

Moxa in Motion with the Ontake Method:

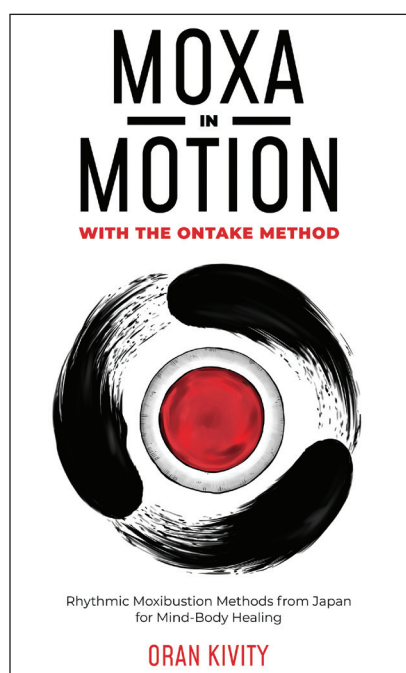
Rhythmic moxibustion methods from Japan for mind-body healing

Oran Kivity

Illustrations by Vio Lau

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British acupuncturist Oran Kivity trained in Europe, China and Japan and has been practising and teaching TEAM for over 30 years. In this book he shares with us his findings of ten years clinical exploration into the use of a small length of bamboo stuffed with burning moxa – ‘Ontake’ or ‘warm bamboo’ – a tool for which he experienced ‘love at first sight’, and which has proved to be remarkably effective and popular with his patients.

From the very beginning, where we are thanked for buying the book, and offered a free downloadable colour chart, it’s hard not to be enthralled and carried away by the author’s enthusiasm to share his insights. Scrolling through the contents one gets the immediate sense of a very practical and readable book, which indeed it is.

The text is divided into four parts, starting with the basics: an interesting history of the background behind this evolving therapy, followed by everything you need to know about buying and preparing your bamboo, the kind of treatment approaches to be used, and divisions of the body into treatment areas. Acupuncturists and especially Manaka practitioners will be familiar with some of this content, but suffused as it is with humorous stories and entertaining analogies, it is a refreshing and worthwhile read.

Part 2 leads us into the actual techniques, based on the importance of palpation and tension assessment, of which we are reminded throughout the book. We learn how to use the bamboo in a variety of ways such as tapping and rolling, and to develop a rhythm of movement using a metronome. This very practical section is illustrated with excellent photos and very clear diagrams, as well as useful tips and analogies. Through developing the

techniques himself over many years, the author seems to have anticipated all our questions and potential problems, and has thought of everything that a practitioner following in his footsteps might need.

Ontake treatments are relaxing and gentle, but also deceptively powerful. Great emphasis is placed on the topic of dosage, and an entire chapter is devoted to assessing the needs of the patient and avoiding overtreatment. This hugely important but potentially dry subject was brought to life for me in various ways, such as the skilful inclusion of amusing stories, and the application of the Goldilocks Zone concept – a range of treatment dose that is sufficient, but not too much, for the individual patient. Kivity explains how we can assess the patient’s sensitivity using our own *jitsometer* and *dosimeter*, which he describes as ‘mental needle gauges’, and thus provide ‘maximum benefit with minimum intervention’.

Everyone loves to see a list of treatment suggestions for different symptoms, and there are plenty of these in the chapters on Root and Branch treatments. Root treatments include detailed descriptions of two whole-body protocols, clearly illustrated with excellent diagrams and accompanying case reports. The Branch treatment section contains a wealth of examples and detailed observations from the author’s own clinical experience, which make fascinating reading and also inspired in me the confidence to have a go myself.

For me, a highlight of this book was the introduction in Part 3 to various channel pairing treatments and holographic models of the body, and how to use them with Ontake, especially for pain relief. Much of this is based on the work of Dr Richard Tan and on Yoshio Manaka’s octahedral model, and is quite a technical section if you’re unfamiliar with these theories, but once again the excellent diagrams make it easier and fun to learn.

The author has evidently spent a great deal of time researching how to combine and adapt these models for effective use with bamboo. He reflects on how the combination of soothing heat with the compression or stretching of soft tissue, using percussion or rhythmic strokes applied at the appropriate frequency of the meridian, is something very new and different from any other moxibustion or needling technique, and provides a very dynamic effect when combined with channel pairing and holographic models, as illustrated by some impressive case studies.

Finally in Part 4 we are guided in how to integrate our new Ontake skills into our treatments. This is a relatively short section, basically because we are encouraged to explore the techniques for ourselves – ‘learning comes from doing’. I found it helpful and inspiring, especially as we are introduced to several contemporary practitioners across the world, who are adopting this versatile tool to use in their own ways. Ten years ago, only a few practitioners in Japan were using ‘short bamboo’. Now, largely thanks to Oran Kivity’s courses in many parts of the world, its popularity is spreading fast. As stated on the back cover of the book, the Ontake Method is easily integrated into any style of acupuncture, shiatsu and tuina, and will boost your results and build your practice.

Moxa in Motion is the first publication of its kind; a thorough step-by-step guide to what is essentially an exciting new therapy. A great deal of thought has gone into the presentation; the text and excellent illustrations are very clear and easy to follow, and

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above all, (as those who have attended his seminars or workshops will know) there is a lightness to Kivity's style of teaching that makes every chapter fascinating and fun to read. In my opinion this book is great value for money. I would recommend it to anyone interested in exploring effective ways to help their patients. If you're new to moxa, you'll find useful information in Part 1 and in the Appendix Resource List, as well as a comprehensive Bibliography section. And if you're already a moxa lover, this highly user-friendly book will help you expand your skills into exciting new areas.

Jenny Craig received her licentiate at the College of Traditional Acupuncture, Leamington Spa, in 2000. She went on to train in Toyohari Acupuncture, where she developed a special fascination for moxa, and has been using it as a major part of her practice ever since. As a co-founder of Moxafrica charity, she has been involved for many years in research into the potential use of moxa as an adjunctive treatment for TB.

