

# Ki for Health



## A Message From Deputy President Shinichi Tohei Sensei

*I wish you all success growing and developing together through the new Ki no Kenko (Ki for Health) Program in the Eastern Ki Federation. Ki no Kenko is a wonderful project and I really appreciate everyone's sincere training.*

*Please train with Plus Ki and a Beginner's Mind and please share the teachings correctly at your home dojo locations.*

*I am happy to see everyone training together well and this time focusing upon Ki Breathing, Ki Meditation, Oneness Rhythm Exercise, and Kiatsu Ryoho.*

*I look forward to seeing everyone soon.*

*Universal Mind,*

*Shinichi Tohei*

# In Praise of the Ki of the Universe

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Vast is the universe and boundless with Ki.  
What superb vitality it contains.  
Spinning the heavenly bodies, ruling the earth,  
Moistening mountains with streams throughout the four seasons.  
Filling us full of life.  
Without color or odor or form,  
Mystery to our forbearers,  
Who thought it to be beyond the grasp of Man.  
At last the time has come,  
When here and now we can experience the essence of Ki,  
With our own minds and bodies.

Koichi Tohei Sensei

October 28, 1990

In order to practice The Inner Disciplines...  
(and thus promote health and well being for self and others)  
you must first cultivate “three friends:”

Patience..... Requiring Compassion for Self

*It's OK*

Discipline..... Requiring You to Stay

*I Will*

Awareness..... Requiring You to Be Present

*I Am*

And...

*“What you learn today, you can teach another the next day.”*

Koichi Tohei Sensei

From “Setsudo” – Teaching the Way of the Universe

Therefore, in order to practice The Inner Disciplines more deeply, you must learn to help others cultivate the same three friends *for themselves*. However, in order to do this you must first become even more deeply calm and thus realize more deeply “for yourself...”

Patience..... Requiring Compassion for Students (for We All Struggle)

***Others are OK***

Discipline..... Requiring You to Help Others to Stay  
(with Guidance and Compassionate Support)

***Others Will***

Awareness..... Requiring You to Be More Present and Candid

***We Are***

# Five Principles of Studying Ki

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1. Be Receptive and Open Minded (*Beginner's Mind*)
2. Persevere until you Master the Principle (*Shugyo*)
3. Apply Ki Principles in Daily Life
4. Change Your Subconscious Mind in a Positive Way
5. Study to Teach Others Well (*Setsudo*)

# Five Principles for Instructing Ki

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1. Grow and Develop Together
2. Be Modest
3. Teach Right, Not Might
4. Be Fair and Impartial
5. Be Positive

# Five Principles for Lecturing / Demonstrating Ki

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1. Clarify the importance of experiencing the original unity of mind and body.
2. Explain that this is easy and natural, not as difficult as people assume.
3. Show that mind and body are originally one.
4. Teach the principles of the mind and of the body.
5. Ask for understanding: Is mind central or body central?

氣







氣

心身統一  
合氣道

Shinshin Toitsu Aikido

合  
氣  
道

心  
身  
統  
一

Kokoro

合氣道 心身統一

Karada

合氣道  
心身統一

Shinshin

合氣道 心身統一

Toitsu

Ai

合

氣

道

心

身

統

一

Ki

合氣道 心身統一

Do

合氣道  
心身統一

心身統一  
合氣道

Shinshin Toitsu Aikido

# Five Disciplines of Shinshin Toitsudo

1. Aikido Waza – Aikido Techniques
2. Kì no Kokyuho – The Way of Ki Breathing
3. Kì no Ishiho – The Way of Ki Meditation
4. Kiatsu Ryoho – Personal Ki Therapy
5. Sokushin no Gyo – Training the Mind through Breath

# Ki Sayings

## 1. Our Motto

*Let us have a Universal Mind that loves and protects all creation and helps all things grow and develop.*

*To unify mind and body and become one with the Universe is the ultimate purpose of our study.*

## Four Major Principles to Unify Mind and Body

Keep One-Point

Relax Completely

Keep Weight Underside

Extend Ki

# Ki Sayings

## 2. The Value of Our Existence

*Our lives are born of the Ki of the Universe. Let us give thanks for being born not as plants and animals, but as human beings blessed with a Universal Mind. Let us pledge to fulfill our missions by helping to guide the development and creation of the Universe.*

# Ki Sayings

## 3. The Way to Union with Ki

*The Absolute Universe is One. We call this Ki.*

*Our lives and our bodies are born of the Ki of the Universe.*

*We study thoroughly the principles of the Universe and practice them. We are one with the Universe. There is no need to despond, no need to fear. The way we follow is the way of the Universe which no difficulty nor hardship can hinder.*

*Let us have the courage to say, "If I have a clear conscience and a calm spirit, I dare to face courageously any obstacle I may encounter."*

