

Manji treatment

by Kiiko Matsumoto and Monika Kobylecka

In the description of Master Sawada's Manji treatment, the four points listed include Stomach-23, which is incorrect. Instead Stomach-24, on both left and right side, is the point used by Master Sawada for the Manji treatment.

The four points used for Master Sawada's treatment are:

Stomach-27 – left and right

Stomach-24 – left and right

The mistake in Volume 2 is an easy one to make because, on the surface, it appears that the Manji character is symmetrical with the center about equal distance from the four corners. But more important than the character drawing is the idea that the Manji character represents smooth and proper movement.

Stomach-24, *Hua Rou Men*, or *Smooth Flesh Gate*, represents the idea of proper movement and cycling through the bowels as well as other cyclical movements in the body. Master Nagano used this point to restore the movement of the five-element cycle.

This point is very relevant to cyclical motion and, therefore, is a much better fit in the context of Manji. When thinking about this treatment, remember to consider function instead of symmetry and you'll always remember the correct point, Stomach-24.

