



氣の呼吸法

全身に酸素を送り治癒力を高める

藤平光一

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Ki Breathing
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幻冬舎

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Preface

I reach the age of eighty-five this year. I have been teaching Ki breathing all over the world beginning with Japan, U.S.A., Europe, Russia, Asia, Australia etc.

If you do Ki breathing correctly, it will help you to overcome any kind of illness naturally. Most modern diseases are caused by lack of oxygen in the cell.

If your cells lack oxygen, you may have cold hands and feet, headaches, stiff shoulders, rough and/or dry skin. In addition you may experience problems with your tongue and nails or inflammation of the eyes.

It is easier to get cancer, cerebrovascular disease and dementia if your cells are lacking oxygen.

Therefore, it is important to bring fresh oxygen through every capillary vessel to maintain your health.

Modern people live with a lot of stress and they become irritated or upset. This causes blood vessels to contract and makes it difficult to bring fresh oxygen throughout the body effectively. Bad posture will also constrict blood flow. This is a weakness in modern people.

What kind of breathing exercise can we do to maintain our health?

There are many breathing methods in this world, such as Tanden breathing, Yogic breathing and so on. In some methods of breathing, exhale

and inhale time are decided. In another method, you expand your lower abdomen when you inhale and hold in your lower abdomen when you exhale.

These breathing methods cause you to inhale strongly or stop your breath intentionally, or put strength in your lower abdomen. These breathing methods make your capillary vessels to contract making it difficult to carry oxygen throughout your body. They are just practicing deep breaths, which only exchange air in your lungs temporarily.

The breathing method that will carry fresh oxygen throughout your whole body is "Ki Breathing".

Ki breathing methods come from an old Shinto breathing called Misogi no Kokyuhō "Nagayo no den". (Misogi breathing)

Based on the oneness of mind and body, I designed this breathing method to be whole body breathing and named it "Ki Breathing".

Characteristics of Ki breathing are breathing with oneness of mind and body, and to breathe naturally. Ki breathing does not require you to control your breath nor to stop your breath intentionally. You just breathe easily with a natural posture.

It is greatly misunderstood that if you strain in labored breathing, it is good for your health. It is difficult to continue labored breathing, however if the method of breathing is easy, natural and effective, anyone can continue.

The important thing is to know "What is natural?" "What is breathing naturally?" "How to breathe naturally?"

If you read this book through to the end, you will understand what oneness of mind and body, and what is natural.

My hope is for all the people in the world to have a bright, happy life.

About thirty years ago, I founded “Ki no Kenkyukai (Ki Society)” to study Ki principles together.

We have many branches all over the world now. And I am very glad that many people practice Ki principles with great earnestness and have a positive life.

Those people who can come to these classes and practice Ki have a desire for truth, motivation and health.

There are many people who do not have the energy to attend class because they are suffering from disease or misfortune. I especially hope for these people to study Ki principles, become conscious of the great power that is naturally ours, and overcome their misfortunes.

It is difficult to study anything by oneself. If you study with your friends and encourage each other, you will be able to continue studying Ki principles. Therefore, I hope you will study Ki breathing with your companion and/or friends and continue the Ki breathing everyday.

It is my great pleasure that this book will help those people.

About forty years ago, I published a book, “KI IN DAILY LIFE” to the U.S. and Europe. This book has been reprinted about several thousand every year in straight succession. And this remains a long seller book.

This book is based on the book, “KI IN DAILY LIFE”. And concerning Ki breathing part, I have updated the way of teaching the Ki Breathing methods to be easy to understand for beginners.

Many people practice Ki breathing and they have proven the effectiveness of Ki breathing. There are many benefits.

- Boost immune function (to activate life power and increase one's resistance to disease)
- Relax both mind and body (both mind and body become calm)

- Have good blood circulation whole body (improve cold feet and hands, inability to conceive)
- Become healthy and have radiant skin (gain your beauty)
- Less stress (to be able to control your emotions)
- Get high quality sleep (to improve apnea and fatigue)
- Improve climacteric disorder, autonomic ataxia and depression (recover from disease of mind and body)
- Having positive relationship in your home and office.
- When your Subconscious mind becomes plus (realization of the dreams and success)

By doing Ki breathing, whole body's blood circulation becomes good. Therefore, people who have developed diabetes can lower the level of sugar in the blood. Also, you can recover from cold feet or hay fever. Broken bone recovers very fast. Hairline fracture will be cured in a few days.

By doing Ki breathing and Kiatsu therapy, many people recovered from cancer, after effect of brain infarct and cerebral apoplexy.

Mind becomes calm, therefore, you can get over autonomic ataxia or depression.

I will teach you Ki breathing based on oneness of mind and body in the book.

First, I will explain to you basic ways of thinking to understand Ki breathing. Then, I will teach you a posture which is a fundamental of the Ki breathing and Ki breathing itself. I hope as many readers as possible understand natural posture, natural breathing and natural life. And by doing Ki breathing, I hope you will live a more fulfilling life.

March, 2005
Koichi Tohei

History of the Author

Koichi Tohei was born in Shitaya, Tokyo, in 1920. When he was three years old, he went back to his home town located in Tochigi prefecture. He was very weak when he was young. He always needed a doctor. His father worried about him. So his father started to teach Judo to Koichi Tohei. He was awarded black belt in Judo when he was 14 years old.

When he was 16 years old, he entered Keio University. He practiced Judo very sincerely. But he practiced it so intensely that he contracted pleurisy. As a result, he had to take a year off from the University. During recuperation, he read many books. He then began a serious self examination period, which concluded with the understanding that his mind was too weak. After he recovered from his illness, he practiced Zen and Misogi breathing earnestly.

When Koichi Tohei was 19 years old, he became a disciple of Master Morihei Ueshiba and started to practice Aikido. (In 1969, Koichi Tohei was awarded the 10th dan, the highest rank, from Master Morihei Ueshiba.)

Koichi Tohei entered the army soon after graduating Keio University. He was 23 years old at the time. He became a platoon leader in the army and was sent to China for four years. He discovered that if on the battle field, one's defenses are down for just a moment, this could mean death. Considering this circumstance, he decided to do Ki breathing 200 times a day. By doing Ki breathing on the battle field, he mastered keeping one

point. Sometimes he could not calm his breath even though he did Ki breathing. When he felt like this, he noticed that it was because the enemy was hidden somewhere nearby.

After the war, he returned to practicing Zen, Misogi and Aikido. He also became a disciple of Master Tenpu Nakamura and mastered the principle “Mind moves body” through Master Tenpu's teaching. This then became the center of his own teaching.

In 1971, Koichi Tohei founded the Ki Society to spread Ki principles.

The 1950s

Mr. Sadaharu Oh (Japanese professional baseball player)

When Mr. Oh joined the Giants (Japanese professional baseball team), his personal growth seemed sluggish. Koichi Tohei taught him one point in the lower abdomen and to stand on one foot with Ki. This is known as “Ippon-ashi dahou” (Hitting ball standing on one foot)



Mr. Shigeo Nagashima (Japanese professional baseball player)

Koichi Tohei taught Mr. Nagashima, who was also a professional baseball player. He taught Mr. Nagashima how to hold the bat with Ki. Soon Mr.

Nagashima began to understand. After that, he hit many home runs. After Mr. Nagashima retired from baseball, he became the coach of the Giants. When his team had slumped to bottom in the league, he sent all the baseball players in his team to the Ki dojo and asked them to study the principle of Ki from Koichi Tohei.



Koichi Tohei went to the US and Europe numerous times to teach Ki principles and Ki-Aikido in over 20 states in the US and all over the world.

The 1970s

Takamiyama (Japanese Sumo wrestler)

Koichi Tohei taught Ki principles to Takamiyama at the request of his student in Hawaii. After this, Takamiyama became a champion of the tournament. However, by this time in his Sumo career, his stable master would not permit him to study anything other than Sumo. Therefore, he could not study Ki after that.



The Dragons (Japanese professional baseball team)

A year after the Giants became the Champions of the league for the ninth time in a row, Koichi Tohei taught Ki principles to the Dragons. In the season, the Dragons defeated the Giants and became the new Champions.

The 1980s

Chiyo-no-fuji (Japanese sumo wrestler)

At that time, Chiyo-no-fuji had just become Yokozuna (highest rank in sumo). At this point in his career, he had a match which resulted in the dislocation of his left shoulder. He was afraid that it would take a long time to heal, and he began to worry about a come back. However, he received Koichi Tohei's Kiatsu, and he recovered completely. After that, he won sixty-nine times in a row. This is a stupendous achievement.



The Lions (Japanese professional baseball team), Mr. Tatsuro Hirooka
Mr. Tatsuro Hirooka, who was a coach of Lions at that time, learned Ki principles from Koichi Tohei. He let each baseball player in the Lions club to study Ki principles. Each of the players came to Shinjuku dojo, and learned Ki principles. Starting from this year, the Lions became the Champions of the league for many years.



The 1990s

Koichi Tohei put emphasis on seminars for companies and the training of business people. Koichi Tohei taught over 400 businessmen who attended “Koichi Tohei's Ki Dojo”, which was sponsored by Japan Management Consultants Association. And before Mr. Hideki Matsui went to the US,

Koichi Tohei taught him Ki principles. Koichi Tohei taught him to send Ki to the tip of the bat and how to relax.

Koichi Tohei has taught Ki principles to many people over the years including a world famous pianist, photographers, artists, singers, Kabuki and Noh actors, calligraphers, philosophers, policemen, narcotic investigators, the body guard of President of the US, and more from throughout of the world. They learned Ki principles and they achieve remarkable success.

Especially Ki breathing is studied by many of these people. For example, narcotic investigators learn Ki breathing to ease their mental pressure from their cases. Also, musicians and opera singers also learn Ki breathing to develop her vocal skills. Photographers are also learning Ki breathing to be one with the Universe.

Human Beings Are One with the Universe

First, let's think together. Where did we come from?

Everyone answers we were born because our mother's egg was fertilized with the father's sperm.

Well, where did the sperm and egg come from?

First we need to understand, what was the beginning of human beings?

Not only human beings but everything has its beginning. Anything that has form must have a beginning. For example the sun is said to be blazing now, but there must have been a beginning of the fire. There must also have been a fire, before the fire started. If we trace the history of all things, we can only say that everything came from something invisible. This is called "Mu" in Zen world. But this does not mean just nothing. This also means "there is nothing, but something exists". If we think this way, our mind, body, sun, star, earth, animal, plants, everything was born from something invisible. That is, everything came from infinitely small particles. Ki is the infinite gathering of infinitely small particles.

Mathematically speaking, the basic entity of mathematics is the number one. The earth is one. A pebble is one. If it is reduced by half, what remains

is also one. If it is reduced by half infinitely, it does not become zero. If there is one, half of it always exists. Ki is the infinite gathering of infinitely small particles. In this way the sun, the stars, the earth, plants, animals, and human mind and body are all born of the ki of the universal. Ki is the essence of the Universe and it interacted in various ways which gave the universe its form. Then the Universe was created. We are one with the Universe. And our lives are part of the life of the Universe.

Breathe the Ki of the Universe Through Your Body

Our lives are like the amount of water we might take from the great sea and hold in our hands. We call this "I". Yes, it is the same as calling the water our water because we hold it in our hands. On the other hand, from the standpoint of the water, it is a part of the great sea. Although if we open our hands the water will fall back to the sea, even as it remains in our hands it is in conflux with the outer great sea. If we refuse to let the water flow with its own, it will go stale.

Our lives are part of the universal ki enclosed in the flesh of our bodies. Though we say that this is "I," viewed with the eyes of the mind, it is actually the ki of the universal. Even though that ki is encased in flesh, it is in conflux with and active as a part of the universal. When we breathe, we breathe the ki of the universal in with our entire body. When the conflux of our ki and that of the universal is unimpaired, we are in good health and are lively.

We live in harmony with the Universe. Harmony means to interact with the Ki of the Universe. Breathing is important to keep this harmony. We breathe the Ki of the Universe throughout our body. Ki Breathing is to activate and interchange with the Ki of the Universe. This is the best way to activate your life power and keep your health.

The More You Extend Ki, the More You Receive Ki

Some people think of Ki as a supernatural power.

However, Ki is not a supernatural power. Ki is the infinite energy which exists among us. It is important to apply Ki in your daily life. This is the key to have a better life.

I use the word Ki in Kanji (Chinese character) like this 氣 (hereinafter called A) not using 氣 (hereinafter called B). I preside over Ki no Kenkyukai (Ki Society). And I also write Ki no Kenkyukai as 氣の研究會.

Why am I using A instead of B? A is the old way to express Ki in Kanji. So, some people may think I use this because I am old. But this is wrong. The kanji A is combination of meaning the universe and infinite. In the kanji B, the word 止 is included. This 止 means stop Ki. Therefore, I do not use kanji B because it does not express real meaning.

It is important to think about KI. Everyone says that they want to make the most out of life. What is a fulfilling life for you? If you have enough things, can you say you have a fulfilling life?

Work, life, money, love... there should be many answers. I define a fulfilling life as the Universal Ki is fulfilling both our mind and body. We are part of the Universe, therefore, it is natural that our KI and the Ki of the Universe is always interchanging. We call this state as "ikiteiru" or "Ikioshiteiru" in Japanese. And when we do this, we have vitality.

As I stated before, if our Ki and the Ki of the Universe is prevented from interchanging, we become bad condition. And if this interchange is stopped completely, we will die. We call this "iki o hikitoru" in Japanese.

If we extend Ki, we can receive fresh Ki from the Universe. And we can interchange Ki between the Universe and ourselves.

Some people say that if we use Ki, Ki will be drained. Therefore, they seldom use Ki.

We should not stop extending Ki. If we stop extending Ki, we cannot

interchange our Ki with the Universe. If the water is stagnant, the water will go bad. However, flowing water will not go bad.

Ki is similar to water. Even if Ki appears to be stopping, Ki is always interchanging with the Universe. It is true that Ki can become depleted. However, it is also true that the more we use Ki, the more we receive Ki. If we interchange our Ki always with the Universe, our life power will be activated and we will become healthy.

The Universe never stops. The Universe is always changing. However, we cannot feel this movement by our senses.

We are on the earth. The earth rotates daily and goes around the sun. However, we hardly realize this. If you are sitting in a chair without moving, your blood is circulating inside of your body. There is nothing which does not move in the Universe. You can understand that it is unnatural to stop your Ki if you understand the principle of nature.

Breathing is similar, if you exhale, naturally breath comes in. If you try to stop your breath intentionally, this is unnatural. By understanding this principle, you will be able to do Ki breathing comfortably.

Mind Has Power

Our Ki is a part of the Universe and our body is the vessel used to house our Ki.

The mind is that thing, given by the Universe, with which we must protect and bring up the physical vessel and with which we must prompt and control the exchange of our own Ki with that of the Universe.

Perhaps we could make a comparison between the processes involved in the generation of electricity and those in the flow of Ki. In the generator, the basic essence of electricity becomes electricity and flows out to activate machines. The Universe is filled with Ki, our mind similar to an electrical generator; we use our mind to receive Ki, which in turn becomes our own Ki, the Ki that moves our body.

In fact, "Extend Ki" means by using our mind positively, mind generates Ki just like a power plant generates electricity. This means by using mind positively, our Ki interchanges with the Ki of the Universe.

Therefore, I call "plus Ki" as to extend Ki, "minus Ki" as to pull Ki. Now, I will talk about "plus Ki" which is important to do Ki breathing.

