

Interview with Tetsuro Saito

Shiatsu teacher, researcher, founder of the Shin So Shiatsu Method.

By Patrizia Moschitti

Tetsuro Saito is considered to be “the father of shiatsu in Canada.” That’s reductive because Tetsuro Saito is one of the few masters of shiatsu, probably the only one to have continued the meridian-mapping work started by Masunaga. He is the founder of the Shin So Shiatsu Method.

This interview is a valuable document to read for any shiatsu practitioner.

Saito Sensei, your contribution to shiatsu is unique for complexity and depth. You have continued the meridian-mapping work started by Masunaga, developed an autonomous energy assessment model, taught the Finger Test Method to the acupuncturists of Tadashi Irie Group in Japan who attended your course. How did you manage such a feat?

Five times I invited Masunaga Sensei to Toronto from Japan, and he gave us so rich, so wonderful workshops. I still remember that, during his last workshop in 1980, just before he passed away, his health condition was not great at all. Even though he was emotionally and physically out, he managed to travel to Canada and gave us his last wonderful lecture.

At that time, it did not occur to me that he had developed cancer, although, during the workshop’s breaks, he was always asking me to treat his Large Intestine meridian . I still do not know if, by then, he had realized he had a very extended intestine cancer. Upon returning home, he discovered it and, within less than one year, Masunaga Sensei passed away.

I had a very strange dream the day before he died. He appeared in my dream and asked me to wash his back. Thinking of it now, to me this was a sort of hinting to his final wish; on the following morning, he departed to the other world. I got a call from his wife, who told me he had passed away.

After his departure, I was left to look after my students who were also students of Masunaga Sensei. As you know, Masunaga Sensei was an extremely sensitive and talented person. He could sense the meridian’s vibration and could even distinguish between all the different regular vibrations of the meridian.

Our history shows that there are no many therapists of this kind. It is possible that, in the long history of Japanese Eastern medicine, I found only one or three other persons like him. When he passed away, that was the time I was totally out of the question, which means I could not sense the meridian’s flow. But it was not a good time to be distracted, and I had to develop some methods to help me sense and draw the map of meridians.

I went back to Japan in 1982 where, incidentally, I found some books about the Finger Test Method, written by the acupuncturist Dr. Tadashi Irie.

Back then, it did not occur to me that I would have used the Finger Test Method to sense the meridians.

But after I started to use the Finger Test Method, I gradually noticed that I could have used it to detect the meridian's location.

Irie Sensei was so impressed by my research and its development that he came to Canada twice to see me.

He ran workshops too, even though I had not invited him. He really liked meeting me. He was a great acupuncturist from Japan and he published five well-known acupuncture books. His group is still active providing the Irie Method in Tokyo.

I have no doubt: had I not found his books, I would have never developed the Shin So Shiatsu approach. In this regard, I appreciate Irie Sensei very much.

To read the full document:

<https://www.kokoroart.it/tetsuro-saito-interview/>