# Ki Sayings

## 4. Unification of Mind and Body

*Mind and body were originally one.*

*Do not think that the power you have is only the power you ordinarily use and moan that you have little strength. The power you ordinarily use is like the small, visible segment of an iceberg.*

*When we unify our mind and body and become One with the Universe, we can use the great power that is naturally ours.*

# Ki Sayings

## 5. The One Point in the Lower Abdomen

*The Universe is a limitless circle with a limitless radius.  
This condensed becomes the One Point in the lower  
abdomen which is the center of the Universe.*

*Let us calm our mind in this One Point and become one  
with and send our Ki constantly to the Universe.*

# Ki Sayings

## 6. Relaxation

*We are accustomed to having trouble with unnecessary nervousness. Nervousness causes blood vessels to contract, making it difficult for the impurities to leave the body, and thus makes one susceptible to many diseases.*

*Relaxation is truly an elixir of life. Let us spread the true method of relaxation which enables us to meet each day with a spirit like that of a mild spring breeze. If we practice this, we need never get nervous and excited in our daily affairs.*

# Ki Sayings

## 7. Living Calmness

*In a natural state, the weight of objects is always underside. Therefore the physical expression of living calmness is that the weight of every part of our body is also underside. 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. This is our original and natural state.*

*By understanding these principles, we can acquire true living calmness.*

# Ki Sayings

## 8. Plus Life

*The Absolute Universe is One. Then two opposing forces appeared, and the relative world was born.*

*In the Orient the dualism is called yin and yang, in the West plus and minus. A bright, happy life is called plus life, and a dark, gloomy one is called minus.*

*Let us eliminate every minus thought and strive for plus life henceforth.*

# Ki Sayings

## 9. The Subconscious

*The subconscious mind acts as a storehouse of knowledge and past experiences. The materials stored in the subconscious mind form the conscious mind.*

*Henceforth, let us cease putting any minus materials into the subconscious. Let us always extend plus Ki and live our life with a positive attitude.*

# Ki Sayings

## 10. The Principle of Non-Dissension

*There is no conflict in the Absolute Universe, but there is conflict in the relative world.*

*If we unify our mind and body, become One with the Universe, and practice its principles, others will follow us gladly.*

*Do not say that this is a world where we must struggle to live each day. The true way to success is exactly one and the same as the principle of non-dissension, and that is the way to peace.*

# Ki Sayings

## 11. The Definition of Ki

*We begin with the number One in counting all things. It is impossible that this One can ever be reduced to zero. Because just as something cannot be made from nothing, One cannot be made from zero.*

*Ki is like the number One. Ki is formed from infinitely small particles, smaller than an atom. The universal Ki condensed becomes an individual, which further condensed becomes the One Point in the lower abdomen, which in turn infinitely condensed never becomes zero, but becomes One with the Universe. Thus we understand the definition of Ki.*

# Ki Sayings

## 12. The Ki Development Exercises

*It is easier to coordinate mind and body when we are sitting or standing still than when in motion. But true unification means to maintain the coordination of mind and body even when we are moving.*

*The Ki Development Exercises train one to always maintain the unification of mind and body in our daily life. By applying them to our life, we can perform to the best of our ability in all circumstances.*

# Ki Sayings

## 13. The Unity of Calm and Action

*Just as a top spinning very rapidly becomes steady, the most rapid movement results in calm.*

*Like the eye of the typhoon which is always peaceful, inner calm results in great strength of action. Calm and action are exactly one.*

*Only when we keep one point and unify our mind and body, can we find spare time even when busy. Keep a calm mind and you will be able to perform to the best of your ability even in an emergency or when facing important tasks.*

# Ki Sayings

## 14. Fudoshin

*True Fudoshin is not a rigid, immobile state of mind, but the condition of stability which comes from the most rapid movement. In other words, like the steadiness of a spinning top, the state of perfect spiritual and physical stability arises from movement which continues infinitely and is so infinitely rapid that it is imperceptible.*

*This movement is condensed at the one point in the lower abdomen. By putting everything into the one point, we can experience Fudoshin and not lose our stability no matter what happens.*

# Ki Sayings

## 15. Ki Breathing

*Breathe out so that your breath travels infinitely to the ends of the Universe, breathe in so that your breath reaches your one point and continues infinitely there. Ki breathing is an important way of unifying mind and body.*

*At night when all is quiet and calm, do this alone, and 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. At this moment the life power that is rightfully yours is fully activated.*

# Ki Sayings

## 16. Kiatsu

*We have learned coordination of mind and body and Ki breathing. Therefore we can bring the Ki of the Universe into our bodies at any time.*

*When a water pump is dried out, no water can flow from the well up through the pump. To start this flow again we must put some water back into the pump. In the same way, Ki does not flow strongly in a person suffering from illness or misfortune. Let us practice Kiatsu to put Ki back into these people, stimulate their own flow of Ki, and give them a fresh start to happiness.*