If I ask "Have you ever been injured or caught a cold?", most of the people will say "Yes". And if I ask "Have you ever got angry, suffered sadness, had a conflict?" nobody will answer "No".

Did I ask you two separate questions above? Most of the people think that first question is question about body, and the second question is a question about mind.

But let's consider well. When we get sick, we are sensitive about small things and easy to anger, be afraid, suffer sadness, be jealous and have conflict. Many people become sick mentally by thinking as "Others are living happily. Why am I sick? What kind of bad thing have I done?"

As described above, physical ailment is closely associated with mental issues. Physical ailments are on the surface; however, the cause of sickness comes from mental sources in many cases.

The reason we catch cold is not only due to the fact that we become physically weaker, but also from problems originated from the mind.

When people get sick, many people think only about their body and forget about their mind. Many of them do not realize their own mind problems and think they will get well if they take medicine. They are living forgetting some things and are living an unnatural life.

I will talk about my experiences with unnatural life which forgets about mind and only thinks about body.

I suffered a severe illness in the past. Before I was born, my mother had a close encounter with death from severe pneumonia which a doctor gave up on as hopeless. After that, I was born. Therefore, she was incredibly protective of me.

Even after I entered elementary school, my mother made me absent from school if I sneezed once, because she believed I was weak child. I embraced it and I was absent from school many times. I attended school only six months until I was in the 2nd grade. I had a caretaker with me on my way to and from school to protect me from being bullied by pupils.

However, the more my mother took care of me well, the more I got sick. If some kind of sickness was to appear, I was the first one to catch the sickness in my family.

My father changed my weak mind and body. He made me wear light clothing even in the winter. Also, he taught me Judo. Thanks to Judo which my father taught, I got strong and healthy. When I entered the Judo club in Junior high school, I was awarded a black belt in Judo at 14 years of age.

I experienced other difficulties soon after. Judo which I learned for health gave me some important life lessons. When I was 16 years old, I entered Keio University. I had been practicing Judo, therefore, I entered the Judo club at Keio University. I met with misfortune while attending spring camp of the Judo club.

During practicing Judo, I was tangled with a huge senior and we both tumbled. My left chest was hit very hard. I went to the hospital and found I had contracted pleurisy. The doctor told me to enter a hospital immediately.

Lucky for me, my fever went down the next day. The doctor permitted me to leave the hospital after a 17 day hospital stay. I thought that I could spend my University life like before. However, my doctor told me unexpected words at the very last medical examination. He told me to not practice Judo anymore. Not only Judo but also tennis, table tennis and so on. He permitted me to take walks. He also told me, "Your body is like a

cracked cup. If you hit your chest again, it will be the end. Therefore, you should not raise your left arm high, and you should not do anything that will cause shock to your chest. You should not talk in a loud voice because this shocks your chest.”

The doctor's words brought me back to my young days when I was weak. After that, I talked with others in a very small voice. When I tripped over a small stone while taking a walk, I felt shock on my chest and I was worried about the crack in my chest. Therefore, I was nervous even when I took a walk.

When I went to the seashore to a health resort for therapy, someone said, “Sea breeze is too rough for pleurisy. You should go to the mountains.” Therefore, when I took a walk along the seaside, I wore a mask.

Suddenly, I had a high fever of nearly 40 degrees centigrade. The doctor said this was a recurrence of pleurisy. I took medicine for the fever and lowered it. This was my daily life.

Not only with the doctor but it is common practice that if we have a severe attack of sickness, such as pleurisy, we should rest quietly. This is common practice for most people.

However, in contradiction to above, I did things which most people would consider out of the norm. When I got sick, my mind became weak, and I took things in a minus way. By doing this, I found that everything went bad through my experiences.

I decided to change myself from living a minus life.

I visited Tetsuju Ogura sensei, a senior student of Tesshu Yamaoka sensei who had been known as a sword master and an excellent calligrapher.

I began my practice of misogi. “Misogi” is the practice of the breath which came from Japanese Shinto. This practice is sitting all day long for many days and exhaling breath with a loud voice as much as possible. We lose our voice in a half day. In addition to that, the seniors hit the backs of the

participants during this practice. "Making loud voice", "Being hit on my back" I did these things which I was prohibited to do by my doctor.

When I start practicing Misogi, my left chest started to hurt and I worried about a recurrence of illness. However, I promised my teacher that it was okay to die at the dojo during practice before I started. Therefore, I made up my mind to let things go. I was practicing forgetting about my sickness and my pain disappeared during practice. After one year, I went to the hospital and took a medical examination. The pleurisy was completely gone. In general, the heavy pleurisy such as mine left patterns of pleurisy. However, there was no trace of pleurisy.

My pleurisy was cured by doing Misogi. This experience let me know if we train our mind and body and use mind in a positive way, we can use the great power that is naturally ours.

If I had continued my life as the doctor suggested, I would not have made a loud voice, run, played sports and would have worried about the recurrence of pleurisy at all times. It is easy to imagine that this was not a good life.

The doctor advised only about the body.

We call body sickness "Yamai" in Japanese, and both mind and body sicknesses are called "Byoki" in Japanese. My experience shows that we cannot grow strong in health if we take care of only our body and we have worries or sickness in our mind.

If you hope to grow strong in health, it is important to realize not only the visible body but the invisible mind. Mind has such a power.

Change Everything Around You to Plus

Both a plus and minus thinking method apply to practically everything. For instance, a person might see a few of his friends talking together. The person with a plus attitude will think nothing of it. The person with a minus attitude will immediately wonder if perhaps they are saying

something bad about him. By thinking more than is necessary about such things this negative person's attitude will become more and more negative.

It is important to realize that plus attracts plus and minus attracts minus. If you are in a minus frame of mind, you will think minus, do minus, and change everything around you to minus. Because minus calls minus, if one thing goes bad, everything will look bad. If you fight with your wife when you leave the house in the morning, the whole day will go wrong.

Let one ill-tempered person come in to a group of four or five who are happily chatting together, and everyone will go silent and gloomy because that one person's minus is powerful enough to change everything around him to minus.

On the contrary if your Ki is plus, your thoughts, deeds, and everything around you will be plus also. When you are plus, you are happy in everything. Even if you are in a difficult situation, you can maintain calmness. Your plus mind calls plus, everything goes well.

“Happiness comes in through a laughing gate”. This is a Japanese saying. Laughing is plus Ki. This saying means that plus calls plus, and happiness will come to you.

A person with a strongly plus nature enlivens a group of four or five people talking. Because his powerful plus is able to change his surroundings to plus. It is said that “A brave general has no cowardly soldiers.” Because his powerful plus infuses his men with courage. On the other hand, a cowardly general will infect even his brave men with the same disease.

If we are interested in making the whole world and all of society brighter, not just ourselves alone, we must individually develop our own plus attributes and with them attempt to change everything around us to plus.

To Be Plus When You Are In Adverse Circumstances

A sick person is usually minus. A minus person tends to go to another minus person and say, "Are you also sick? I am suffering from this type of illness. It is hard to be sick, isn't it?" In this way, the person becomes more minus. The more minus he is, the more plus he should seek from a strong healthy person.

Most people in a hospital are minus. Even a healthy person tends to become minus without knowing it if he stays in such a circumstance for a long time. Under these circumstances one must try to extend Ki plus.

Let's say the man above you on the job or your teacher has to reprimand you. You take it in either as minus or a plus way.

You should realize that you are being corrected because you did something wrong.

If you take it with a good will before being reprimanded, and resolve not to repeat the mistake, the cause of scolding will vanish. Later even if the teacher or the higher official reprimands you, you can use your plus Ki and take the correction as you should.

And you should not move your mind about this matter. There is no need to become downcast. The man who is scolding you will sympathize with your plus Ki, and without even knowing it, his Ki will become plus. He will lose all desire to be angry, and when he might find cause to reprimand you ten times, he will make do with only one or two.

On the other hand, you should not become minus by being hostile and resentful toward the reproofing person. If you snivel and look as if you are about to burst in to tears, your minus attitude will transfer to the man reprimanding, who will become angrier than ever and reprimand you more than he should.

We always practice extend Ki in our Ki training. Because we always practice plus Ki, the training hall is always filled with plus Ki. Someone who is not well or is actually too sick to engage in practice can change his

own Ki from minus to plus by just coming to the training hall and watching and receiving part of the abundant supply of positive Ki.

Anyone who is not actively engaged in the training program and whose Ki becomes minus finds that it is extremely difficult to change back to plus. He can change it back if he has the help of the positive Ki of a large number of people.

When things are going well, anyone can easily keep himself positive. We have to discipline ourselves to change negative to positive when conditions are adverse. Since plus calls plus, a positive disposition can lead to a plus fate.

Our Ki is interchanging with the Universal Ki. If we extend our Ki as much as possible, we can improve this interchange. We can extend Ki all that we like because the supply is inexhaustible.

Once we have made our Ki positive, we should not be satisfied with it. We should spread it to all people. If we make our effort like lighting our individual lights one by one, our effort becomes big power and we can illuminate the whole world.

Know Your State of Mind

Many people understand the importance of plus mind. However, it is not an easy thing to be plus mind always. When we are in a state of minus mind, we do not realize it by ourselves. Before trying to keep plus mind, you should know your state of mind correctly.

Ki breathing is important to know yourself. If you do Ki breathing everyday, your breath becomes calm, and your mind also becomes calm. If your mind becomes calm like the calm still surface of the water, your mind reflects all things clearly. In this state, you can know your state of mind correctly whether you are in a minus state of mind or obsessed with something.

I teach this state of the mind as "Like the calm, still surface of the water

that reflects the moon and a flying bird, true living calmness is the condition of our mind that reflects all things clearly.”

The state of mind is similar to the surface of the water. When your mind is disturbed by worry, upset and nervousness, your mind is like water with many waves. This prevents you from seeing anything. If the surface of the water is calm, it reflects the moon as the moon and a bird as a bird like a mirror.

The most important thing is that we can realize the Universe. Let us live daily by calming our minds by practicing Ki breathing. By doing this, it reminds us to have a mind thankful to the Universe and our mind becomes plus naturally.

There are not always good things in our lives. Even if your mind become plus, if some minor minus things happened, your mind can become minus easily. Therefore, not only practice being plus mind by Ki breathing but also you need training in your daily life to keep your mind plus.

Training, however, does not mean that you force yourself to think of minus matters as plus. This way of thinking creates stress for you and minus will call minus.

Therefore, how can we train our minds to be plus?

You have a conscious mind which we can recognize and a subconscious mind which we cannot recognize. Subconscious mind is like the storehouse of the mind. The materials stored in the subconscious mind form the conscious mind. Generally, this is called action of the mind.

Therefore, even if you try to be plus minded on the surface, if your subconscious mind is minus, you can easily become minus. To change subconscious mind to plus, you will need daily practice.

The easiest practice is to use plus words in your daily life. Words have a great power. The words you speak are spoken the closest to you. Therefore, it deeply works with your subconscious mind.

If you say to your child "You are a failed child" again and again, it speaks for itself. However, you may carelessly say minus words to yourself, phrases such as "I cannot", "I hate" and so on.

If you say "I cannot" to yourself, this goes into your subconscious mind. Therefore, when you do something, you think "I cannot" first.

To keep plus mind always, you say plus words always. Even if you say minus words, you can alter your words.

When you change your subconscious mind to plus, you can realize things in a plus way naturally.

"Be natural" is very important. There is no stress when you are natural. If you just want to be positive without practicing to change your subconscious mind, you cannot change.

There are many ways to practice changing your subconscious mind to plus. One of the ways is for you to write, "I will be a plus minded person" on a sheet of paper and put it in your dining room or bed room. By seeing it everyday, it will have great effect. Another way is to say "You will be a positive person" to yourself in a mirror before going to bed. This is also very effective.

Even if these ways are so simple, many people will not do it. Many people ask me "How long should I do this?" I answer, "Until you will have changed." You need to do it for at least three months.

There is a lot of minus information that you are exposed to such as violent crime and criminal acts on the TV news or in the newspaper. Media need to report the truth, therefore, that will not change.

If you put minus information in your mind vaguely, it will have a minus influence on your body without you noticing. The minus stored in your subconscious mind will appear in certain situations.

It is very important to keep your subconscious mind plus for protecting yourself. The art of self-defense is not the only way to protect oneself.

First, you need to calm your mind by practicing Ki breathing and be plus, furthermore, by practicing to change your subconscious mind everyday; you can master true plus life permanently.

Plus Way of Thinking According to the Universe

Many people think that the plus way of thinking is important. On the other hand, there are people who think that the plus way of thinking gives poor results sometimes. Which is correct? The important point is to define "plus".

I said that it is important to live according to the Universal principles. We should always think that "be plus" means true plus which is according to the Universe.

To be plus according to the Universe is not a difficult thing.

Sometimes, a plus thing for me is not a plus thing for others. If your benefit is a non-benefit for others, it is the same.

True plus is to be plus both for oneself and others. If only you become plus, something is wrong with your way of thinking or approach. By forcing your self-centered plus on to others, there will be objections and conflict.

If you are a business person, you cannot prosper much if it is a disbenefit for your customer. Even if the business person earns a lot, if the business has environmentally destructive practices, the business will not last long.

Do not think pros and cons with selfish mind. We need to think of benefits for customers, as well as for the public benefit and the Universe.

Currently the media talks about national benefit many times. Similarly, if one nation is only thinking of its own country's benefit, this is not true national benefit. The true national benefit needs to benefit other countries

as well as our own country. If a nation seeks for only its own benefit, there will be conflict or war.

This is the same as our communication in daily life. Many people have similarly experienced this. If you tell something good to others but others do not agree with you. We can see many scenes like this when parents tell their children, "I am saying this for your benefit."

It is true that parents said something for their children. However, sometimes it is parent's hope not the children's hope. Many times parents are unaware that they force their hope on children. If this occurs there will be conflict between the parents and children.

Every human being recognizes things that are presented in a self-centered way. Therefore, we need to verify always if our own plus coincides with the universal plus.

If your plus is only for yourself, your state of mind becomes self-centered, and you will always have conflict with others. If you cannot get along with others well even if you try to be plus mind, please evaluate to see if your plus is also plus for the Universe. This is the pitfall of thinking plus sometimes.

Some may say, "We need ego to grow". If this ego means the mind which is good for both you and others' growth, this is not ego.

How will we be able to know if own plus corresponds to the Universal plus? The Ki breathing will have a great role.

By practicing Ki breathing, your mind becomes calm, and your mind does not cling to any specific thoughts. If you do this you will realize if your way of thinking is correct or what you should do.

I define this state of mind as "Living calmness (Ochitsuki in Japanese)", and call this mind "Reiseishin (mind which is directly connected to the mind of the Universe)".

During World War II, my life was saved many times by practicing Ki breathing. There was no time to practice Ki breathing sitting while on the battle field. Therefore, I practiced Ki breathing while marching. Usually, my mind got calm naturally, however, my mind did not get calm sometimes.

When my mind did not calm, I sent a soldier out on reconnaissance immediately. Then we found the enemy's ambush always. I had experience of a calm mind, and I could identify dangerous situations.

Since returning from the World War II battlefield, I have continued the practice of Ki breathing to this day. If my mind did not become calm even after I did Ki breathing, this was the sign of a dangerous or bad condition. Ki breathing saved my life so many times.

I have taught Ki principles to hundreds of business people at "Koichi Tohei's Ki Dojo (seminar)" sponsored by Japan Management Consultants Association.

