



I have studied Hari-style classical acupuncture with Mr. Kuwahara for the past four years, and I feel moved to write a few words about this extraordinary experience. For sake of clarity, I can divide this testimonial into professional benefit and personal benefit.

I am a pragmatist when it comes to my clinical practice. I have a busy clinic in Vermont, and I see 12-15 patients daily. Given this volume, I like interventions that are effective and easy to implement. Quite practically, incorporating Hari-style has made for better clinical outcomes with less effort. Practicing like this, my hands are relaxed, sensitive, and in communication. The tools and techniques are gentle and induce a deep state of restoration in my patients. My patients experience great comfort from these techniques. They leave my clinic feeling better, and return happily as their symptoms decrease and vitality increases over the course of treatment.

As happy as I am to be practicing Hari-style acupuncture in clinic, I am equally, if not more, excited about learning it. As much as the weekend seminars are about learning theory and practical acupuncture technique, it is also about reconnecting with reasons why I was drawn to the healing arts: strengthening connection to spirit, deepening empathy, developing ability to connect through my hands, and through my heart. It is eminently practical acupuncture technique for clinic, with many layers of depth underneath. And, I should mention, as precious as this study is, it is conducted without preciousness and pretentiousness. Conversely, it happens with lightheartedness. Mr. Kuwahara is a fount of clinical wisdom, scholarship... and good humor.

Of course, in reality it is impossible to tease apart professional and personal. I'm quite certain my weekends of study with Mr. Kuwahara have made me a better human being and better clinician. The two go hand in hand, and for these connections I'm grateful to be learning this method.

Respectfully submitted,

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