



Where did *Ampuku*[®] come from and what exactly is it?

What is the history behind *Ampuku*[®] / *Utara Reikon*[®] massage therapy?

Ampuku was an ancient form of Japanese massage and in its ancient form was one of Hara (stomach) stimulation. Since the Hara was the centre of one's life-force and energy flows, the techniques worked from that chakra. As a viable form of massage in feudal Japan, *Ampuku* spawned many derived forms of its techniques. *Ampuku* and its many forms flourished for over two hundred years.

During the occupation, General MacArthur banned all forms of massage in Japan. When the ban was lifted, *Ampuku* did not resurface with the others. Primarily due to its claim to actually "heal" the body - something no modern forms of massage dare claim. Unfortunately, this was its demise in the Western World and in Japan itself. (I make no such claims either. I leave that for you to decide.) Only a few bands of *Ampuku* practitioners remained.

I was approached by a few of these independent practitioners in 1969 while in Yokohama, Japan. As an apprentice in a small isolated dōjō, I was taught not just the delivery of this technique but the powerful philosophy behind it. This *philosophy* helped me throughout my life; especially when I won a 24 year battle with migraines, quit smoking after 39 years (no patches, no drugs, no shots), or very recently my triumph over cancer. Of course the massage therapy itself will not stop smoking or stop cancer, only your belief in yourself will do that. What the massage therapy does do, is keep your circulation and energy flows in top condition feeding all the vital elements of your mind and body with vital nourishment. On my departure from the dōjō, they bestowed the title of Shujin (Master) upon me.

It is from these humble beginnings that this form of *Ampuku* known as *Utara Reikon* found its way into the West. It is the *Utara Reikon* form of *Ampuku* that we practice here. I have changed the name of our therapy to *Utara Reikon* to prevent confusion between the original *Ampuku* and the *Ampuku* derivative we perform here. The actual differences are *Utara Reikon* employs the basic Hara-based focus of *Ampuku* and adds some original elements of our own. That is why you will notice on this site that we also discuss the meditation skills, dietary concerns, drug-free therapies, and Chakra restoration techniques (which comprise some of the philosophical elements of *Utara Reikon*).

I have taught my wife the philosophy as well as the techniques. As a state licensed Massage Therapist, she will administer the sessions for you.

Shujin

Welcome to an unique Massage Therapy Technique.

Utara Reikon is a delivery method of many different techniques combined with its unique energy balancing and Lymphatic System cleansing. Consider these major points:

- ✚ Since **Utara Reikon** is a combination of techniques, its strokes vary from the soft stroke of Energy Restoration to deep strokes of muscle stimulation and everything in-between.
- ✚ I use each technique whenever it is necessary for you to receive the best benefit from your session and within the limits you set. The right touch for you is assured. If you do not prefer deep penetrating strokes (sometimes necessary for deep tissue stimulation) then I will use shallow strokes. It will take longer and more focus (but since we charge by the session not by the hour, that is of no concern to you).
- ✚ You will receive a **complete, full body massage each and every session no matter how long it may take (at no additional charge)**. This is **very important to your body**. This is so important to your body that we no longer take chiropractic referrals. They normally only authorize treatment of the area of injury (with a small area surrounding it). This, in our opinion, only spreads the trauma from the area of injury to another part of your body. This is why you usually feel great immediately after a limited massage but within hours (after the trauma has a chance to affect its new location) you start to ache in other areas. I use straw mats on the floor and bare feet to continuously provide reflex stimulation of my energy flows so I can replenish my own energy during your session.
- ✚ The **Utara Reikon** Energy Restoration and Lymphatic System cleansing is available nowhere else.
- ✚ All lotions and oils used in the technique are natural based and certified drug free by the manufacturer.

Utara Reikon involves lymph and energy channel (Chakra) restoration and an unique delivery method similar to that of the massage stroke. This delivery method was developed to seek out blockages in the lymphatic and energy pathways of your body. In addition to formal Massage Therapy training, I have been taught by an **Ampuku Master** in this technique of realigning your Chakra and lymphatic system when I find them blocked. This blockage of your energy

and lymphatic fluid is normally the root cause of minor pains and aches. If the lymph is blocked for an extended period of time, it can lead to more serious damage of your body's cells and its ability to cleanse itself.

I have combined this technique with other forms of massage like neuromuscular, Swedish, and Anma. Since *Ampuku* is a predecessor of modern techniques such as Reflexology, Shiatsu, and Aromatherapy; your experience will be a pleasant and beneficial combination of all them. *Utara Reikon*, however, is the only one of these which treat the root cause: energy and lymphatic blockages in this way.

Your session will last at least one hour; usually more, depending on your condition when we begin. You will only be charged **by the session** not by the hour or minute. So you can relax and allow my capable hands to work their wonders.

I will need you to fill out a medical history form before we begin to provide me the background I need to insure you receive the most benefit from your session. Please try and list all that is applicable, it is very important.

Jacqueline A. Feeman

LMT, SA

License Number:MA0012940