Business people need to make important decisions everyday. If those people make decisions with a self-centered mind, the results will always be wrong. If you make decisions according to the Universe, you can make decisions correctly.

By doing Ki breathing and calming your mind, you can always keep your mind calm. Business people especially need to develop Reishin.

Mind Moves Body

Mind and body were originally one. We call this "Shin-shin ichinyo (oneness of mind and body).

The relationship between mind and body is compared to "when you stand in front of the mirror" and "reflection of your image in the mirror". In this example standing in front of the mirror is "mind" and the reflection of your

shape in a mirror is “body”.

No one says “I become two people” when one sees the reflection of one's shape in a mirror. Both mind and body are you. However, mind has no color, no shape and cannot be grasped by the five senses. On the other hand, body is visible and tangible. Human beings recognize mind and body as separate by difference of their nature.

Body reflects our mind.

When you smile standing in front of the mirror, the reflection of your face in the mirror also smiles. If you feel sad and stand in front of the mirror, the reflection of your face in a mirror also looks sad. There is an old saying that the reflection of your face in a mirror never smiles in advance. Mind moves body.

Here is a simple example. Raise your hand while thinking “I will never raise my hand”. Can you do it? You can raise your hand because you think “I can raise my hand”.

To the contrary, let's think “body moves mind”. Body is influenced by your surroundings all the time. If the body moves mind, mind is always disturbed by your surroundings and will never become calm. “Mind moves body”, therefore, we can have strong mind. Even if my body gets sick, mind will not necessarily become ill. Even if my body is exposed to adverse circumstances, my mind will not necessarily be affected by adverse circumstances.”

Body is visible. Mind is invisible. Therefore, many people only think about how to use body and they do not think about how to use their mind. There are big differences between using both your mind and body when doing things and when you do things without using mind but only using body. Each movement has quality when we use mind.

If I give you an example in our daily life, you will understand it more easily.

When you do something, you might have instances that you think “I do not want to do” in your mind but you physically do it anyway. This is a state of mind and body separation. In this state, you get tired easily and nothing good comes of it. On the other hand, when you do something which you want to do in your mind, you will feel almost no fatigue and you can work efficiently.

When you do not use your mind positively and use only your body, you are practicing the separation of mind and body. In the latter case, when using mind positively to the purpose and using body, this is the state of oneness of mind and body.

A common example of separation of mind and body occurs when you are walking up stairs. If you are preoccupied with other thoughts and walking up stairs, it is easy to miss a step and stumble.

Another example can occur when you leave your home and cannot remember locking the door to the house. By habit you may have locked the door, however when leaving the house if mind and body were not working together, you will not remember.

Have you ever had the experience where your eyes just see letters when you read a book, resulting in the need to reread the pages again to understand the content? This is another example of separation of mind and body.

As described above, oneness of mind and body and separation of mind and body can occur frequently in our daily life.

Today people are taught mind and body as separate items. Many people tend to think of mind and body as different in nature. People tend to think of the separation of mind and body as natural. If you try to put two things in one, it is difficult. Mind and body were originally one. Therefore, it is natural to use them together.

To use mind and body together, it is necessary to remember “mind moves

body". Before using your body, you should use your mind clearly first. By doing this, you can use your mind and body together.

In the first chapter, I explained the important ways of thinking to understand Ki breathing. In the next chapter, I will talk about natural posture (posture with oneness of mind and body) which is necessary to do Ki breathing.

Correct Posture is an Elixir of Health

Correct Posture Prevents Diseases and Other Problem Conditions

In daily life, anyone can have healthy life in mind and body if they can always maintain a correct posture. You might be surprised at hearing this. Or you might say that you cannot believe it. However, this is true. If you practice correct posture all the time, you will be able to prevent diseases and other problem conditions.

The length of a human being's blood vessels is 96,000 kilometer (about two and a half times around the earth). We have blood in our veins. Blood has a very crucial role. Blood flow carries Oxygen and nutrition throughout our whole body. At the same time, blood gathers body wastes and carbonic anhydride. Materials are exchanged between blood and body tissue through blood capillaries.

Bad posture constricts blood flow, therefore this becomes the cause of many diseases. As a result, your life power will decline, you will get discouraged and have no power to bear many hardships.

Bad posture leads to the disorder of the mind and body. If children practice poor posture, when they get old, they will have problems with curvature of the spine. In this condition, it is natural that they will easily get diseases and experience other health problems.

What most people believe to be correct posture is in fact wrong. There are two types of wrong posture.

One is posture which is losing Ki. Everyone can understand this as wrong posture. By practicing a hunched posture, internal organs are compressed. This constricts blood flow to the brain, you feel disoriented and your breathing becomes very shallow. If your breath becomes shallow, it is easy to disturb your mind, which causes some people to become upset easily.

Another wrong posture is to tense your body. You might learn this posture at school or at the office known as "Ki o tsuke." When you do this, you straighten your back, throw back your shoulders and straighten your arm and leg. This posture is believed to be correct posture. Actually, this is wrong.

If you make your body tense, you feel tense. If you become tense, it compresses your blood vessels and constricts your blood flow. Unnatural posture makes unnatural movement, and this becomes the cause for other health problems.

The correct posture is the posture which is the most comfortable, the most stable and which allows you to move anytime.

If the correct posture is a comfortable posture, you can maintain this posture all the time. When you practice this natural posture, it follows universal principles.

Anyone Can Check If Their Posture Is Natural or Not

We sit and stand frequently without thinking about it in our daily life. Therefore, not many people think deeply about their sitting posture and standing posture. However, let's think about the quality of your posture. You might have not heard the phrase "quality of the posture", but this is very important.

I have already written that children are taught correct posture as chest out and back straight at school and home. That is, posture that puts strain on the body.

If people are taught that this is correct posture, most people do not doubt this and believe that it is correct posture. But this is a big mistake. True correct posture is not the posture that puts strain on your body.

True correct posture is the most comfortable and stable posture, which is called natural posture.

The trouble is that people do not know how to check if it is natural posture or not. People who lived during the pre-industrial era, lived during a time that machines were at an early stage of development. Therefore, people learned the most natural way to use their body through heavy work.

In particular, it's felt that people called masters or experts had outstanding techniques and performed their duties with natural posture. It can be said that because they did their work with natural posture, they could create masterpieces.

However, nowadays, people devote most of their time to desk work and heavy work is done by machines. Children spend much time on computer games. As a result, people have less chance to use their body.

I think that this makes it difficult for people to master natural posture. However, there is a way that anyone can check if it is natural posture or not. I developed a "Ki test" to check natural posture. Let's do the following exercises.

You will need one person who receives Ki test (A) and another who gives Ki test (B) here.

First, A straightens her spine and stands straight and stiff. This is shown by photo No. 1. B touches around A's chest with her right hand, then B pushes straight toward A without interruption. And then, A's upper body loses its stability and she becomes off balance and moves.

Some people often say, "Because she was pushed, it is natural to move." However, this is not correct.

Let's say A's weight is 50kg. If A is a sack of hammers, can B move it when pushing lightly as B did A? Yes, it is impossible to move.

However, if it is a person with weight 50kg, the person is moved very easily. If A moves by B pushing lightly, this shows that A's posture is unstable. Just because someone is physically larger or stronger does not mean they are stable.

If one uses natural posture, there will be natural stability.

Also, it goes without saying that photo No.2 "hunched posture" will be moved easily.

Next I will explain what correct standing posture is.

First run in place. By doing this, you will find the most natural foot position and distance between your feet.

Next stand on your toes with your heels off the ground. If you stand on your toes you might wobble the first time, but if you practice this several times, you can do this naturally.

If you can get stability when you stand on your toes, then ease your heels down to the ground. At this time, please check if your posture is like photo No. 3 "correct posture". Body should be leaning slightly forward as shown in the photo No. 3.

Then do the Ki test as you did before; B touches around A's chest with her right hand, then B pushes straight toward A without interruption. A can understand that her posture is stable without doing anything more.

By standing on your toes and easing your heels down to the ground, we can get stable posture.

Let me explain. It is important to use your mind and ki for your correct posture.

In most of the cases, people stand with their weight on their heels. In other words, their mind reaches only to their heels.

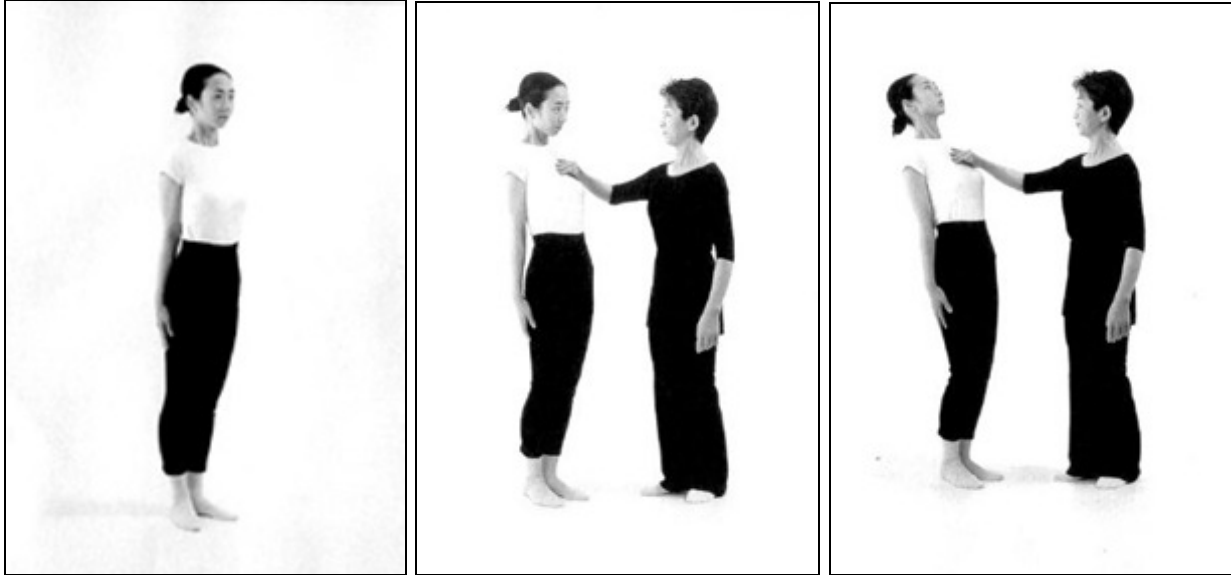
When we measure the length of your arms and hands, everybody measures the length from shoulder to fingertip. What about leg and foot? Usually, people measure the length of the leg and foot from hip joint to heel. However, the toe is also a part of the foot.

When we are practicing standing with correct posture, it is natural that our mind or Ki goes to the tip of the toe. However, if people stand with their weight on the heel, this means Ki goes only to their heels.

The people of the past wore Japanese sandals. Therefore, if their Ki did not go to their toe, the sandals would come off. Most modern people wear shoes. Therefore, if their Ki does not go to the toe, the shoes will not come off. Instead, shoes wear down at the heels much more and often unevenly.

Your body is yours, therefore, it is natural that your Ki goes to all over the body. This is natural posture. If your Ki goes to your toe, you can keep natural posture and natural stability.

Ki Test: Standing, Chest Out Posture

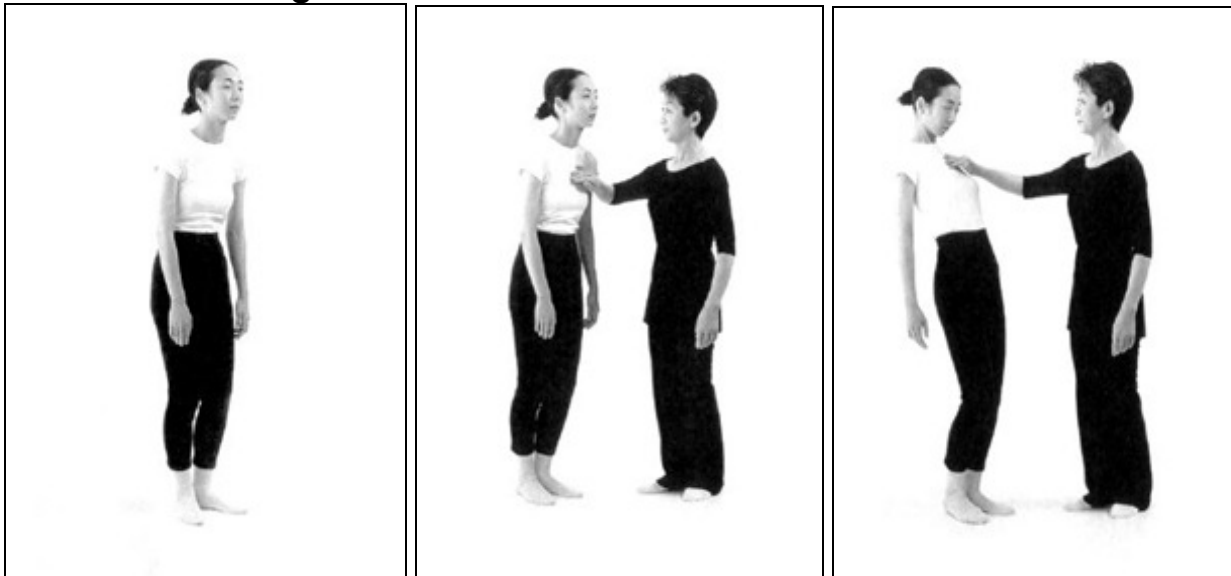


First photo: Stand straight and stiff

Second photo: Do Ki test...

Third photo: Easy to be moved

Ki Test: Standing, Hunched Posture



First photo: Loosing Ki and loss of energy

Second photo: Do Ki test...

Third photo: Easy to be moved

Ki Test: Standing, Correct Posture



First photo: Run in place and check the natural distance of the feet. Then stand on your toes and ease your heels down on the ground. This is the relaxed standing posture.

Second photo: Person who does Ki test stands diagonally in front and left of her partner and with her right hand, pushes gently on examinee's body between the left chest and shoulder.

Third photo: Examinee can keep her posture stable without trying to not move.

The Concept of Ki Testing

I will explain some important points with Ki Testing. It is not important if you move or not move. When you receive Ki test, you can resist "not to move" intentionally. However, if you think "do not move", you become tense and as a result, you loose natural stability. There is no value in trying to not move. The posture which is in harmony with the Universe or the

posture with oneness of mind and body has natural stability. If your posture is correct, your posture is naturally stable. You do not have to brace yourself. The posture with oneness of mind and body is not only stable but allows you to move at anytime. If your body is tense, you cannot move freely at any time. If you tense your muscles in your legs or lower abdomen, you cannot be stable and cannot move freely. The posture in harmony with the Universe is the posture with oneness of mind and body. In this posture natural stability is kept and you can move anytime quickly. Let's do Ki test while sitting (Seiza).

First, rise on your knees as shown in the photo. Many people have a habit of putting their chest out and becoming tense. Move your shoulders up and down. You must move only your shoulder. You will find that it is difficult to move your shoulders up and down when you are tense.

On the other hand, if you have a hunched posture, it is difficult to move your shoulders up and down. The position that allows you to move your shoulders up and down the easiest is the natural position of the shoulder.

Next, sit down calmly. When you sit down, please do not push down on your lower body. When you sit, cross your big toes, one over the other. It does not matter which toe is above.

Check to be sure that you move your shoulders up and down several times. Put your hand on your lap lightly. Do not push down. When you receive Ki test, you will find that you are stable naturally without trying to not move. This is Seiza (sitting) posture with oneness of mind and body.

