Soho. Taking a different approach to treatment, we remain attentive, in the present, learning to recognise our involvement as a process unfolds to completion.

Myoto - working with intention.

Our Practice Includes

- **Continuing Daoyin Qigong** to refine our feeling of movement from the centre.
- **Gyoki exercise:** meditation, feeling and breathing; Taiso, Hara exercise, movement.
- **Spontaneous movement** experiencing and supporting our autonomous system in purification and renewal.
- **Refining treatment:** a shared experiential journey; Nature within; observing the mirror.



PART 3: “JUST CONTINUE”

Sharing Models for Health in the Community

Friday/Saturday April 27-28, 9am-5:30pm

The repetition of the exercises and practices, and the recreation of a conducive environment for healing is paramount to the understanding and application of this work. Our aim is to identify and put to the test the “healing forces” available to us through Daoyin Qigong, and practice the refined “resonance methods” of Seiki Soho. **We are not under the illusion that we are going anywhere in a hurry. There is nowhere else to go.**

We return to the Eastern philosophical roots for readings of the Tao Te Ching and other inspirational literature. In Zen practice, liberation and renewal come with “Beginner’s Mind”. Revision of all the practical principles will reinforce our ability to share the benefits with others.

Ceremony: We always have reason to celebrate, to value our basic nature and sharing human community. Ceremony is a means for evoking or creating and using a particular atmosphere. As individuals, we must “leave the cocoon” and step beyond the accepted norms to overcome alienation and fear. Then, together we find collaboration and support.

Freeing the voice we will explore some peripheral aspects of traditional healing through sound and chanting. What is healing for each of us? We will set our commitments for further studies and will close our event together.

We Will Explore:

- **Revision and repetition**
- **Creating a healing ambience:** a space, a circle – opening to possibilities and change.
- **From philosophy to practice:** developing vision, intention, empowerment and clarity.
- **Celebration and ceremony:** creative action and recognition of quality.



About Paul Lundberg

Paul Lundberg began his studies of shiatsu in 1974, and of acupuncture in the following year. He graduated from The International College of Oriental Medicine in 1978 where he studied under Giovanni Maciocia, and did further training with Dr John Shen and Ted Kaptchuk.

Paul completed his Shiatsu training during the early 1980’s, studying with many teachers, principally Pauline Sasaki. He was closely involved in the formation of professional associations in the UK for both acupuncture and shiatsu and co-founded The Shiatsu College, UK.

Paul’s other teachers include Dr. Shen Hongxun with whom he studied Buqi (medical Qigong) and Taijiwuxigong, and Akinobu Kishi Sensei, the founder of Seiki, with whom he studied and collaborated for more than thirty years.

He is the author of The Book of Shiatsu / New Book of Shiatsu (1992/2014), a definitive introductory textbook published in fifteen languages. He currently lives most of the year in Tenerife where he spends much of his time writing.

Paul is a living treasure of historical knowledge, and practices with a simplicity and attentiveness that is beautiful to watch. He was a featured instructor at Shiatsu Symposium 2015 and was motivated by that experience to share his work more extensively with the U.S. Asian Bodywork community.

You can read Paul’s writings on his blog at www.paul-lundberg.com



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- An AOBTA® Endorsed Educational Event

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