# Ki Sayings

## 17. Reiseishin (Universal Mind)

*Human beings are blessed with a mind that is directly connected to the mind of the Universe. This is known as Reiseishin.*

*The moon is clearly reflected in the water when the water is calm. In this same way when our mind and body are unified and calm, our Reiseishin manifests itself completely. Once this happens all suffering and wicked desires fall away, and the Universal Mind of love and protection for all things appears in us.*

*Let us strive to realize Reiseishin.*

# Ki Sayings

## 18. The Mind That Seeks Truth

*We call the mind that wants to make the Way of the Universe clear and to put it into practice the mind that seeks truth.*

*However clever a dog or monkey may be, they cannot realize the Universal Mind. Only human beings have the privilege and capacity to realize it. If you have a mind that seeks truth, you are happy because this is proof that you are a real human being.*

# Ki Sayings

## 19. Willpower (The Power of “Now-Mind”)

*An old Oriental saying tells us, “When our willpower is in harmony with Universe and focused upon a stone, it can pass through it. In such a state, the mind can command the wind, rain, and thunder.”*

*But from where does our willpower come? Those who understand and answer this question are those who accomplish important tasks.*

*When we coordinate mind and body by stilling the waves of our mind to imperceptible, infinitely decreasing ripples, we can send forth our great willpower that can move the Universe.*

# Ki Sayings

## 20. Intoku (Good Done in Secret)

*Just as the number One can never be reduced to zero, once we act or speak, our action or speech is never completely erased.*

*An old Oriental saying tells us, “Sow good, and the harvest will be good. Sow evil and reap evil.” We must understand that everything we do comes back to ourselves.*

*Therefore, before wishing for our own happiness and welfare and that of our children, we must Do Good in Secret. To Do Good in Secret means to act without seeking attention and praise, to act without any hope of reward. This is called Intoku.*

# Ki Sayings

## 21. Setsudo (Teaching the Way of the Universe)

*Selfish people have never understood and traveled the Way of the Universe in the past. Therefore, when we realize the principles and Way of the Universe, the Universe gives us the responsibility to spread them to the world.*

*Do not think that you cannot help another. What you learn today, you can teach another the next day. The world is full of people who have lost the Way of the Universe and suffer from mental illness. Let us do our best to explain the correct principles of the Universe to them.*

# Ki Sayings

## 22. The Treasure of Ki Testing

*Having no color, no odor and no shape, the mind is not something that can be grasped by the senses.*

*However, based on the principle that the mind and body are actually one, we can know the state of this ungraspable mind by testing the body, which is available to our senses.*

*Ki tests are not founded on the idea of testing for strength or weakness. The most important factor in Ki testing is to accurately inform the person of the state of his or her mind. Thus, the person performing Ki tests must truly understand and exhibit Oneness of mind and body from the outset and then perform the tests correctly.*

# Five Principles of Ki Testing

1. Not a test of strength, but a test of whether or not the mind moves.
2. Give instruction appropriate to the level of the student.
3. Test in order to teach, not in order to contest.
4. Learn by testing others.
5. The test merely points the way, and is not an end in itself.

心身統一の四大原則

- 一、臍下の一点に心をしずめ統一する
- 二、全身の力を完全に抜く
- 三、身体の總ふ部分の重みを  
その最下部におく

四、氣を出す

財團法人氣の研究會會長 藤平光一

# 4 Basic Principles To Realize Mind & Body Oneness

## 心身統一の四大原則

肩下の一歩一歩を統一する

全身の力を完全に統一する

身体のあらゆる部分を統一する

心の最下層を統一する

心を統一する

心身統一の四大原則を統一する

一臍下の一点に心をしずめ統一する

心身統一の大原則

一全身の力を完全に統一

一身体の総の動きを統一

一その動きを統一

一心を統一

一達人は心身統一を成す

#1  
Keep One  
Point

# Four Basic Principles to Unify Mind and Body

## Principle of the mind:

### *1. Seika no iten ni kokoro o shizume toitsu suru*

Calmly realize (your) mind at the One Point in (your) lower abdomen

**Keep One Point**

## Five Principles for Keeping One Point

1. Center on the point in the lower abdomen where you cannot put tension.
2. Let your body weight fall on your One Point, not your legs or feet.
3. Your breathing is calm and subtle.
4. You can accept whatever happens without losing your composure.
5. Therefore, you can do your best at any time.

## #2 Relax Completely

心系統の大原則  
一筋下の点に心を統べる

二全身の力を完全に抜く

三身体を緩み部分の力を

その最下部に抜く

四心を抜く

五全身の力を完全に抜く

# Four Basic Principles to Unify Mind and Body

Principle of the body:

## 2. *Zenshin no chikara o kanzen ni nuku*

Completely release all tension from the entire body/mind and emotion

**Relax Completely**

## Five Principles for Relaxing Completely

1. Each part of your body settles in its most natural position.
2. You relax positively, without collapsing or losing power.
3. Your sense of presence makes you look bigger than you actually are.
4. You are strong enough to be relaxed.
5. Therefore, you have an attitude of non-dissension.