How to Sit Seiza Correctly



First photo: Rise on your knees. Move your shoulders up and down several times to find a posture where you can do it easily. You should be sitting with your feet up.

Second photo: Sit seiza lightly. Check to be sure that you move your shoulders up and down several times. Put your hand on your lap lightly. Do not push down. Your toes cross, one on top of the other lightly.

Third photo: When you receive Ki test, you will find that you are stable naturally, without thinking to not move.

Seen From the Back



Second photo: Your right first toe overlaps with left first toe lightly. It does not matter which toe is above or below.

Third photo: You will sit down calmly. Then, move your shoulders up and down several times. Put your hand on your lap lightly.

Seen From the Side



Shisei (in Japanese) Has Two Meanings

There are things that you have learned that are forgotten in our daily lives. Shisei (in Japanese) is one of them.

The Japanese word “Shisei” has two meanings since old days. One is posture which refers to the body, the other is attitude which refers to your mind. When we say “your attitude in doing things”, this means state of mind. When we say “Shisei wo tadasu” in Japanese, this has two meanings. One meaning is to adjust the posture; another is improving one's attitude. When we hear these words, we tend to think only about our physical state and forget about state of mind.

“Mind moves body”. Therefore, our state of mind reflects in our state of body completely. If you practice correct posture, your state of mind is also

correct. If your posture is stable, your mind is also stable. If you have sloppy posture, your state of mind will also be sloppy.

For this reason, it is very important to master correct posture to educate children when they are younger as to what is correct posture.

Originally, Shisei in Kanji is written as 姿勢. 姿 means posture, and 勢 means momentum. The state of oneness of mind and body reflects the posture and makes the person look bigger. When a master acts on the stage, the master looks bigger. This is a reflection of mind which extends Ki.

Let's practice to see how body is affected by the state of your mind through a Ki test.

First, please check your standing posture to make sure it is correct. Next practice the Ki test as I described earlier. Without changing your posture, focus your mind on the top of your head. Then perform the Ki test. You will find that even if you do not change your posture, you will not be stable.

If you concentrate on the top of your head, your posture becomes unstable. When we get angry, we say "your anger rises", and when we get nervous, we say "to choke up". What comes up?

It is Ki. Ki rises to the head causing your blood pressure to rise which may cause many health problems. Sometimes we say "to blow your top".

Next, without changing your posture, concentrate on your lower abdomen in a place where you cannot put strength. This place is called "one point in the lower abdomen".

Calm your mind at this one point. If you receive the same Ki test, you will find that your posture is stable.

If you calm your mind in your lower abdomen, you will not get angry easily. To concentrate on your lower abdomen does not mean put strength

in the lower abdomen. Many people tend to misunderstand this, so we need to be careful.

Starting with “Keep one point”, I created “Four major principles to unify mind and body” to keep oneness of mind and body. I will explain it in the next chapter.

If you have trouble in controlling your emotions, check your posture to make sure it is correct and calm your mind in your lower abdomen. In this way, you will be able to control your emotions.

How to Carry Heavy Baggage Easily

Once you understand correct posture, it is important to practice this in your daily life.

Your bad posture has been created by what you have practiced until now. For many, bad posture has already become a habit. To change your habit, the easiest way is to practice it in your daily life. Here is an example.

I am sure that you have carried heavy baggage in your daily life. There is a correct way and a wrong way to carry bags. Let's try the wrong example first.

In photo 1, she raises her left shoulder intentionally in order to carry a bag. And her right arm hangs loosely because her bag is heavy. In addition, her chest is out, and her upper body is leaning back. Therefore, she carries the weight of the bags unnaturally.

If you hold bags like this, your bags will feel very heavy. In addition your posture would be unnatural, which may cause injury to your back.

Next, let's stand with a correct posture. Please make sure to check your posture by Ki test.

Then, carry the bags. You can carry the bags easily and it will feel light in weight. (photo 2). Natural posture is stable and looks relaxed and natural.

Please practice this correct posture when you go shopping, cleaning your room, or when performing activities in your daily life.



Photo 1: Her chest is out, and her upper body is leaning back. She raises her left shoulder intentionally in order to carry a bag. This is very unnatural posture.



Photo 2: Carry a bag with correct posture

Keeping a correct posture is the foundation for good health. Let's look at another example.

When people use computers or are watching TV, most people put their face forward a little. Let's try this posture for one minute.

You will realize that your neck and shoulder become fatigued. By putting your face forward just a little, the weight of your head presses on your shoulder and your shoulder becomes tense.

I preside over the Ki Society which is recognized by the Health, Labor and Welfare Ministry in Japan. There are many visitors to the Ki Society that have problems with stiff shoulder and request assistance and counseling. By teaching self Kiatsu (healing with Ki) and correct posture, their stiff shoulder will improve and they will not have stiff shoulders recur again.

There are many disorders because of bad posture such as backache, knee ache, etc. By practicing correct posture, most of those disorders will disappear.

By learning correct posture with oneness of mind and body, you can perform daily movements very easily.

If you nurse someone in a hospital or at home, this can be mentally and physically very hard on you. Many people who care for seniors or patients have backache and fatigue, therefore, they struggle with their own mental care.

I hope they study this correct posture.

We have a seminar called "Ki for nursing people". What I teach in this seminar will help care givers by correcting their posture, thus making things much easier for them.

Once your fatigue is gone, you can relax your mind. This will enable you to take care of your own mental health.

Anyone can practice correct posture.

Oneness of Mind and Body with the Universe

Four Major Principles to Unify Mind and Body

In this chapter, I will talk about “oneness of mind and body” (shin-shin Toitsu in Japanese).

Mind and body are different in nature. Mind and body are also originally one. Therefore, it is natural to use them together. It can be difficult to combine two things that are different in nature.

As I have described in former chapters, most of the people use their mind and body separately. Therefore, it is necessary to always practice using mind and body together.

I want to discuss not about the training but about being one with the Universe.

When we do something which does not follow Universal principles, we will expect trouble or disorder with our lives or our surroundings. Mind and body are one. Therefore, it is necessary to use them practicing Universal principles.

Oneness of mind and body means to practice your state of mind according to the Universal principles and live with Universal principles.

I established “Four major principles to unify mind and body” as the way to practice oneness with mind and body for anyone.

The four major principles are a practical way to practice oneness with the Universe. Practicing the four major principles is not the purpose of our training but rather a way for all of us to practice oneness with the Universe.

Four major principles to unify mind and body

1. Keep one point
2. Relax completely
3. Keep weight underside
4. Extend Ki

These four major principles are likened to four different routes to climb to the top of the mountain. In the same way that we can climb to the top of the mountain from any of those four routes, by performing one of these four principles, anyone can experience oneness of mind and body. You do not have to do two or three at once, only one at a time.

Let's me explain each principle.

Concentrate Your Mind at the One Point in the Lower Abdomen

Everybody knows it is important to calm ones own mind. Well, where should we calm our own mind?

This place is “one point in the lower abdomen” which I will describe.

People of the Orient, from ancient times, have placed emphasis on the importance of the lower abdomen (Seika-tanden in Japanese) as the birth place of true human strength.

They have also tended to practice a mistaken belief that simply concentrating physical strength in the lower abdomen would produce a powerful lower abdomen.

It is true that the lower abdomen is important, however, the lower abdomen is not the place to put physical strength. It is the place to calm your mind.

If you merely tense your lower abdomen, a chain reaction will cause you to tense your chest, too. And if you continue this for a long time, you will develop pains in your stomach and you will experience an elevated blood pressure.

You should not forget that mind moves body.

As the lower abdomen involves the concept of area, it is natural that if we concentrate in this area, we will become tense.

For this reason, I have selected one point in the lower abdomen where we cannot put strength and is an infinitely small one point. I call it the "one point in the lower abdomen" (seika-no-itten in Japanese).

All of the beginners misunderstand the one point in the lower abdomen to be located in a place too high in the lower abdomen. The one point is much lower than you think, about the height of your pubic bone.

This is about several inches below the navel.

By calming your mind in the one point, you can develop a powerful lower abdomen without becoming tense. We call this process "oneness of mind", or "concentrated mind". By calming our minds in the one point in the lower abdomen, we can develop a powerful lower abdomen. And we will have balance.

Meaning of the One Point in the Lower Abdomen

Let us think more deeply about the one point in the lower abdomen.

The Universe is a limitless circle or sphere with a limitless radius. Thus I can say that I am the center of the Universe. Even if I take a step to the left, you cannot say that the Universe to my left side has become a step shorter. The Universe is still limitless.

But if I say I alone am the center of the Universe, it will be a mistake.

Everyone is the center of the Universe.

A limited circle has only one center but a limitless circle has as many centers as you want.

The Buddha taught this when he said, "Tenjo tenga yuiga dokuson" which means, "I am my own Lord throughout heaven and earth. I am no man's man, but my own".

The Buddha also said, "Banbutsu ni busho ari," which means, "All things in the Universe have potential Buddhahood".

But in later ages the priests wrongly interpreted this to say, "Only Buddha is holy."

The Universe condensed becomes an individual. And further condensed, it becomes the one point in the lower abdomen.

The one point is not really a tangible point, but the point in which you infinitely condense by half and half and half in your mind. When it reaches the verge of being too small to be visualized, keep concentrating it in your mind and let it continue.

This movement of infinite condensing results in calmness. This is the exact meaning of the one point in the lower abdomen.

When the one point is too small to feel, and you stop concentrating, it becomes dead calmness instead of living calmness.

Living calmness is the stable state containing infinite movements, and dead calmness is power without movement.

They look alike but fundamentally are different.

Nothing stops in this world. Mind is the same.

Dead calmness does not follow the principles of the Universe.

A Magic Pot

There is an old story about a magic pot.

One merchant came to sell an old pot. People complained because the pot was very expensive. The merchant said, "No, it is not expensive at all. It is a magic pot."

"What kind of magic can it perform?" people asked. The merchant said, "Put anything you like in the pot."

They threw whatever they had around into the pot and it all vanished. It was truly a magic pot. Such pots must be very useful.

We all have such a magic pot in the one point in the lower abdomen. This is an infinitely small point which can engulf anything.

For example, if someone spreads false rumors about you, you could lose your temper when you tell this to your brain. By throwing it away into your one point, you need not become upset. To repress it would only result in this anger coming out later. This is not good for your health either.

Just throw away everything in your one point and always smile.

If you live this way, even though lightning strikes beside you, you will not be shaken up by the sound and the flash of light. They will be instantly absorbed into the one point and disappear. If you do this, you can enjoy tea even when you have lightning strike near you. You do not have to be shaken up by it.

As one tries to keep his one point in daily life, one should be able to maintain a perpetually relaxed state of mind and body. One will develop a mind which is immovable even when the world around collapses, and a mind which is as vast as the ocean which can engulf everything and remain unpolluted.

People in the world usually believe that relaxation means loss of power. That is why they cannot relax in an emergency. They tense their body instead.

You will realize the importance of relaxation in an emergency for the first time when you realize that relaxation is the most natural and stable state.

Most of modern diseases are caused by nervous problems. Stress, irritations, anger and depression make the fine veins contract and disturb the manifestation of the living power causing various diseases.

Always Keep One Point in the Lower Abdomen

Some people may wonder, "If we think one point in the lower abdomen always, we cannot do anything". I will answer this question.

It seems reasonable at first glance. However, always keeping one point in the lower abdomen does not mean always thinking the one point.

The one point in the lower abdomen is not a visible point but the point which is infinitely condensed. Even if your one point becomes too small to feel, when you concentrate, just continue.

Once you calm your mind in your lower abdomen, you can keep one point without thinking about it as long as you practice a natural posture.

Calm your mind in your one point in the lower abdomen. Your mind and body will become one with the universe naturally. It is important to check if you calm your mind in your one point in the lower abdomen before doing anything. Let's practice keeping one point in our daily movements when we are standing, sitting and walking.

I emphasize this because it is important: keep one point does not mean to be continuously thinking consciously of your lower abdomen. If you are constantly focusing on your lower abdomen, you will not be able to perform daily tasks correctly.

When we keep one point, we feel relaxed. Once you understand this feeling, you can apply this feeling to your daily activities.

This means to perform in the most natural state.

Sometimes our mind may be disturbed. If you feel that your mind is disturbed, you can practice "Keep one point" once again.

When you get angry or excited, you lose your one point in the lower abdomen. When you get tired or stiff shoulder, you lose your one point in many cases. In these cases, you can correct yourself and keep one point once again.

At first, we may tend to lose our one point and forget it easily. However, by practicing keep one point again and again, you can keep one point for longer periods of time. When you lose your one point, you will realize it instantly.

When you face important tasks, you need not be upset if you lose the one point.

Relaxation is the Most Powerful State

Just as a bow kept strung loses its usefulness, so humans cannot maintain continual tension. It is very important to relax in your life.

However, Children before an entrance exam often find themselves unable to answer questions that they could answer under normal circumstance. Athletes before big games sometimes tighten up and do poorly.

Why do people feel that it is impossible to relax when something important is happening?

First of all, this notion arises from the illusion that when one is relaxed, he is weak. The fact is that if you relax properly, you are very strong, as you will see from the examples we shall mention later. We relax at important and trying times because relaxation makes us strong.

Some people do not know how to relax and feel that they are unable to do so.

To relax means to be at ease and leave things in their natural condition. We can relax if we can make things settle down in their proper places.

The proper place for the weight of the upper body to settle is the one point in the lower abdomen. First find the place, where the weight of the upper body naturally settles. Set it there, and relax the upper body. The weight of all the other parts of the body will settle down at their proper places for a state of over-all relaxation.

If a man does not know the house to which he must return, even if you tell him to go home, he cannot. If you do not know the place in which to settle your strength, even if we tell you to relax, you cannot.

When you are trying to relax, and you do not know where to settle your strength, your strength remains in some part of your body. If you try to relax the shoulders, the belly is tense. If you try to relax your belly, your leg

becomes tense. In this way some part of your body is always tense and you cannot relax completely.

Mind moves body. Therefore, the root of being tense is in the state of your mind.

Keep one point is the same as relax completely.

Living Calmness is Our Original and Natural State

The weight of every object naturally settles at its lowest point. Since the body of a man is also an object, if he relaxes completely, the weight of every part should naturally be settled at the lowest point.

Living calmness is a state where the weight of an object naturally settles underside. So, if a man relaxes completely, he can always remain calm. This is the third of the Four Basic Principles.

If you relax keeping the weight of your body at its lowest part, naturally your mind calms down.

The brain is always working while you are alive, you cannot eliminate the waves of the mind. It is impossible not to think anything. The waves of the brain can be calmed down by concentrating half infinitely.

The Human body is also an object. Therefore, if humans relax completely, it is natural to be calm.

You cannot always calm your mind when you choose to be calm. It is difficult to calm your mind without realizing what I explained earlier about weight underside.

Even if you pray to God, "Please make my mind calm", you cannot be calm until the weight of an object naturally settles underside.

As I have already explained in a former chapter concerning correct posture, when you practice correct posture in standing, you stand on your toes with

your heels off the ground and ease your heels down to the ground. When you practice correct posture when sitting, you rise on your knees then sit down lightly. If you relax your shoulder and arm, the weight of upper body settles to the one point in the lower abdomen naturally.

This condition is to relax completely and also the condition of keeping weight underside. In this state, have someone test you by lifting your foot or arm so that you can understand the correct feeling. If your posture is very stable, this is living calmness.

