

be taken not to place the elbow directly on bone as this can cause injure.

KNEES

Knee pressure provides deep, wide, stimulating pressure to large muscle areas – buttocks, legs and arms. Knee can also be used as a support in both 3 points and 5 point technique and can be used to both tonify and sedate. Like the elbow, care must be taken not to press on bones as this can cause injure.



Shiatsu technique needs to be supported. In Shiatsu our most common support is the ground. The ground is what allows us to press. Care and effort must be made to ensure that technique comes from an authentic, sincere place within us and that we focus whole heartedly on what we are doing. In Shiatsu what we leave for our patients is the quality of our touch and the positive reinforcement that this can have in one's life.

-- **LENY CARBONE**
Director, E.S.T., C.AC.

SPRING RAIN SANGHA TECHNIQUES

VIPASSANA

(Pali term meaning seeing beyond, superior or excellent seeing, insight) Vipassana is a meditation technique which examines and identifies the patterns of the mind and the world it projects. The resultant wisdom (or perfect knowledge) thoroughly and clearly discriminates phenomena. Vipassana is a moment to moment investigation of the mind/body process through focused awareness. Observing experience from a place of stillness allows one to relate to life with less fear and clinging. Seeing life as a constantly changing process one begins to accept, with equanimity, pain and pleasure, loss and gain, blame and praise and all other aspects of life. As insight deepens, wisdom and compassion arise. Vipassana is a way of seeing clearly one's being and experience.



Growth in clarity brings about penetrating insight into the nature of who and what we are and increased peace in daily life.

The Four Foundation of Mindfulness

1. Sensations of the body.

2. Feelings - the pleasant, unpleasant or neutral quality inherent in each experience.
3. The mind and thoughts.
4. All other objects of consciousness - things seen, heard, tasted, smelled, touched.

The Three Kilesas

(defilements, afflictive emotions, torments of the mind)

1. Clinging attachments - greed, desirous attachments.
2. Aversions - anger, fear, hatred.
3. Ignorance - especially the strong belief in the view of a permanent self.

This is a technique that heals the heart-wounds we all endure. The Vipassana technique taught is based on the Maha-satipatthana sutta as taught by the Venerable Mahasi Sayadaw.

-- **PHILIP V. STARKMAN**
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