#3

Keep Weight  
Underside

二 全身の力を完全に減く  
三 身体の總ふ部分の重みを  
その最下部におく

四 腹をゆるす

五 腹をゆるす

# Four Basic Principles to Unify Mind and Body

Principle of the body:

3. *Karada no subete no bubun no omome o sono saikabu ni oku*

Let the weight of every part of the body settle at its lowest point

**Keep Weight Underside**

## Five Principles for Keeping Weight Underside

1. You maintain the most comfortable posture.
2. Your body feels light and does not sag.
3. Your ki is extending fully.
4. You are flexible and can adapt to changing conditions.
5. Therefore, you perceive everything clearly.



# Four Basic Principles to Unify Mind and Body

Principle of the mind:

3. *Ki o dasu*

Ki is extending (naturally)

**Extend Ki**

## Five Principles of Ki Extending

1. You are not overly conscious of your body.
2. You make full use of centrifugal force in your movements.
3. You have soft eyes and a poised manner.
4. You show composure in your body.
5. Therefore, you are bright and happy (easygoing).



光一謹書



Hito 人

Hito 人

Kojin 個人

Hito 人

Kojin 個人

Ningen 人間

光一謹書



# Five Principles for Leading Others

1. **Ki is Extending** - To be safe and successful in both the dojo and daily life, you must learn to allow your Ki to extend naturally.
2. **Know your Partner's Mind** - In order to take the appropriate action for a given situation, you must understand your partner's intent. Diligent training is required to cultivate this sensitivity.
3. **Respect Your Partner's Ki** - The martial arts begin and end with courtesy and respect.
4. **Put Yourself in the Place of Your Partner** - If you know your partner's mind and respect their Ki, then it is simple and natural for you to be willing to put yourself in their place. Many techniques begin with physically putting yourself in your partner's place.
5. **Perform or Lead with Confidence** - Without confidence, successful performance of any task is difficult

# Five Principles of Ki Exercise

1. Movements center on and begin from the One Point in the lower abdomen.
2. Ki is extending fully in each movement.
3. A natural and relaxed posture (free and easy movement).
4. Forget your muscles, no tension.
5. Feel clear rhythm in your movements.

# Five Principles of Ki Breathing

1. Breathe out with the sound of HA, gradually and purposefully.
2. Exhale as calmly and quietly as possible.
3. At the end of each breath, Ki continues infinitely like a fading sound.
4. Inhale from the tip of your nose until your body feels saturated with breath.
5. After inhaling, calm your mind infinitely at the One Point.