If you practice this in your daily life, your body will learn living calmness without thinking about it constantly.

Later, if you just say, "One point", you can be calm anytime.

Extend Ki

I have explained how to unify mind and body. Keep one point, relax completely, and keep weight underside. They are all the same. If you understand this, the last principle is "Extend Ki".

Our lives are a part of the Ki of the Universe. As I explained before, when we say "This is my water" by holding a small amount of sea water in our hands, we surround a part of the Ki of the Universe with our body and say, "This is I".

When the Ki in our body interchanges with the Ki of the Universe, we are alive. When we extend Ki, a new supply of Ki flows into our body and the interchange is improved. It is our natural state that Ki is extending as long as we are alive.

Then, how to extend Ki?

The state of extending Ki is that your Ki interchanges with the Ki of the Universe. To do this, it is important to use your mind positively. Do not draw the Ki of others to you but rather send Ki to others. Before thinking of

what others can do for you, think what you can do for others.
Ki flows into you by extending Ki.

Since this is a very simple principle, most people understand it conceptually but, they do not practice it. To extend Ki, first, you must think “Ki is extending”. Then you can perform everything with this feeling.

Also, as I mentioned before, if you keep one point in the lower abdomen, your Ki naturally extends. To the contrary, if you loose your one point in the lower abdomen, you loose your ability to extend Ki.

Interchange of Ki between you and the Universe will be prevented by putting tension in your body. By realizing that you are also part of the Universe, you can relax correctly. The cause of tension in your body is to forget the Universe and thinking only of yourself.

The Four Basic Principles cannot be separated. If one of them is satisfied, all the other three are naturally attained. They are all one in the same.

You can practice this from now. Even if you are very busy, you can do this in your daily life. I especially hope that those of you who are very busy and active practice the four basic principles.

Ki Breathing Is an Elixir of Life

Whole Body Breathing with Internal Respiration

I have explained correct posture and oneness of mind and body in order to do Ki breathing.

“Extend Ki” means to maintain our mind plus. However, when we are sick or have something on our mind, it is difficult to have a plus mind, even if we try to.

Mind moves body. However, sometimes mind is affected by body. If you practice Ki Principles well, even in bad health, you will be able to keep a plus mind. Most people become minus when their body becomes sick.

There is an elixir that will help you maintain a plus and healthy mind and body. That elixir is Ki breathing.

Humans can manage to live for a time without eating, but if breathing stops for even five minutes, you cannot survive.

Though we breathe unconsciously, whether our breathing is correct or not has a profound effect both on the spirit and on the welfare of our body.

A healthy person breathes in long strong breaths; a sickly person breathes in short weak ones.

A spiritually stable person breathes quietly and evenly, whereas a nervous person breathes at random and with short breaths. We can always promote spiritual stability and preserve health by controlling our breathing. Let's think of the meaning and role of breathing.

Humans eat food and burn it to transform it into energy. Oxygen is needed in this process, therefore, we breathe in oxygen from the atmosphere. As by products of this process, waste matters like carbon dioxide are produced. These waste matters must be eliminated immediately. We need this process to maintain our lives.

There are two types of Breathing. External breathing or breathing with lungs describes the process where air from the external environment is inhaled into the lungs, and the carbon dioxide gas in the lungs is exhaled. Internal breathing describes the process where oxygen is taken from the lungs by capillary vessels converting the air cells of the lungs into the larger blood vessels, and into the capillary vessels supplying the cells of the body with oxygen. Conversely, carbon dioxide produced in the cells is absorbed by capillary vessels which flow into larger blood vessels then into the capillary vessels of the lungs where it is exhaled.

Many breathing methods are taught by many people. Most of those breathing methods are preoccupied with only external breathing.

It is said that the content of air in the lungs is about 3,000cc- 4,000cc. We can exchange one fifth of the air in our lungs by one normal breath. This means that we always retain dirty, old air in our lungs.

It is natural to do deep breathing and exchange air in our lungs. To exchange air in the lungs, we do not need any breathing methods or technique.

When we air out a room with filthy air, we just open two windows and wait about 5 minutes. In the same way, if we do deep breathing five or six times, we can air out our lungs naturally.

Not only external breathing but internal breathing is important. If oxygen goes only to the lungs and out, you do not get many benefits. When oxygen is carried to your whole body through your blood stream, you can benefit by sending fresh oxygen throughout your body.

Ki breathing does external and internal breathing at the same time. This is called "Whole body breathing".

Some people teach to inhale and exhale for a specific time. In some cases, the number of breaths is predetermined. However, it is not so important to inhale and exhale on a set time frame or for predetermined breaths.

The more you do Ki breathing, the more you will become vigorous.

Breathing with Oneness of Mind and Body

Let's talk about how to do Ki breathing.

The most important thing is to practice oneness of mind and body. The correct posture is a natural posture when you do Ki breathing. Natural posture means our mind and body are one with the Universe. It is a more comfortable and stable posture.

The problem arises when you have difficulty understanding what oneness of mind and body is. I have taught you in previous chapters how to do this. Anyone can check the state of oneness of mind and body through Ki test.

Before starting Ki breathing, let's do a simple exercise.

First, please tense your body from the top of your head to the tiptoe. Furrow your brow, stare hard, clamp your teeth shut, tense your shoulder and chest, tense your arm, put strength in your lower abdomen, and tense your legs. How is your breathing at this moment?

Many of you might hold your breath without being aware. If you do Ki test at this moment, you will know that if you tense your body, your posture is unstable.

Let's do another exercise.

This time, let's try dead relaxation. Drop your shoulders like when you are disappointed and let your back bend. How is your breathing at this moment?

Yes, it is difficult to breathe because internal organs are pressed. Therefore, you can feel your breath becomes shallow. When you do a Ki test, you will understand that dead relaxation is an unstable posture.

Many people know that relaxation is important to their health. Not many people know that there is a difference between correct relaxation and dead relaxation.

When you do Ki breathing, it is important to do Ki breathing with oneness of mind and body rather than just physically.

Check Posture with Oneness of Mind and Body

Let's check your sitting posture. It is better if you have a partner to perform Ki testing on you. You need to practice Ki tests because it is difficult to realize your own tension by yourself. You may not have a partner to check.

In this case, please test yourself.

To correct your posture, first, move your shoulders up and down. Find the position that allows you to move your shoulders up and down the easiest. It is the natural position of the shoulder.

Your upper body should also be relaxed. Do not move your shoulders in a circle but move your shoulders up and down.

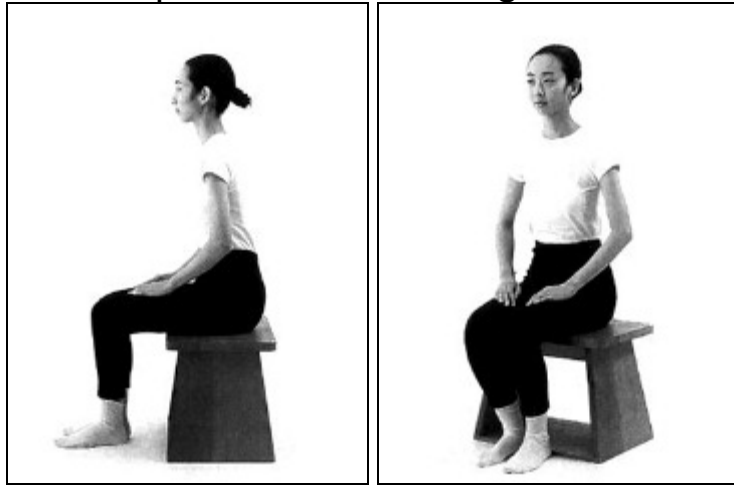
Put your hands on your lap lightly.

Then, check your posture by practicing the Ki test.

Is your posture comfortable and stable? Do you have any tension in your body? Do you feel your body to be light, stable and calm?

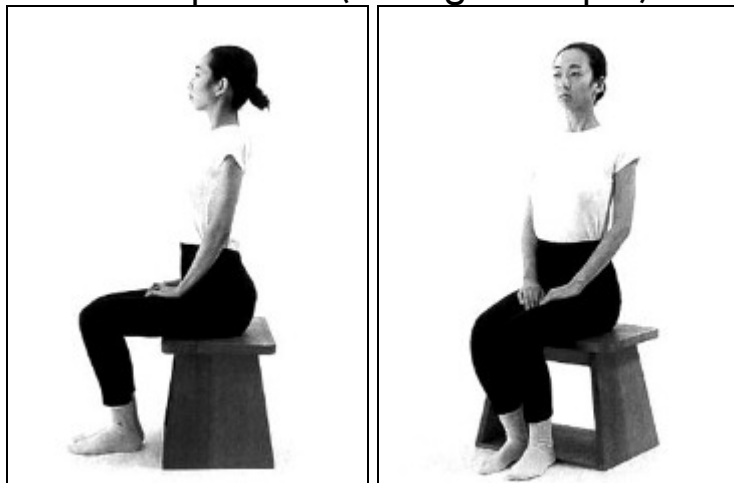
If you can practice correct posture, you will most likely perform breathing exercise correctly.

Correct posture while sitting on a chair



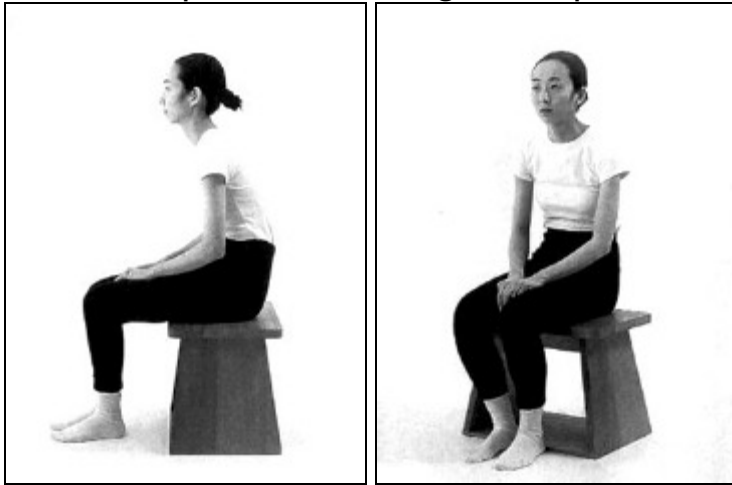
First, move your shoulders up and down. Find the position that allows you to move your shoulders up and down the easiest. Put your hands on your lap lightly. You feel your body to be right and stable.

Chest out posture (wrong example)



She has tension in her chest, back and hands.

Hunched posture (wrong example)



This is dead relaxation and hunched posture. Limp posture.

Exhale Calmly

Next, let's practice how to exhale.

This is called "Koki" in Japanese. This means exhale carbon dioxide. Beginners exhale only six or seven seconds because they are conscious of their chest and lungs. They tense their body unintentionally.

When you get off the bus, the bus driver says, "Please get off the bus from people near the exit first." When you get into a bus, the bus driver says, "Please be seated from the back of the bus."

Breathing is similar to this. When you exhale, if you imagine that your breath in the head goes first, then chest, back, leg, tiptoe in order, it is easy for you to exhale.

However, you should not think of this except when you are beginning. Once you understand that breathing is not just your chest or lungs but the whole body breathing, you can exhale comfortably.

Open your mouth naturally in a position that you can say "a". Exhale so that you can visualize your breath going straight forward making the

sound “Ha”. The sound should not be loud but very calm and relaxed. It is important to exhale naturally.

You should not be thinking about how long your exhale or inhale is. If you think about these things your body will become tense.

Some people become obsessed with the idea that they should exhale and inhale strongly. When people try to exhale, they tense their body. When you do Ki breathing, please exhale calmly and practice natural breathing.

If you exhale with dead relaxation, the exhale will be very weak. It is important to do Ki breathing with oneness of mind and body. If you repeat exhaling several times, you will be able to exhale 15 or 20 seconds comfortably.

First, please practice until you can exhale comfortably before working on inhaling. If you extend Ki, new Ki comes into you. In the same way, if you exhale completely, new air comes into your lungs naturally.

Exhale Naturally

If you can exhale comfortably, let's go on to the next step.

As you exhale, the amount of air in your lungs decreases, and many people stop their exhale intentionally. This is wrong. We naturally breathe when we are alive.

If you hold your breath, your body becomes tense. If your body is tense, blood vessels contract creating poor blood circulation. If you exhale and let it continue, your breath becomes infinitely calm, leave your mouth open. When you think your exhale is naturally at an end, move your upper body slightly forward and let out one last breath. You should not hold your breath intentionally, but it is important to have your breath stop naturally.

Count, “one, two, three” as you end your breath. Your body should remain slightly forward as you close your mouth. Then begin your inhale naturally, thinking “from the tip of your nose.”

If you can do this, let's go on to the next step.

Exhale



Exhale straight forward with sound of "HA" and calmly as much as possible.



When you think your exhale is naturally at an end, move your upper body slightly forward and let out one last breath naturally.

Breathe in Naturally

Let's practice inhaling next.

This is called "kyuki". This means to bring the Ki of the Universe into our bodies.

Keeping your upper body slightly forward, start to breathe in calmly from the tip of the nose similar to how you would smell flowers.

At this time, do not think about the length of your inhale or exhale. Some people have difficulty in breathing because they inhale quickly. In this case, imagine that your breath fills up your body first to your toes, then leg, hip, chest, and finally head. Your mind concentrates on other parts of your body so your chest and lungs will not become tense.

When people load on to a bus, people need to begin filling from the back of the bus first. If people stop at the entrance, no more people can get on the bus.

Many people put strength in their upper body when they breathe in directly into their chest. If you think about lungs and chest, you may become tense and in just a few seconds have difficulty in breathing naturally.

Breathe in calmly and just let your breath go. The breath becomes infinitely calm. When your breath becomes calm enough then return to your original position. At that time, you will feel air completely filling your body up to your head.

At this time, count "one, two, three". When your breath becomes calm, open your mouth and start to exhale.

It is easy to become tense when breathing in. First, practice exhale well and understand how to exhale naturally while relaxed, then you will be able to breathe in comfortably.

Our brain uses about 20% of the oxygen in our body. When practicing Ki breathing, our Ki extends from the tip of our toes to the top of our head. Therefore, the more you do Ki breathing, the more your brain will become active. If you practice Ki breathing for fifteen minutes daily, it will improve your health.

Inhale



Keeping your upper body slightly forward, start to breathe in calmly from the tip of the nose.



The breath becomes infinitely calm. When your breath becomes calm enough then return to the original position.

Exhale Naturally, Inhale Naturally

Now, let's repeat exhale and inhale. For people who study Ki breathing, please clearly understand the meaning of "Exhale naturally, breathe in naturally".

Even if you can exhale and inhale comfortably, if you repeat them again and again, you may forget to coordinate mind and body and become one with the universe. If you exhale with oneness of mind and body, your inhale will come in naturally. This will leave you with the feeling that you are one with the universe.

Many people misunderstand that and hold their breath intentionally between the exhale and inhale when practicing Ki Breathing.

If you stop your breath by yourself, your body will tense. If you tense your body, it is difficult to breathe and you cannot continue it for a long time. If you control exhalation and hold your breath, air will not come in to you naturally. This is one of the reasons why many people feel "inhaling is more difficult than exhalation."

You should not stop or pull Ki. Ki breathing means to exchange Ki with the Universe. By extending Ki, you can get Ki naturally.

If you have trouble breathing, there is probably something incorrect with your breathing. In this case, you should not bear it. You should review your posture with oneness of mind and body. Then, return to the starting point.

