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Publications

## Mianyang *mai* Shiatsu chart\_01 by Veet Allan

In 2008 Veet Allan produced this first ever chart regarding these ancient *mai*/vessels. The design of which, earned him a 'Xara Graphics' award the following year.

This Shiatsu chart is based on the 28.1 cm high, black lacquered wooden figurine unearthed in China on 4th March, 1993, from the no.2 tomb at Yongxing in Mianyang, a district of Sichuan. On the original figurine are ten red lacquered lines which appear to represent the early development of the *mai* (channels, meridians or vessels) of a proto-healing or sensory view of the human body within Chinese medicine. The figurine is dated from the second century B.C. and Western Han period, and as such is the oldest extant artefact theoretically mapping these *mai*.

Employing the original nomenclature used by He Zhiguo and Vivienne Lo (1996) Veet adds two more *mai* upon this chart to complement the apparent Yin-Yang topology of the body pertaining to the original figurine. The result is a

theoretical model that is not only amenable to modern day Shiatsu treatment but also to further development and historical consideration by all those studying and practising East Asian medicine worldwide today.

Other charts in the present series are as follows ; 'The Flourishing Circle' (acupuncture-moxa meridians) ISBN: 978-0-9523976-5-6; 'Ocean of Streams' (zen meridians) ISBN: 978-0-9523976-6-3 and 'Clouds and Rain' (eight primordial-source vessels) ISBN: 978-0-9523976-7-0

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