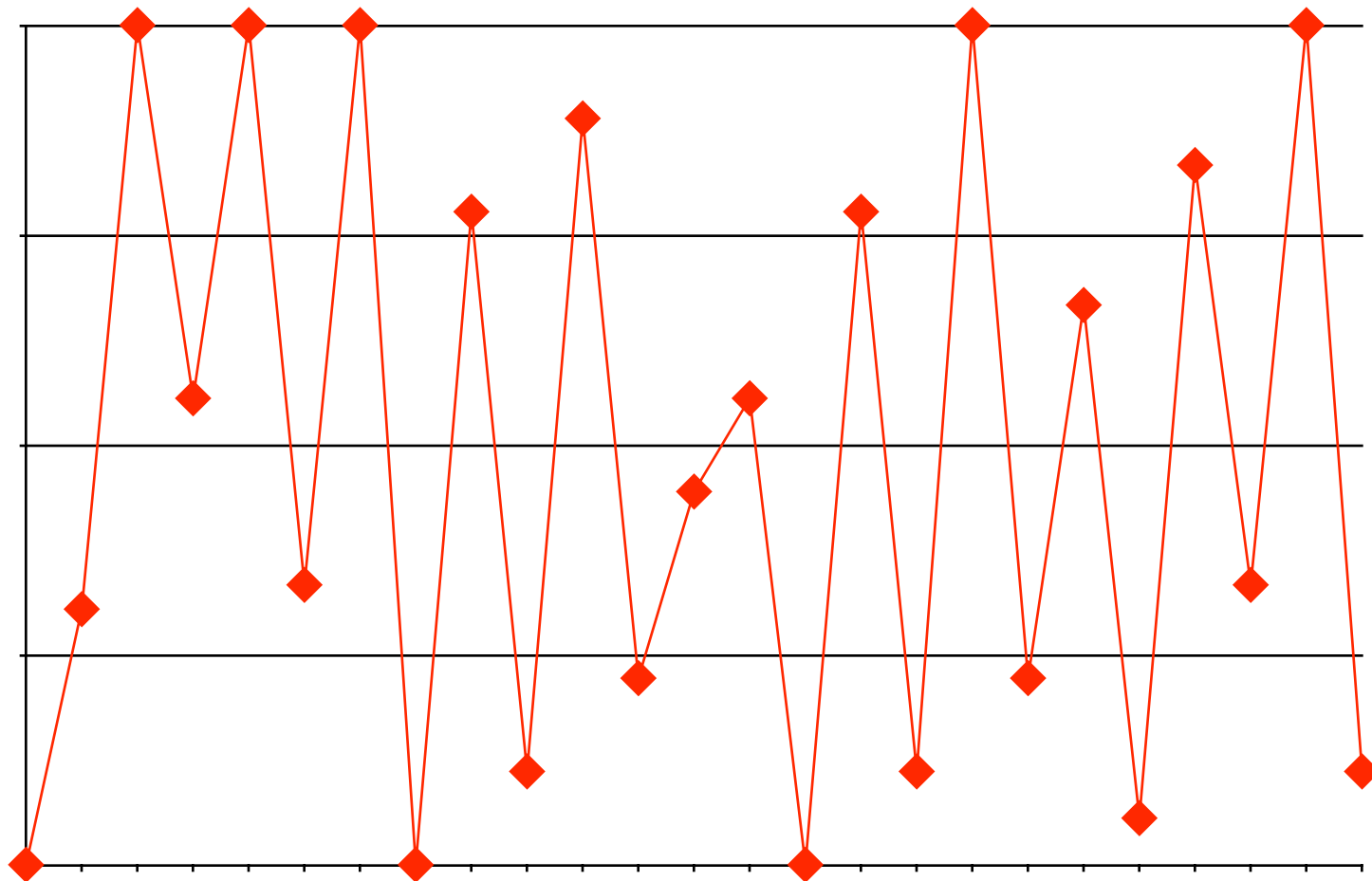
# Five Principles of Ki Meditation

1. You maintain a posture of mastery.
2. You are letting go, releasing, and have a sense of freedom.
3. You create an atmosphere of harmony.
4. You are vividly aware of the spirit of life in Universe Itself.
5. Therefore, you can feel the movement of the Ki of the Universe.

