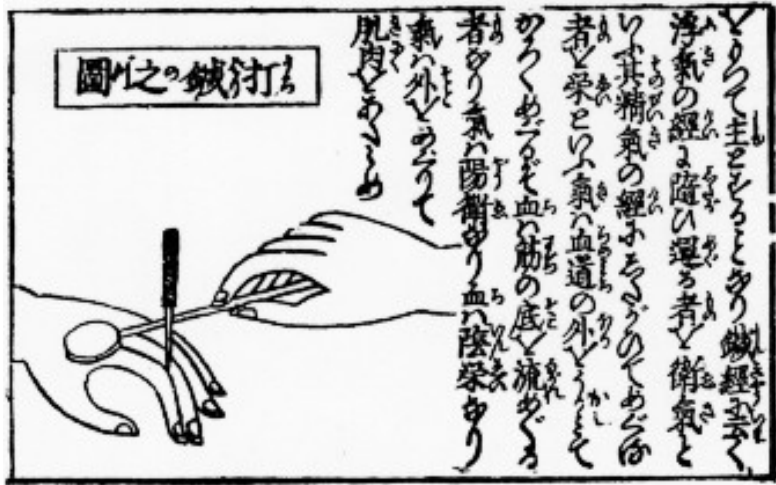


# Da Shin Technique



A picture of traditional tools used in Da Shin Technique. The hammer was originally made of wood and the needle was gold or silver. In modern times Da Shin is applied with a rounded needle which does not penetrate the skin and feels very much like

The origins of **Da Shin** technique are not well known. There is no identifiable person believed to be the inventor. However a Buddhist Monk named Mubunsai was considered the author of one of the only books on the subject. His students were responsible for popularizing the technique.

## What is Da Shin Technique?

**Da Shin** technique dates back to the early 16<sup>th</sup> Century. It was written that a Buddhist monk named Mubunsai had a mother who was suffering with a disease and was not responding to traditional acupuncture styles. He had been in deep meditation when the idea of using Da Shin came into his mind. He used this technique on his mother and she recovered.

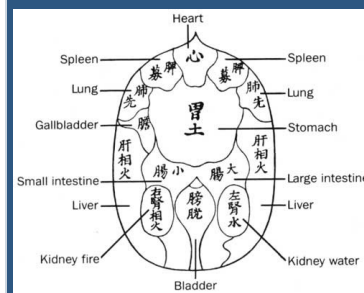
### The Legend of Misono Isai

During the late 16<sup>th</sup> century the emperor of Japan was having a problem in the imperial garden, his favorite plant, a peony had been slowly dying. All his gardeners tried their hardest to save it, but failed. Soon he brought in the best medical minds to treat the plant, they too failed. A student of Mubunsai was brought in and noticed small insects on the plant. He took out his tools and methodically crushed each bug. The plant recovered and the practitioner was made the imperial acupuncturist. The acupuncturist was given the name *Misono* which means secret garden.

**Da Shin** technique is a non-invasive acupuncture technique which focuses both diagnosis and treatment on the abdomen. It is believed that the source of all our energy and vitality originates in the abdomen. In fact a famous Da Shin practitioner named Misono Isai once said, *“Examination and Treatment of the abdomen is sufficient to cure 9 out of ten diseases.”*

To stay healthy we need to release unwanted and unhealthy energies from the abdomen. The diagnosis includes a light abdominal massage which looks for differences in skin temperature and areas of tightness. Treatment feels like a massage and is applied by lightly tapping a silver or gold bar with a small mallet on the abdomen to affect the internal organs and associated acupuncture points. The technique is very subtle, but patients feel pleasant sensations deep in the abdomen.

**“Legend has it that an acupuncturist named Misono Isai popularized this technique by saving the emperor’s prized peony plant.”**



The abdomen is examined fully in Da Shin technique. This is a map of the internal organ energies as written in **Shindo Hiketsu Shu**, or *Compilation of Secrets of Acupuncture*, one of the few books on this subject.