

Be conscious of your body: Oriental technique of body

(Physical Education from inside of a body)

7/28/2012

Takuro Endo (Ennshou)

Before everything : keep in your mind

* Mottoes in this lecture

- Don't believe, don't refuse, and think from a fact
- Don't mix up : "what you feel" and "what you think"
- < I myself > an ORDINARY person think and feel
Think from a fact ⇒ think from a practice or an experiment ⇒ care about your thought.

Experiment-1 : Count your breaths—1 natural breathing

- 2 minutes rest in a supine position ⇒ count your natural breaths for 2 minutes
- () breaths per 2 minutes

Practice 1 : to feel—1,-2

- * BODY ⇒ there is BODY which works by itself

Practice 2 : catching a hand game

- * When we try to do something, we give a slight indication before we go into action. And, we can feel it.

Practice 3 : breathe consciously : feel your breathe

- Knack : breathe in to the point of your comfortable level and breathe out to the point of your comfortable level

Experiment—2 : Count your breaths—2 in breathing consciously

- 2 minutes rest in a supine position ⇒ conscious breathing for 2 minutes, and then start to count your breaths
- () breaths per 2 minutes

Practice 4 : KAIGO breathing ⇒ invitation to Qigong

- * There is a feeling which have been called 「氣感」.
☆ 氣感 ⇒ don't chase, don't demand, unconstrained.
- * Qi 氣 Existence of Qi has not been proved by natural science. Also the inexistence of Qi has not been proved.

As a conclusion : my personal view

- ① A body is a microcosm (as a target of knowing from outside and that of knowing from inside of a body)
- ② It is necessary to take a balance between "Knowing your body from outside and knowing your body from inside".
- ③ We are already conscious and interacting each other.
Self-assertion, discussion and compromise ⇒ mutual understanding cooperation, and act harmoniously ⇒ coexistence based on awareness of mutual existence
- ④ Methods of breathing (oriental technique of body) is a lifelong friend for putting your BODY, MIND, and MYSELF into harmony.