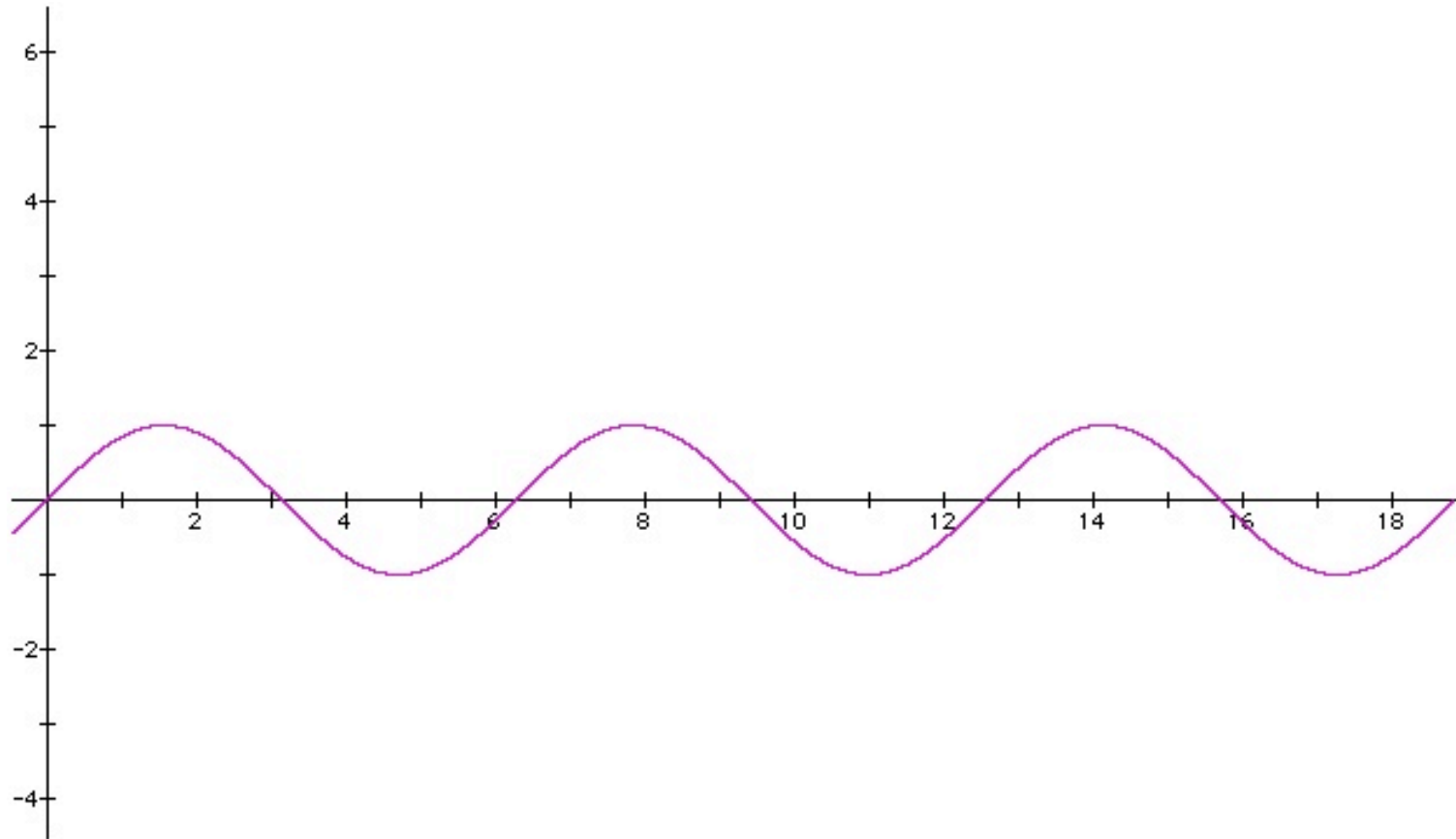
氣



# This is Your Brain



# This Is Your Brain With Body/Mind Coordinated



# Five Reasons to Learn and Perform Kiatsuho

1. Kiatsuho is comfortable and pleasant.
2. Kiatsuho has no negative side effects.
3. Maximum results with a minimum of treatments.
4. You learn the essentials of realizing bodymind oneness.
5. You are taught how to prevent reoccurrence of the problem with Ki Breathing and Ki Exercises.

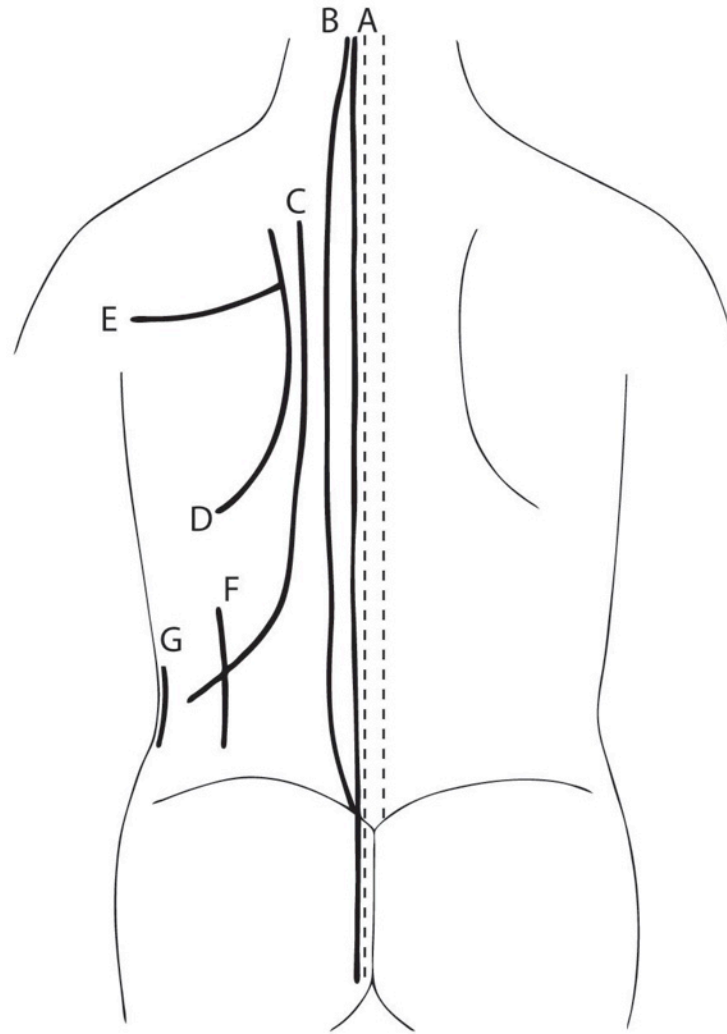
# Five Principles of Kiatsu Therapy

1. Extend Ki from the One Point in the lower abdomen.
2. Put no strength and have no tension in your body.
3. Send Ki perpendicularly toward the center without forcing.
4. Ki is connected infinitely at your fingertips.
5. Concentrate on lines, rather than points.

