

## Hara diagnosis

Hara diagnosis forms part of Shiatsu. By palpating the Hara you can feel imbalances in the five elements. A different area of the Hara represents each element. You will be able to tell if there is too much Chi in an element, or if Chi is depleted in an element, in one of two ways. You can use direct palpation (touching) and by feeling for energy differences using your hands hovering over the body.

It can take some practice before you feel completely confident with this technique, so you will need to persevere. Since you are already used to experiencing and feeling energy in your hands, you are better sensitised to begin with than people on Shiatsu courses who have not been attuned to Reiki!

With both of these approaches, it is important to go along with your first impression. If you start thinking too much you will 'lose it', and if you palpate for too long, or feel the energies for too long, you will start to change things and you will 'lose it'.