In addition to that, please check if you really exhale and inhale naturally using Ki tests. If you exhale and breathe in unnaturally, you will feel tension in your body. If you are tested, you will know your posture is unstable.

Like your regular breathing, if you do not think about doing Ki breathing, this is the best. If you are tested at that moment, your posture will be stable.

When you practice Ki breathing, please do not forget “exhale naturally, inhale naturally.”

When our body becomes tense, it is difficult to realize it. However, if we are tested, we will be able to know whether we are relaxed or tense. Gradually, you will be able to realize which part of your body is tense without being tested. When you think that you cannot do Ki breathing correctly, even when you try to relax completely, you may not be truly relaxed or your body may become tense unconsciously. Therefore, Ki testing is very important.

“Mind moves body” Therefore, body will never become tense if mind is relaxed. If your body becomes tense during Ki breathing, your mind is doing something unnatural. An example is if you try to control your breath intentionally.

It is important to understand that when your mind is calm and relaxed, that this will give your body more energy.

There is a saying “Musoku no Kokyu (literally, breathing without breath)” when samurais fought with real swords. Breathing without breath does not mean an absence of breath.

In days of old, when Samurai fought, if their opponent could read his breath, the opponent could also read his movement. Therefore, by calming the mind, Samurais had to master very calm breathing without visibly breathing. This is breathing without breath.

Ki breathing is similar to this breathing. When I practice Ki Breathing, I exhale 50 to 60 seconds. It is not good for your health if you force your breath to be longer. Please understand well that if you relax completely, your breath becomes longer naturally. The purpose of Ki breathing is not to train lung capacity, but practice to relax.

“Nagaiki (longevity)” means to breathe long in Japanese. It is natural that you will have a significant difference on your mental and physical health by doing Ki breathing.

A Ki Breathing Program

If you can do Ki breathing correctly, practice it everyday. Let's start Ki breathing fifteen minutes a day. By doing Ki breathing fifteen minutes, 70% of carbon dioxide in your body is removed and your body is filled with oxygen. Please look at your hand at this moment. Your skin will have changed and become healthier.

Continue this for at least two weeks. When you master deep breathing by doing Ki breathing, your daily breathing will also become deeper. Usually, a human breathes fifteen to twenty times in a minute. It will change when you will breathe four to five times a minute.

Besides doing Ki breathing sitting on a chair, you can do Ki breathing while sitting seiza, standing, or laying on the bed. Please make sure to check if your posture is correct and that you are coordinating mind and body.

Please do not do Ki breathing just after eating and during bathing because your blood circulation changes during these times. Otherwise, you can do Ki breathing anytime, anywhere and as much as you want.

You do not feel healthier immediately because you do Ki breathing today. If you do it everyday, you will become healthy in the process. This is Ki breathing.

There is no rule on Ki breathing as to when in the day is better than other times. You can do Ki breathing anytime, anywhere and while sitting, standing or lying down. Please practice it in your daily life.

Use your time effectively and do Ki breathing when you are on the train, walking to shop, watching TV, or etc.

You can find time to do Ki breathing.

You need a strong will to accomplish any task. Even if you have learned an important thing, it is useless if you do not practice it. People who have weak wills may learn many good things, but they cannot continue their practice.

There are many people who succeed in their life by practicing keeping one point and using plus Ki. On the other hand, many people do not continue their practice for long.

You now know how to do Ki Breathing correctly. However, if you want to master correct Ki Breathing, you need to practice daily. When you start this process, please change your mind to plus and practice it with a strong will.

Increasing Living Power

If you do Ki breathing, your living power will be activated and your mind and body will become plus. Ki breathing is not only an exercise to exchange our breath it is also an important way to practice Ki.

“Breathe out so that your breath travels infinitely to the end of the Universe, breathe in so that your breath reaches your one point and continues infinitely there. “

You breathe out and send your breath to the end of the Universe. Do not think your breath ends just in front of you. When you practice Ki breathing correctly, you will be able to send fresh Ki to your whole body.

When you breathe in, you breathe in the Ki of the Universe until it reaches your one point in the lower abdomen.

You will not notice any feeling of breathing as you exchange Ki with the Universe. At this moment, your body is filled with fresh Ki.

When you do Ki breathing, “you will feel that you are the Universe and

that the Universe is you. It will lead you to the supreme ecstasy of being one with the Universe.”

I usually do “Toitsu kinen no gyo” from December 31st, 11:30pm to January 1st, 0:30am and do Ki breathing to start the new year. Many things will happen either good or bad within a year. However, it is useless to look back and ponder the past. Breathe out good and bad things from the past, and then fill yourself with fresh Ki and start the New Year with a plus mind.

By doing Ki breathing, our mind becomes clear naturally. About 12:00am, we forget ourselves and just practice Ki Breathing. When we finish the exercise at 12:30am, everyone has a bright and happy face. Everyone is thinking “Let’s do everything while extending Ki.”

New Year’s Day is important. At the beginning of the year, extend Ki and you can enjoy a good year.

How to Do Ki Breathing While Lying in Bed

For a sick person, it is okay to do Ki breathing while lying in bed. When people lie down when sick, they have nothing to do besides think of things in a minus way and worry. This makes their life power weak.

It is good to do Ki breathing while lying in bed. By doing Ki breathing to activate your life force, they will recover sooner.

I will now teach you how to do Ki breathing while lying in bed.

Lie flat on your back with your legs and arms naturally out straight. It is okay to think keep one point, however, it is easier to think “weight is underside” which is the 3rd principle of the Four major principles.

Because you are lying down, do not move your upper body. Practice Ki Breathing similarly as you would in any other position.

People who have heart disease or serious diseases have difficulty taking

long breaths. In this case, it is okay to practice breathing calmly. It is important not to force yourself but to breathe calmly in a way that you are comfortable.

By doing this, your breath becomes calm and will become longer. You can resume practicing Ki breathing in your normal position once you have recovered.

Medical science has a tendency to only recognize what they can see using x-rays or tests to confirm what is observable. Doctors tend to forget the invisible life force Ki and only judge the body.

Medicine cannot create the life force. Medicine may help to maintain the life force. It is many times helpful to use the appropriate medicine. However, if the medicine makes your life force weaker, it is useless.

Before relying only on medicine, it is important to do Ki Breathing and build up your own living power. Medicine alone cannot cure you.

Relieve Your Fatigue of the Day

If you practice Ki breathing for 10 minutes, you will have 10 minutes of benefit. If you practice Ki breathing for one hour, you will have one hour of benefit.

You can practice Ki breathing anywhere or anytime. Therefore, I would like to ask you to use time wisely, and practice Ki breathing frequently.

When practicing Ki breathing while walking, do not move your upper body or lean forward and backward because if you do this, you will not be able to walk. Calm your mind by concentrating on the one point in the lower abdomen, and keep a correct posture, and exhale as calmly as possible.

After exhaling, count off 4 steps, and then inhale. After inhaling completely, count off 4 steps, then exhale again.

If you inhale immediately after exhaling and vice versa, your body will become stiff and tense. It is important to pause a short time between exhalation and inhalation.

I was ordered to report to the army in February 1944, and was then dispatched to the war front in China. When I departed from Japan, I decided that I would do 200 breaths of the breathing method each and everyday. Up till then I had been training Ki breathing method one hour every night.

I had time to do Ki breathing 200 times in sitting while traveling by boat. However, when I had to march, I did not have any time to do Ki breathing. It takes 3 hours and 20 minutes to accomplish Ki breathing 200 times. (one breath takes one minute) Therefore, I decided to do Ki breathing while marching.

After the war began, I did Ki breathing everyday without fail even when our enemy was close. I did it until I returned to Japan after the war was over.

We sustained assaults many times while marching. However, I was full of Ki in my body and I could extend Ki all around. I brought back to Japan all 80 soldiers in my platoon without any injury. I think this happened because I practiced doing Ki breathing daily.

When we do Ki breathing for short periods while sitting seiza in the room, even if we do wrong Ki breathing, we might be able to cover it up. However, while marching, if I did wrong Ki breathing, I could not continue Ki breathing. I had to do Ki breathing by calming my mind at the one point in a state of oneness of mind and body.

In later years, I developed Ki breathing from Misogi breathing. I could do this because it was the result of Ki breathing while marching.

The most effective time to do Ki breathing in our daily life is before going to bed. It is okay to do it just fifteen or twenty minutes.

Everyone takes a bath or shower to clean up ones body before going to bed. If you clean up the surface of the body, you should also clean up ones organs and bowels. Those organs and bowels are also tired and get dirty. By doing Ki breathing, you can clean up your organs and bowels.

You should relieve your fatigue of the day.

If you take good care of a car, it will have a much longer life. If we take good care of our own mind and body, we can have a much longer life. Ki breathing is an elixir of life.

Plenty of people can see a lofty tree, but few notice the roots. A tree can grow to be lofty only if its roots are firmly planted. Such things as breathing methods are disciplines that form the roots of progress. If you do Ki breathing, you can grow to have a towering stature.

To Grow Strong in Health

As I stated before, most of modern diseases are due to nervous problems. Most people disturb their own mind with small things, and capillary vessels contract, causing the body to tense.

This is like a traffic snarl-up on the highway. It causes problems with the flow of the blood and the exchange of oxygen and carbon dioxide.

Internal breathing cannot function well in this state. This may be the cause of many diseases.

Through your 20's, your living power is very active. However, after the age 50, your living power starts to decrease. If your living power decreases, you cannot maintain your health. There are many health problems that can arise as a result of decreased living power. This could result in having problems with high blood pressure, diabetes, heart and liver diseases.

To maintain your health, it is important to do correct breathing and be able to have all your body working well.

When we eat food, we can remember eating and swallowing. However, we can not perceive the stomach digesting foods, the hepatic degradation and the kidney ridding our body of impurities.

While we are sleeping, those activities are constantly in process. We do not consciously do it by ourselves. Who does this?

Neither science nor medicine has a complete answer. We call it living power.

It is more important to prevent fire than extinguish it.

Therefore, it is very important to activate your living power which is fundamental to your health.

When you do Ki breathing, all the capillary vessels open and the oxygen is sent to every part of your body. and Carbon dioxide is sent back to your lungs.

This is just like a stove that burns cleanly. Oxygen will burn completely. The nourishment is completely metabolized and the life power is manifested. You will be able to grow strong and healthy.

I have been doing “Kan-Shugo (practice in winter)” at Ki Society Tokyo main office for a long time. We do Ki breathing from 7:00pm to 8:00pm, 5 days in late January, the coldest season in Japan.

We open all the windows in the room, men have their tops off and women wear T shirts and do Ki breathing sitting Seiza. The temperature is below zero. Usually, if we just sit in seiza for an hour in such an environment, our body will be freezing and would get sick.

However, if we do Ki breathing, blood circulation becomes very strong, and our whole body burns oxygen completely. Therefore, we barely feel

the cold. We do not even get goose bumps. Many people even perspire.

There is an instance of a student suffering from nasal inflammation who became cured through this 5 days Ki breathing training in the winter. We can see the greatness of living power through this practice.

Keep Your Health Through a Natural Life

Wake Up with Plus Mind in the Morning

Just as a year has only one New Year's day, a day has only one moment when you wake up in the morning.

If you awaken with an unpleasant feeling, without your being conscious of it, that feeling will stick with you and call forth minus Ki. It tends to make the entire day unpleasant. You will think to yourself, "I woke up this morning feeling heavy, and nothing has gone well all day.

Ki development is a training to develop a constant outpouring of plus Ki. You must call forth plus Ki when you get up in the morning. You should get into the habit of waking quickly, kicking back the covers, and jumping up the minute you awaken.

Some people awaken and lie around refusing to get up. This is a habit that will cause you to become weak-willed.

First of all, at times like that, nothing distinct enters your mind. Your consciousness is vague and you are in a state of subservience to your instincts.

Sleep is the time when the Ki of the Universe flows into your body, therefore, you should sleep soundly. But lying in bed after you have once awakened will not rest your body. You must jump straight out of the bed resolutely, then you can call forth the plus Ki that gets your day off to a

positive start.

Doing this alone can do a great deal to strengthen your conscious power.

Young people who intend to develop themselves should be particularly careful to cultivate this habit.

When I was young, I was frail both in mind and in body.

Because I slept poorly at night, I was drowsy and tired in the morning and found it extremely difficult to get up.

Whatever I started, my perseverance would give out, and I would give up halfway. I thought it was all the fault of my physical weakness.

At sixteen, I got pleurisy and I spent a year in treatment but the illness got steadily worse. Now, when I think back on it, I realize that I gave in to the disease and with completely minus Ki retarded my own recovery.

I spent all my time worrying that maybe even if the sickness passed I would not recover completely. This caused me to not get any stronger.

In that one year of treatment, I had an opportunity to reflect on myself and see that I could not continue the way I had been going. I read a number of self-improvement books that that came my way. They made me realize that I had to do something to temper my own body. This was of tremendous benefit.

While I was reading one of these books, I came to the full realization that my own will power was weak and that I had to discipline and strengthen it. "All right," I said, "Let's work on the will power". I resolved to work on it.

This at least is something that I could do. The doctor told me that I still could not exercise, so after a lot of thought, I decided on taking cold baths everyday.

It was summer then, and the cold water was pleasant. Every morning I would leap up as soon as I awakened, run to the bathroom, and dash twenty or thirty buckets of cold water over my head and body. Then I would dry off and rub my body thoroughly with a dry towel. After a while, I would come conscious in the morning with the immediate idea of cold water. My head would clear up immediately.

I would say to myself, "Lolling around in this warm bed will do you no good." My bad habits completely changed, and I slept like a log at night.

Gradually, of course, autumn came. The temperatures dropped, the water got colder, but I never even thought of stopping my training. With no sign of suffering, I continued my cold baths all through the cold weather, and my body grew so much stronger that I could continue with my training.

Later, I trained and practiced Zen, misogi breathing and meditation while seated under a waterfall. I trained them and others diligently until I had mastered them.

The cold baths were the first opportunity. My Ki became positive, and plus called forth more plus. I was blessed with fine teachers, and I reached the level where I could explain plus Ki to other people all over the world.

The important thing for young people who plan to start now developing for the future is to awaken in the morning, face the day with a positive attitude that, "I'm going to do my best."

The first step at departure leads to a thousand miles of progress.

Put this discipline into practice, starting right now.

Replenish Ki When Sleeping

Sleeping is important to replenish Ki.

Human beings consume Ki constantly while awake. Everyone sees things, listens, smells, tastes and touches things by using their five senses.

All those actions are actions of Ki. Therefore, we need to replenish Ki which we have consumed. Sleeping and Ki breathing are the best way to replenish Ki efficiently.

Sleeping is the action to replenish the Ki of the Universe.

At night, when we are asleep, the mind is calm. At that time, the Ki of the Universe fills our bodies. When we awaken after sleeping soundly, Ki is charged fully and our strength is renewed and we feel great.

However, if our brains are in turmoil rather than at rest, this will block an adequate flow of Ki. When we awaken in the morning, because our supply of Ki is not high, we cannot get up immediately and recover mentally and physically, even with 10 hours of sleep.

Sleeping medicine reduces the sensitivity of the brain and makes people sleep. When the brain is calm and you sleep soundly, we can replenish the Ki of the universe. However, if you sleep with your brain in a state of dead calmness, you cannot replenish enough of your Ki.

If you regularly use a sleeping medicine because you can't sleep, you will become Ki deficient soon. You will feel listless and lose motivation for everything. Furthermore, you will lose your vitality and physical strength and become susceptible to diseases.

