Shiatsu Treatment for Insomnia
by Katharine Hall

Rosemary, aged 57, divorced with a son, is a vivacious, blond woman who radiates warmth and kindness. She is attractive, well dressed and smiles a lot. She works very hard, is out driving around London and doing on-site visits in the day, and back at her office at home in the evenings. She began putting on weight and is slightly heavier than ideal. She had no prior experience of Shiatsu. Also, Rosemary is managing the menopause and caring for an elderly parent. Her own child is marrying at this time.

General Picture

Emotional: Generally 'stressed out' regarding running business and finances single handed, energy currently low from lack of sleep.


Exercise: Walking weekly with fitness trainer. Running around all day in work (as a successful self-employed designer).

Sleep: Going to sleep is okay. 2 hours sleep max. then awake all night. Has been like this for six months, and is getting worse. Herbal 'stuff' hasn't worked (over the counter). Awake a lot, tossing and turning. 'It is like my adrenaline won't stop'. Feels need to break this pattern.

Overall Treatment Aims: Improve sleep, calm spirit, reduce heat. Nourish the Lung energy, relax the Heart, the Spleen and Kidney energy, activate sleep, calm spirit, reduce heat. Nourish Overall Treatment Aims: Improve 'stop'. Feels need to break this pattern. 'It is like my adrenaline won't stop'. Feels need to break this pattern.

First Treatment

Diagnosis: Lung and Spleen kyo (depleted), Heart Protector jitsu (full).

Rosemary was watchful, holding on muscally as opposed to relaxing. Sense of having been scared of her own emotional sensitivity, and has had to overcome that to deal with pressure of external world. I applied seeds to Liver 3 and HP6 points to calm and cool Rosemary. (These are tiny mustard seeds which maintain stimulation of the points over the course of a few days. I often incorporate them into treatments to maximize benefits of treatment, outside clinic itself).

Second Treatment

Diagnosis: Spleen kyo, Bladder jitsu.

Her mother was in hospital ill. It emerged that Rosemary had been taken to live with her father, aged eight, when her parents separated. She went to boarding school, whilst her brother stayed with their mother.

I reflected back to Rosemary how balancing emotional expression with life demands has been a challenge she has managed increasingly well since her divorce. Now she is a lot more rounded as a person, through these great efforts can cause discomfort at times. Since the Shiatsu, she generally feels calmer, though problems with sleep continue, as mind again is busy.

Talked about routine before going to bed. Made bed a definite relaxation/sleep zone – don't read trade mags there! Calm mind with meditation/prayer before bed, rather than watching news on TV. Taking time out (a challenge when self-employed). Turning off mobile phone at certain times, such as Sundays – not being always available.

I applied seeds to Kidney points on hara diagnostic area, and HP6 to support basic energy and core strength, to 'calm the spirit' and relax Rosemary.

Third Treatment

Diagnosis: Spleen kyo, Heart Protector jitsu.

Mother out of hospital. Generally calmer.

Talked again about routine before bed: eats late, then back to office, then bed.

I applied seeds to kidney area of hara.

Fourth Treatment

Diagnosis: Hara more relaxed and even and general health better.

Worked Bladder and Gall Bladder meridians.

Wedding of son imminent.

Kidney points, where seeds were, red on hara. Though not itchy or uncomfortable. They had fallen off in own time. Hara and general health seemed better.

Conclusion

Has sleep improved? Initial treatment very effective. Success has not retained same high level, but there is improvement.

Feeling of calmness? Generally increased. Feels listened to equipped with ideas to balance life.

Feeling of heat? No longer feeling hot.

Any other benefits? (e.g. connection to/valuing/understanding of core self?)

Shiatsu proved helpful on physical, emotional and spiritual levels. It provided time for Rosemary in a relaxed and supportive environment to reassess with her sensitive nature and appreciate how much she has accomplished. Work on the meridians and points and the nurturing experience of receiving Shiatsu has helped to relax that initial 'watchful' feeling and to replenish the sense of loss diagnosed in the first treatment. The Shiatsu offered insights (e.g. on effects of her childhood on her energetic pattern) and an uplifting interpretation on menopause, whilst also giving practical tips to improve Rosemary's everyday life.

About the Author

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