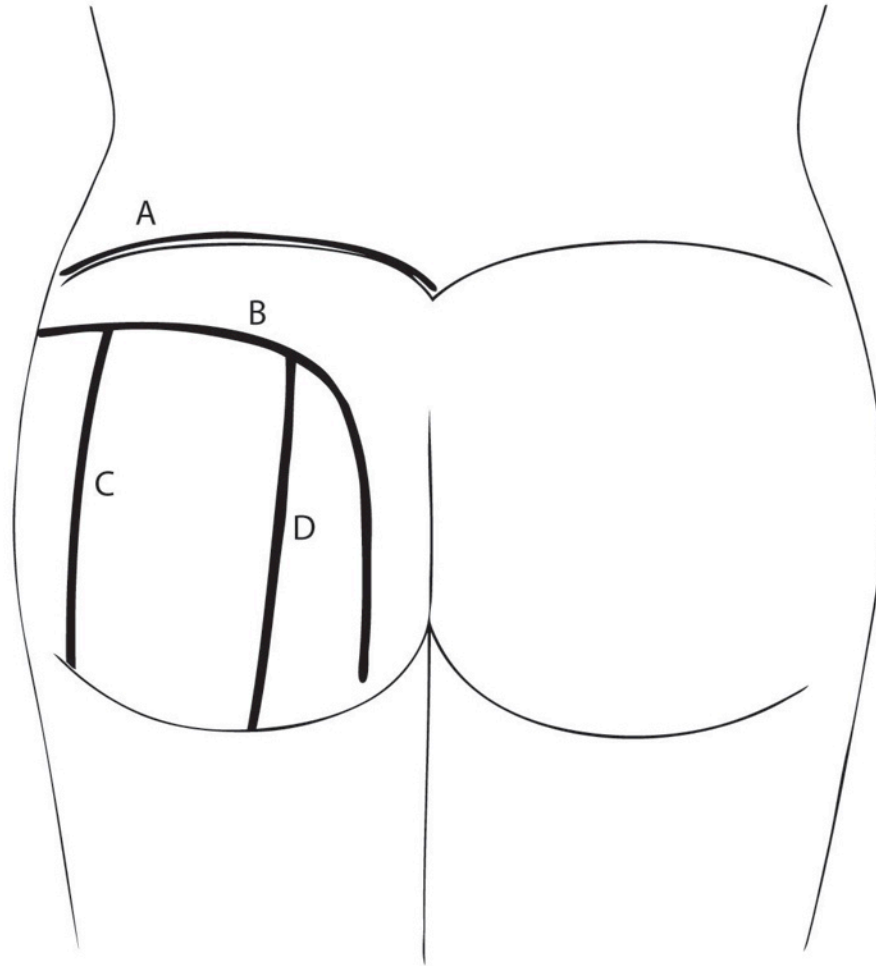


# Kiatsuho Therapy Figures

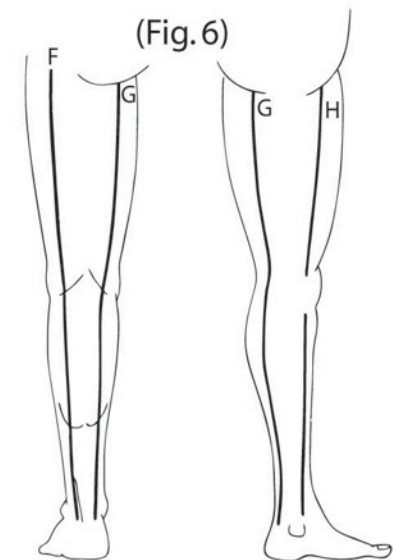
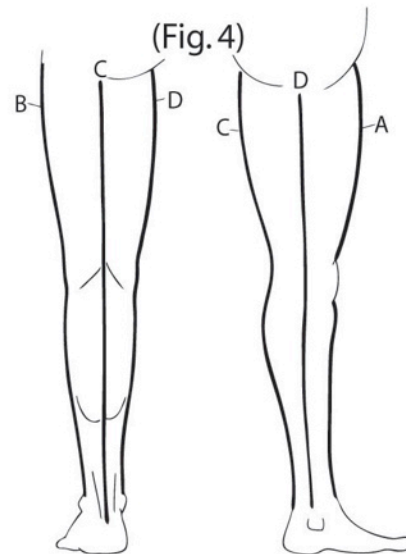
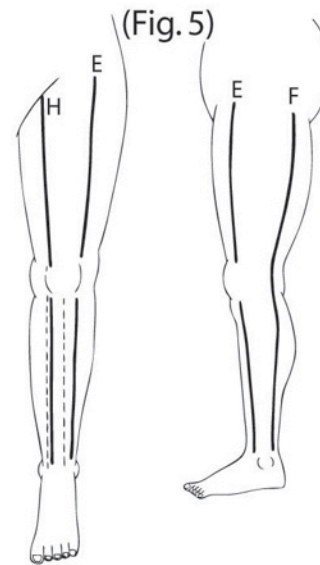
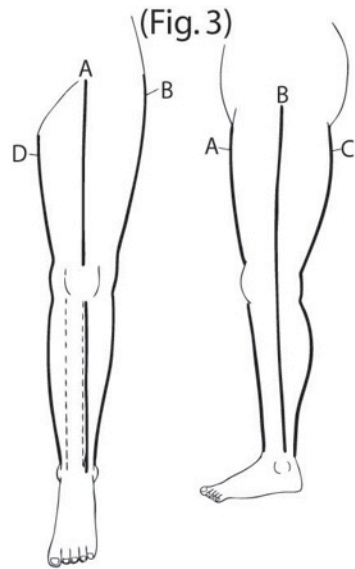
# 1. BACKBONE



