

Patrizia Stefanini – physicist and Shiatsu Practitioner

Talking about deeper experiences, you combine quantum physics with shiatsu. This is quite something else then, let's say, Zen Shiatsu. Why did you choose for this combination?

“Modern Quantum Physics is a very effective way to explain living systems, like a human body. Describing a human as a macro quantum system implies a lot of proprieties that fit in with what we perceive through shiatsu touch: dynamic nature, interconnected web and holistic nature”.

And what role does 'coherence' play in this system?

“Coherence is a concept related to the dynamic nature of reality. Matter is not inert; it is in everlasting fluctuation. Situations manifesting a 'sense of coherence' are those that we may define as 'being in the zone' or 'going with the flow': life movements where, because of an intrinsic state of harmony and wellbeing, everything seems easy. We can consider the degree of coherence in a living system as a measurement parameter for health.”

So being 'in coherence' means being healthy?

“Yes, a human being is in a healthy condition when the flow of energy occurs consistently. To be healthy does not require much energy, given that an excess would extinguish the system's coherence, its dynamic passing from ordered movement to chaos. Illness may ensue when, on losing coherence in the system, energy fails to move and becomes blocked. I find the idea that the quality of life is closely linked to the degree of order and coherence within our energy system intriguing.”

They say: magic is just science we don't understand yet. Is your biophysical approach to shiatsu uncovering the magic of shiatsu?

“What a great question! In my Hado approach I have some keywords that guide the practice. One is from Prof. Emilio Del Giudice, a theoretical physicist with whom I have been working for years. Once he was asked: 'What are you working on?' He looked at me, winking, and replied: 'I am dealing with magic...'. Those were the years we were working on biophysics and touch.”

How do these quantum physics concepts transform into Hado Shiatsu? I've heard about a minimum of touch.

"The living organism is optimized to resonate on small stimuli. So, an important starting point in a Hado Shiatsu session is that we whisper to cells. The quality of connection counts, not the amount of energy. Ki is information, so it can support synchronic relationship processes. German classical physiology discovered the law of Weber and Fechner, valid for all living beings. This law states that the inner sensation produced by the stimulus is all the greater as the stimulus is smaller."