Because you extend Ki, Ki will go into your mind and body.

An extremely high number of people disregard the need for sleep as a necessity to replenish the Ki of the Universe. They disregard the importance of their sleep time to work longer hours. They get an insufficient supply of Ki and get sick. They then have to use sleeping medicine or they cannot sleep at night. They are carelessly shortening their own lives.

Because people who learn correct Ki development always maintain the one point in the lower abdomen and keep a calm mind, they have no problems

with falling asleep quickly. If you have ten or fifteen free minutes during the day and want to sleep, you should be able to sleep calmly.

Pour some water in a tub and stir it up. Now try to calm the water with your hands. You will succeed only in agitating it further. Let the water stand undisturbed a while, and it will calm down by itself.

The human brain works much the same way. When you think, you create waves in your mind. Trying to calm the waves by thinking is only a waste. People who cannot sleep and lie awake thinking, "Go to sleep, go sleep," are creating more turbulence in their mind.

It is difficult for them to sleep because, as they try to, they are constantly thinking and upsetting their minds. They trouble themselves with thoughts like, "If I don't get some sleep, I won't be able to work tomorrow," and then move on to even more useless reflections about things that are bothering them, until sleep becomes totally impossible. When your mind is upset, lie completely still, and it will calm down by itself. When your mind has calmed down sleep will come.

The old habit of counting to ten until you fall asleep works on the same principle.

You do not have to think about counting to ten, and while you repeat the series mechanically over and over, your mind calms down and you fall asleep. This could help sometimes.

On the other hand, many people find that this kind of simple trick does not work for them.

People of a nervous temperament cannot even count to ten simply, because they cannot stop thinking about the fact that no matter what they do, they can't fall asleep.

We have to maintain a firm conviction that if we cannot sleep, we might as well be awake. Humans cannot live without sleep, and sooner or later, it will come naturally.

If you are really sleepy, you cannot stay awake. Suffering to put yourself to sleep is foolish. When you are awake, exercise sufficiently; and when you go to bed, you will be able to sleep. If you cannot sleep, do not feel that you absolutely must.

Often the body's blood rushes to the head and makes it feel hot, leaving the feet cold resulting in making sleep difficult. From olden times, people have correctly held that the healthy way is to have a cool head and warm feet. If you follow this advice, you will find that you can sleep soundly.

In cases like these, practice shifting your concentration by calming your Ki into the one point in the lower abdomen. By doing this, you will be able to sleep soundly anytime, and replenish your Ki.

First, lie on your back with your hands and feet comfortably outstretched. Then, think with your entire mind that the blood is continuously flowing down to the tips of your toes. "Mind moves body", therefore, it will do so. Your blood circulation will improve and your feet will become warm.

When you feel your feet become warm, you will fall asleep. Even before you feel your feet become warm, you many times will fall asleep.

Some people eat and/or drink just before going to bed. However, the purpose of sleeping is to rest both your mind and body fully. Ki is used to digest foods, therefore, Ki is not replenished fully.

The quality of sleep is decided by how well we can exchange Ki of the Universe. It is important to sleep with oneness of mind and body.

A New Day Begins Before Going to Bed

Sometimes it is difficult to sleep when we have an important event or worry. As everyone will agree, if we do not take a little time for sleep, the body may be unable to go on. Sometimes people try to sleep, and find it difficult to do so.

When this happens, take thirty minutes or so and practice Ki breathing. If you cannot spare that much time, it is okay to lie down and practice Ki breathing.

If you do Ki breathing before you sleep, you can change your subconscious mind to plus. Therefore, your fortune will change in favorable ways. Your subconscious mind goes through changes when you are sleeping.

When we are awake, conscious mind is mainly active. When we sleep, subconscious mind is mainly active. Therefore, the deep part of the mind will be changed during your sleep.

If we clean up our body before going to bed, we would like to also clean up our inner body. Clean up inner body, is to clean up our organs and bowels. The way we can clean up organs and bowel is Ki breathing. When we clean up our inner body, we also clean up mind.

If we do Ki breathing before going to bed, we can digest foods completely during sleep. A lively exchange between ourselves and Ki of the Universe will enable us to wake up full of energy the next morning. If you do not rest well, your body will not have an opportunity to cleanse itself.

In addition to that, the reason I recommend you to do Ki breathing before going to bed is because the day does not start when you awaken, rather it has already begun before you go to bed. Therefore, Ki breathing before going to bed is preparation of the next day.

If you practice Ki breathing every night, you will be able to sleep anytime when you want to. You will think much more clearly than when you try to use a tired brain.

Take five or ten minutes out to sleep for a while.

Anyone who cannot sleep well will envy the man who says, "Excuse me a while," and can drop off for a brief nap.

To be able to sleep whenever you like requires a special technique and is an important element in good health.

Take a Meal in Gratitude for the Universe

We must eat to keep our health. Similar to sleeping, modern people tend to place a low value on eating.

Good cooking ingredients, balanced nutrition, and cooking methods are important elements. More important is to receive Ki through eating things in the Universe.

Life exists, not only in animals, but in every tree, each blade of grass and all living things. We can maintain our life by eating those living things. If we understand this, we should naturally have gratitude to the Universe before eating foods. However, most of the people forget about this truth and they think only of eating food. There are some people who take a lot of foods at a buffet, and do not eat all of it. If they think that by paying money they can waste foods, it would not be an exaggeration to say that their attitude towards food ignores the Universal Principles.

The most important thing when we have a meal is send Ki to the meal. If you send Ki to the foods, you are in appreciation of the Universe and the cook. By using your mind clearly, you digest food well. We appreciate and enjoy the meal more. This is because we extend Ki and are able to taste the food well.

Sometimes I see people who are eating a meal and reading a newspaper or magazine. Their mind goes to the newspaper or magazine, therefore, they do not send Ki to the meal. In this case, people cannot taste well and do not feel if they have eaten foods or not. In this state, there is no gratitude for the Universe or the cook. In this instance, Ki is disconnected and interaction of Ki of the Universe is prevented and you lose mind and body coordination.

There are many kinds of supplements nowadays. I think one of the reasons people look to supplements too much is due to their lack of trust in foods.

It comes not only from lack of trust and safety in foods, but from a lack of understanding of the nature of the food they eat.

It is essential to eat foods to keep mind and body healthy. Eating foods with gratitude to the Universe allows you to receive the Ki of the Universe into your body.

The Principle of Non-dissension

It is important to keep healthy human relationships to maintain a healthy mind and body.

The Universe is absolute, with which we have no cause to fight. Battles arise first when the idea of duality appears.

By focusing on the relative world, we have lapsed into the attitude that fighting is a natural thing. We have forgotten the true nature of the Universe.

People today find this a very difficult concept to understand.

There are too many people today who feel it is impossible to live without conflict. There are also many who, though it means oppressing others, will stop at nothing to gain ascendancy and to win by any means.

Naturally, this situation even more difficult if these are the people who get together to discuss world peace.

If we truly desire world peace, each individual must return to the basic spirit of the Universe and understand the meaning of the principle of “non-dissension”.

The general belief is that the principle of non-dissension means that we must agree with whatever anyone might say, that we are not to resist if someone should strike us, and it is a very weak way to live.

This is really not the case. The principle of non-dissension demands the strongest spirit.

It demands a complete supply of plus ki in mind and body to help us avoid receiving even a little of our opponent's minus Ki.

The situation is similar in nature to a clear spring bubbling from the bottom of a pond. On its way to the surface, not one drop of the pond's mud water enters the clean stream.

When you are filled with plus Ki and emitting it, none of the minus Ki around you can enter your body. Just as the mud waters of the pond would rush in and dirty the clear water if the spring stop flowing for even a moment, so to if you draw in you own Ki even a little, you will receive all the minus Ki around you.

Therefore, the principle of non-dissension demands a strong mind constantly filled with Ki and constantly sending our Ki to the Universe. A mind whose Ki is in perfect conflux with that of the Universe.

The way of non-dissension enables you to overcome any disappointments without grief, to laugh off any slander, and to lead any attacker without receiving the blow.

Those who cry themselves to sleep resisting nothing and replying to no ill remarks made by others, are not what we mean by the principle of non-dissension.

Locking up the speech and actions of your opponent in your heart is not real non-dissension; it is endurance. Though you say nothing with your lips, your feelings may be seething within you. Conflicts and contradiction in your mind is a sort of battle, too.

The non-dissentation we are speaking of arises when we do not harbor ill feelings against our opponent's minus mind, but with the magnanimity of the sea that accepts all tributary streams, maintain a calm in our own heart.

An employee of a certain company began studying oneness of mind and body.

He came to me one day with a problem. He said, "I am frequently having conflicts of opinion with my boss at the office and that the differences would usually end in a quarrel. My boss is stubborn and I am short tempered. Though I knew fighting is not good, I could not stop. Whenever my boss said something bad to me, I always got angry. I wanted to know what I can do to solve this problem. "

"Have you leaned oneness of mind and body and mastered it?" I asked.

"Yes, I understand it well."

"It's really quite easy, then. When someone says something unpleasant about you, maintain the one point in the lower abdomen, send forth powerful Ki, and do not take personally what he says. If you do this, all of the bad things the other man says will revert back to him. For instance, if your boss calls you a fool and you refuse to take in what he says, it returns to the sender, who is in effect saying that he himself is a fool. You would laugh and agree if your boss was to say to you, 'I am a fool', wouldn't you? Just try thinking this way, and watch the other man's face. The face of a man who is angry, all by himself, becomes immediately rather amusing." He apparently immediately put my advice to practice. However angry his boss would get, he would simply smile and say, "Yes, yes." Finally his boss announced, as he stormed out, that talking to my student only made him angrier. Then he walked away.

One realizes when he sees his partner's smiling face how foolish and worthless being angry alone is.

The same is true with a threat. If the person threatened keeps one point and a calm their mind, the one to become frightened will be the man who made the threat.

A few days later, the boss asked my student, "Something's funny here. You seem to have learned something different lately."

He explained the entire thing to his boss, who said that having quarrels was so much nonsense and resolved to stop.

Often after a quarrel between friends, both say to themselves, "He was wrong, so he has to apologize first. I won't." We say that there is justice even among thieves, and in this type of conflict, both are right and both are wrong. If both people are right, there is no reason to fight.

Primarily, people who practice Ki principles always keep one point in the lower abdomen. Therefore, they should not lose their temper. We must consider losing our temper and having a quarrel, regardless of the reason, shameful.

But once it has happened, there is nothing to do about it, but immediately regain the one point in the lower abdomen, and calm your mind. If you do this, your mind becomes calm, removing the limits of your generosity, and become aware of your own bad points.

It is easy to see the faults of others, but not so easy to see your own, particularly when the blood has rushed to your heads. At time like this, we do not even attempt to see our own failings, but quarrel in a way to mutually point out each other's failings. If we were to examine where we have personally gone wrong, there would be no fight.

For this reason, when a fight seems imminent, keep one point little earlier than your opponent, realize your own faults ahead of time, and apologize to your opponent.

At least be prepared beforehand to forgive your friend, and you will advance one level higher than he. Fights occur because both parties are on the same level.

In the case of a mother and baby, the mother always forgives the baby. If you are on a higher level, no quarrels occur between you and others. First,

accept your friend to your heart and forgive him and apologize beforehand. Your friend will become confused and realize his own bad points.

Once you understand the value of apology, do not let yourself be carried to the ridiculous extreme of getting into quarrels over the right to say you are wrong.

The short cut to a solution to the problem is to be open minded and tolerant of your friends before any fight ever starts.

Since it takes two to fight, if you will not be a part of it, no quarrel can take place.

An old warrior code said that three ways to win include:

1. To fight and win
2. Win without fighting
3. Do nothing and win

First way "To fight and win" is the most common and is the lowest level of the three.

The second method "Win without fighting", which involves complete preparation of all the conditions needed to win beforehand, is safe and is on an intermediate level between the other two.

The finest of the three, "Do nothing and win" is the safest of the three since insofar as no fight takes place no possibility of losing exists.

In this method, we potent the opponent and make him follow where we lead without fight. If we are going to win, we should win the best possible way. It is exactly because we have no cause to choose the most inferior winning method.

There was a young couple who constantly fought and who were on the verge of separation.

Since the husband was studying Ki, his friends came to me and asked me to do something.

Listening to what both sides had to say, they both had something to say about each other. I discovered that neither the wife nor the husband mentioned their own faults but complained only about the other party. The wife was by no means ready to give in; she gave her husband back three words for his every one.

Nothing is difficult as mediating between a quarrelling couple. Nothing one says will convince the other one.

If the mediator says the wrong thing, when the couple patch up their differences, they will direct their ill comments at him. Nevertheless, I made my decision and told the husband that he was wrong, much to his dissatisfaction and his wife's elation. This is a very fundamental idea.

I said to the husband, "Since your wife was not practicing Ki, she knew nothing about the one point in the lower abdomen and could not help getting angry. You, on the other hand, were learning Ki and are wrong not to put to actual practice what you have learned. Therefore, I say that you are wrong. If you realize that, whatever happens, whatever your wife says to you, this is the time to practice keeping the one point. Not only will you keep your temper, you will also make a great deal of progress. If you practice the one point only at the training hall and lose it when you get home, you have wasted your effort. No matter what caused the fight. Would you try it from today?" He agreed to try it from that day.

Then I explained some things to wife and taught her some basic exercises, and got her to master the one point in the lower abdomen. I said, "I realize that you are dissatisfied with your husband on a number of counts. But as you can see, he is willing to make every effort to change his ways. He lacks experience and he may forget, but won't you help him to correct his bad habits?" The wife consented. In less than a month the pair was leading a perfectly happy married life.

When a young couple gets together because they are in love everything should go along nicely. But a single dissatisfaction on the basis of the theory that minus calls forth minus, breeds further ill until the situation is irreparable.

The young husband went home, stopped at the door to make sure of the one point in the lower abdomen, and went in calling out happily, "I'm home".

In the past, the husband had gone home with minus Ki and minus thoughts at the end of the day at work. He thought, "I've got to go home now and listen to her complain".

This time the wife, realizing that this was the time to cooperate, rushed to the door smiling and said, "I'm glad you are back." and made tea for him. When she had something to say, she would try to be patient and wait, but if she just could not wait, she expressed herself as pleasantly as possible. The husband felt better, and always spoke gently to his wife, and willing helped her with her work. Their love flowed forth.

Once they mutually changed their Ki to plus, they were once again as close as when they were newlyweds.

Later, the wife also started Ki training, and went to practice together with husband.

Winning and losing are not important a marriage where the partners mutually understand and help each other to keep things happy between them.

Though this example is one from ordinary life, it points out to the need to always remember that there is a way to avoid fighting.

There is always a way of coexistence and co-prosperity. If we have fighting in our hearts, we make enemies of allies.

If fighting is not in our mind, we have neither foes nor allies, because all of us are brothers born of the Ki of the Universe.

To Strengthen the Life Power

Self-Kiatsu

I would like to describe “Kiatsu therapy (Kiatsu ryoho)” which I teach.

Kiatsu therapy is to send Ki into the body from the outside to strengthen a person's living power. If Ki is supplied from the outside, the person's life power strengthens which facilitates recovery from illnesses or injury.

When you do self-Kiatsu (You do Kiatsu therapy to yourself), it is important to practice oneness of mind and body, which is the natural posture. If you become tense as you press yourself, you cannot extend Ki. Anyone can do self-Kiatsu by putting their own fingers on their body while extending Ki and relaxing.

We have a word “teate” in Japanese. (literally means put hand on injury). When we feel ill, we put our hands on the part of the body that hurts naturally. At that time, we never push too hard on the painful place. You just send your mind (Ki) to the place where you experience pain. To put it plainly, this is Kiatsu therapy.

When the human body becomes sick, that part of the body becomes hard or painful. By putting your fingers while extending Ki on this place, it will become soft and the pain will gradually diminish.

If you do self-Kiatsu, the affected area will become warm. This is because the Ki of the affected areas will become activated and encourage blood to start to flow strongly.

There are several points which are important to do self-Kiatsu.

- Do self-Kiatsu with oneness of mind and body (Do self-Kiatsu with a stable and natural posture)
- Do not push too hard
- Do not knead (It is okay to move your own body without moving your fingers on the affected area)
- Think of lines instead of points. (Not only think about affected area but think about the flow of whole body)

Let me describe how to do self-Kiatsu which will assist you to maintain the health of mind and body. The first one is self-Kiatsu of the eyes. The self-Kiatsu, which is described in this book is a very limited application of Kiatsu therapy. Although only a limited application, I believe that it will still be of assistance to you in maintaining good health.

Kiatsu for the Eyes

Use Kiatsu to resolve eye fatigue, visual recovery and to have natural eyes.

As personal computer and cell phone become widely used, people often experience eye fatigue. Eye fatigue, bleary eyes, painful eyes etc. would appear especially for those who use personal computer extensively.

At this rate, it may result in cataracts and/or glaucoma while still at a young age.

First, please wash your hands before beginning any Kiatsu to your eyes. Close your eyes lightly. Then, touch softly in the area between the eyeball and the tip of the bone in the upper part of the eye. Do Kiatsu to the bone as in the photo below.



You can do Kiatsu right and left at the same time.

Never push the eyeball. Divide the area above your eyes from the inner corner of your eye to outer corner of your eye into five parts. Then, do Kiatsu 20 seconds to 30 seconds to each part, beginning from the inner corner of your eye moving to the outer corner of your eye.

Next, line up your fingertips with your index, middle and annular finger.

Then, do Kiatsu to this area for 30 or 40 seconds as in the photo below.



If you do this Kiatsu, Kiatsu will take about five minutes. You will feel that your eyes are refreshed compared to how it felt prior to Kiatsu.

I do Kiatsu on my eyes everyday. Thanks to this, I can see things very clearly at my age. My eyes at one time were not very good. The doctor diagnosed my eyes as having cataracts. However, I did Kiatsu everyday and got well in three months.

If you start Kiatsu of your eyes everyday from now, you can keep your eyes healthy. Not only will it keep your eyes healthy but Kiatsu makes your eyes and expression more attractive.

Kiatsu for the Head

Use Kiatsu to resolve migraine headaches and improve concentration level.

There are many people who are suffering from migraine headaches and feel heavy in the head, feel disoriented, etc.

Any disorder of the head area may be caused by a variety of serious diseases. Any disorder of head area affects our health very much. Therefore, we need to take care of any problems.

If you feel the disorder in the head area, you will find that the area around the base of your neck becomes hardened. This hard area compresses blood vessels inside of the cervical spine. This constricts the blood flow to the head, and it causes a decline in your ability to think, may cause headaches, or other problems.

People that have bad posture, especially those whose head is positioned unnaturally, always compress blood vessels inside of the cervical spine. The area that is hard will disappear by Kiatsu. Posture affects our health in significant ways.

When you do Kiatsu to your head, press the edge of the bone at the lower occipital region upward toward the center of the brain, from the bone behind the right ear to the one behind the left ear as in the photo below.



When you press the right side, use your right thumb. When you press the left side, use your left thumb. Send Ki upward toward the head.

Press the right side of the head moving your thumb 5 times on that side, and the left side of the head in the same way, about 15 to 20 seconds in each spot.

If you have a lot of tension, repeat this Kiatsu several times. After finishing Kiatsu, you will feel that your head is lighter and you will feel more relaxed.

Women who suffer menopausal symptoms sometimes have a large hard spot around the seventh cervical vertebra. This is often one of the features of menopausal problems. Sometimes, we can see their hard spot in this area. In this case, use the long fingers (index finger, middle finger and ring finger) and press side of the neck. Press the right side of the neck with the right hand, the left side of the neck with the left hand at the same time. While you are sending Ki to your neck, slowly move your neck forward and backward, left and right.

The blood circulation of your neck will improve and the hard spot will become soft. This will ease menopausal problems.

Kiatsu for the Shoulder

Use Kiatsu to ease stiff shoulders and to facilitate a plus mind.

Frozen shoulder was common among people in their 40s and 50s. There are many people who suffer from stiff shoulder at any age. If we maintain a correct posture, we can be free from stiff shoulders and pain. An unnatural posture can become the cause of stiff shoulders. Stiff shoulders make blood circulation poor, and can have an adverse effect on our head and eyes immediately.

If you feel stiffness during your work, try self Kiatsu. It will also help you to maintain a positive disposition.

To do Kiatsu on the shoulder, start at the base of your collar bone and shoulder blade to the back of your neck. When you press right shoulder, bend your head to left. Then, send Ki to your right shoulder using your longer fingers. Send Ki 15 to 20 seconds at each spot. Change the position toward back of the neck as in the photo below.



If you finish the right shoulder, do the same thing to your left shoulder.

If you suffer from severely stiff shoulders, do Kiatsu several times. You will feel the difference after practicing Kiatsu several times. You will be able to bend your neck more easily than before. In addition, because your blood circulation improves, you will feel much healthier.

Kiatsu for the Stomach

Use Kiatsu to counteract constipation, poor digestion, and alleviate menstrual cramps.

When you do Kiatsu in the stomach area, press counterclockwise. Send Ki in the direction that food takes when passing through the intestines.

If you have digestive problem or pain with your abdomen, it is good for you to do Kiatsu to your stomach area daily. Kiatsu on the stomach helps to get over constipation prevents many female diseases, such as uterine fibroid and endometriosis.

Good health of the stomach is the base of beauty. If you do not have constipation, do Kiatsu on your stomach so that you can get fitness back to your mind and body.

To do Kiatsu on the stomach area, lay on back first. Arrange the middle three fingers and put them very calmly on the top of your stomach.

Internal organs are very sensitive, therefore, you DO NOT push the stomach area forcefully. Also, you do not touch the navel.

The stomach moves up and down as you breathe. Match the movement and send Ki so that it naturally penetrates deeper.

Press each spot about one minute. Start from the top of the stomach, and continue to the bottom of the navel, lower abdomen, right side of the stomach (around appendix and upper appendix), upper stomach (around liver), left side of own stomach (upper belly), left side of lower abdomen always sending Ki with the movement of the stomach as you breathe.

If you have bad constipation, it is good to do this Kiatsu several times before going to bed or after waking up in the morning daily. If you do this, you can get over your constipation, and start the day feeling refreshed.

Kiatsu for the Legs

Use Kiatsu to improve excessive sensitivity to cold, insomnia and poor blood circulation.

“Keep the head cool, keep the feet warm”

This is often said referring to your basic health. Cold feet are not good for our health.

If you have cold feet caused by excessive sensitivity to cold, try this Kiatsu.

First, lay down on your back. Arrange the three middle fingers together and put them lightly on the inguinal area. Find the place where you can feel your pulse and send Ki there.

Put your fingers calmly and count to 100. After counting to 100, release your fingers from the inguinal area and rest your fingers. Next try the same thing once more counting to 100. After this, do this one more time.

This Kiatsu takes about five minutes. The more you send Ki, the more your feet will become warm.

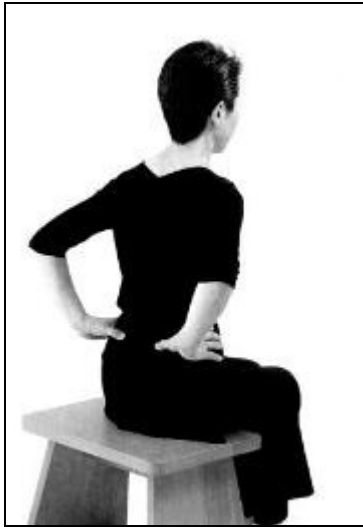
People who suffer from insomnia or have swollen feet need to do Kiatsu before going to bed. If you do Kiatsu on the legs and stomach both, it will help your circulation a lot. If you do this Kiatsu everyday, you will never have cold feet.

Kiatsu for the Hip

Use Kiatsu to remove pain in the lower back and practice good positioning of the hip.

If you keep a correct posture, you will not get pain in the lower back unless you have other illnesses that cause you pain. Pain and feeling heavy in the lower back comes from a wrong posture or unnatural usage of your body. If you feel something wrong with your lower back, you can ease the problem by doing Kiatsu. If you feel something wrong, try self Kiatsu soon.

To do Kiatsu on your hip, you do not have to lie down, but practice this sitting in a chair. By using both thumbs, put thumbs calmly where you feel pain or an uncomfortable feeling as in the photo below.



After you do Kiatsu where you feel pain and around it, move your body slowly forward and backward without moving your thumbs. If you finish one place, move to another place and do the same thing.

Once you remove pain and the uncomfortable feeling in your hip, commit yourself to practicing a correct posture with oneness of mind and body.

Posture with oneness of mind and body keeps you in good shape.

I explained to you how to do self Kiatsu briefly. Listen carefully to your body. If you find pain or something else wrong with your body, try self Kiatsu.

Also, maintain a correct posture. You can prevent many diseases by doing self-Kiatsu when you feel something is wrong.

It is not a bad thing to consult a doctor. However, before relying on medical care or medicine, it is important to do what you can do by yourself now and in the future. This is good for your health.

If self-kiatsu does not work well for you, your posture is unnatural so you are using unnecessary tension. This state is called, "Ki is not extending."

The basic of self Kiatsu is oneness of mind and body. Therefore, before you start self Kiatsu, it is good to check your posture if it is natural and stable. We have life power. As medicine is ineffective for a dead person, we should not forget that medicine itself does not cure diseases but life power does.

Self-Kiatsu activates the life power.

Enjoy Good Health

Our living power brings us health. When we unify our mind and body and become one with the Universe, our living power will be activated. I showed you what is oneness of mind and body, and how to become one with mind and body in this book.

I have also explained Ki breathing and its benefits to your health and living with a healthy mind and body. Start Ki breathing from today.

I will ask you “to be healthy” at the end of the book.

There are many things that happen in our long life. A person who was weak in his childhood can become strong in his adulthood. Another man who was healthy until middle age can contract a disease.

Health of mind and body is affected by changes in our circumstances and living environment. Our mind and body is sometimes well, sometimes unhealthy.

Above all, you can live a healthy life for many years. Let us appreciate it and have confidence to live with oneness of mind and body.

It is impossible to measure health. You can find health through your life. You do not need to suffer comparing your health with others', or to the result of a medical diagnosis. No matter how things change, it is important to live in an age-appropriate way as the occasion may demand. This attitude will contribute to your health.

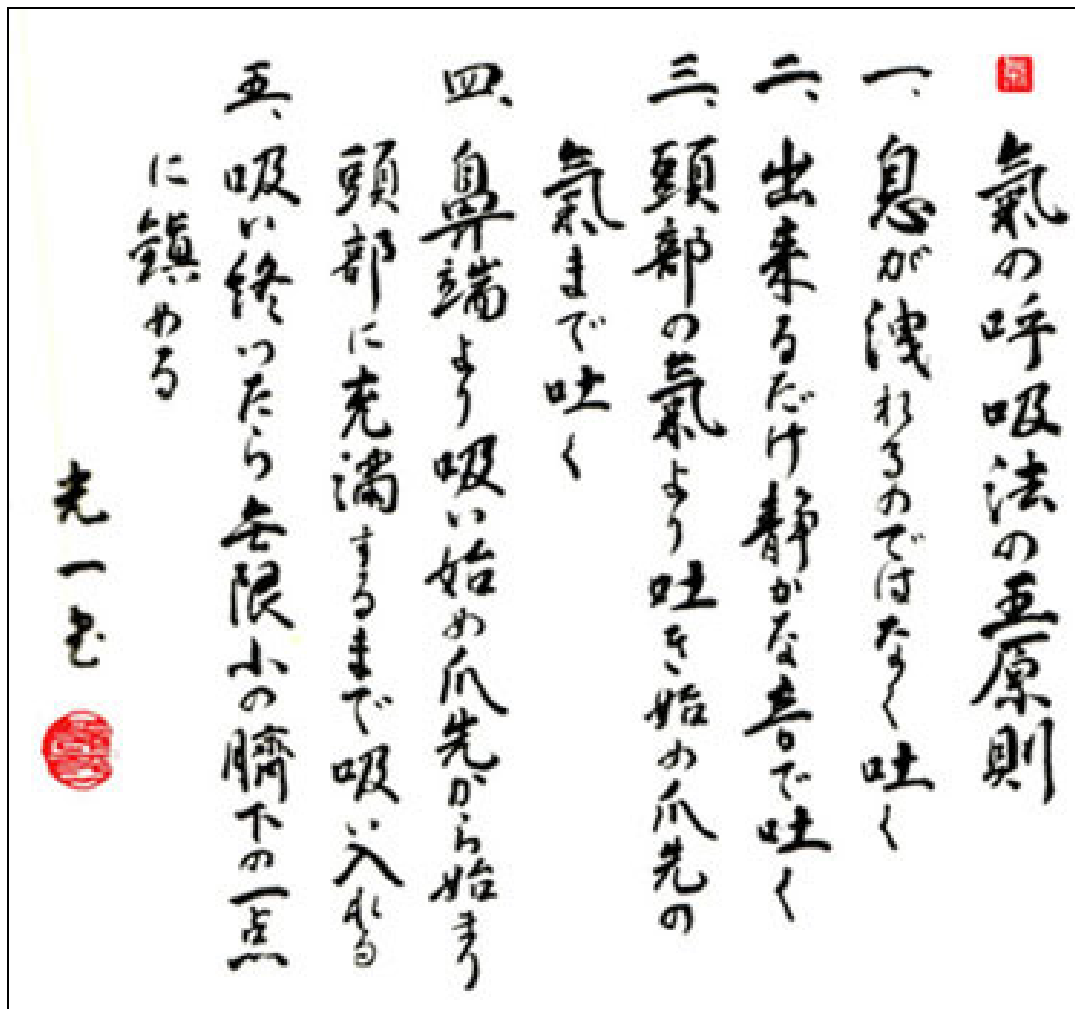
Your life has been changing through your life. Your life will continue to change continuously in the future. Your health will be changing also. If you have some worry about your health in the future, the worry might be because you cannot foresee your health. To eliminate your worry, practice Ki breathing.

Your breath reflects your changes. If you feel unhealthy, do Ki breathing and self-Kiatsu.

Continue Ki breathing with oneness of the Universe and calm. If you just do it, it will bring you healthy life.

I sincerely hope from my heart that you will use Ki for your health of mind and body through this book.

Five Principles for Ki Breathing



Calligraphy of "Five Principles for Ki Breathing" by Koichi Tohei Sensei

Five Principles for Ki Breathing

1. Breathe out with the sound of HA, don't let your breath just leak out
2. Breathe out as calmly and quietly as possible
3. Breathe out the Ki of your head to the Ki of your toes
4. Breathe in from the tip of your nose until your body is full of air
5. Calm your mind infinitely smaller at the one point after inhaling