# 2. HIPS

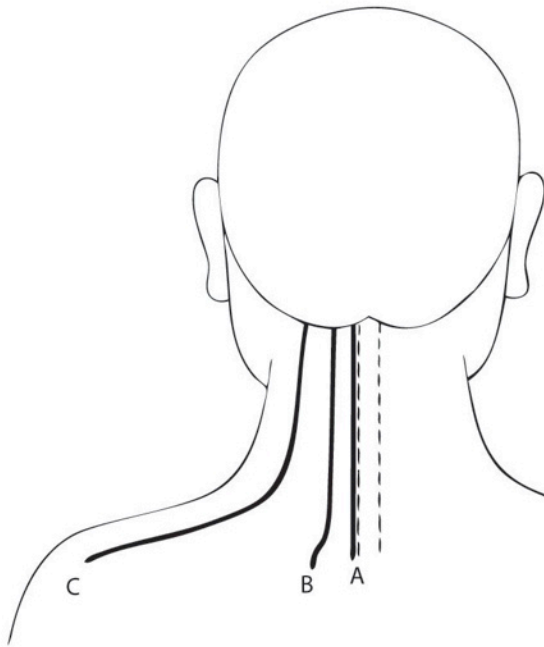


# 3. LEGS

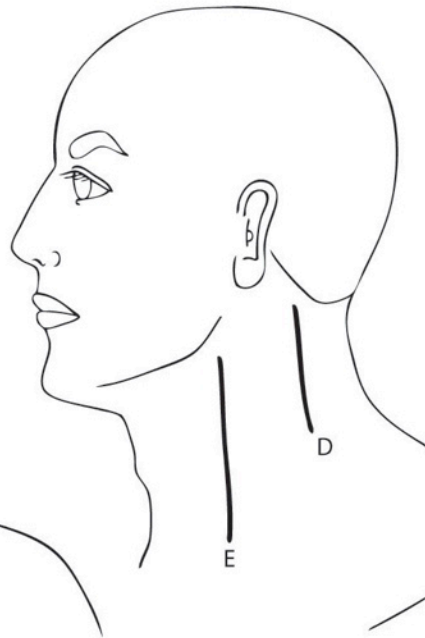


# 4. NECK

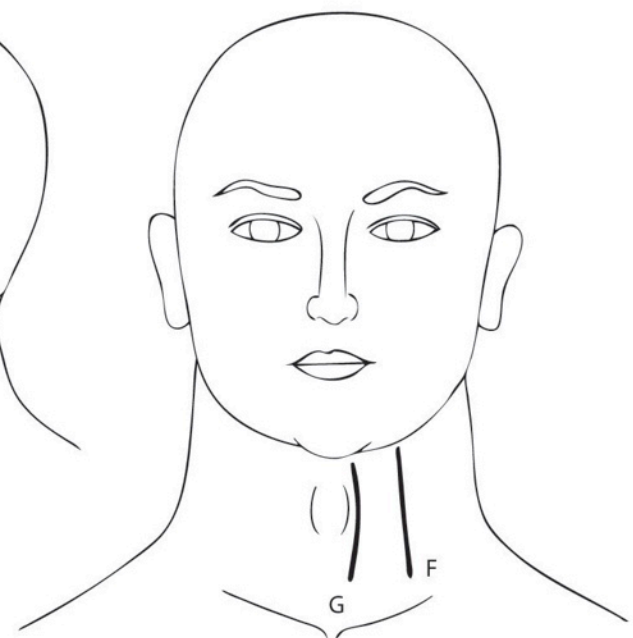
(Fig.7)



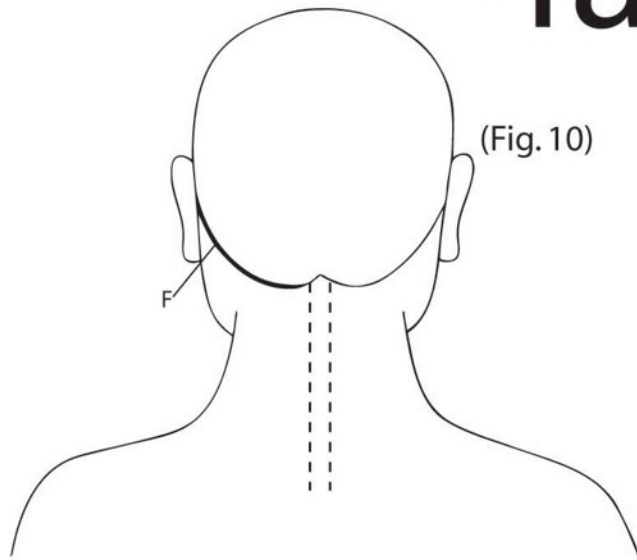
(Fig.8)



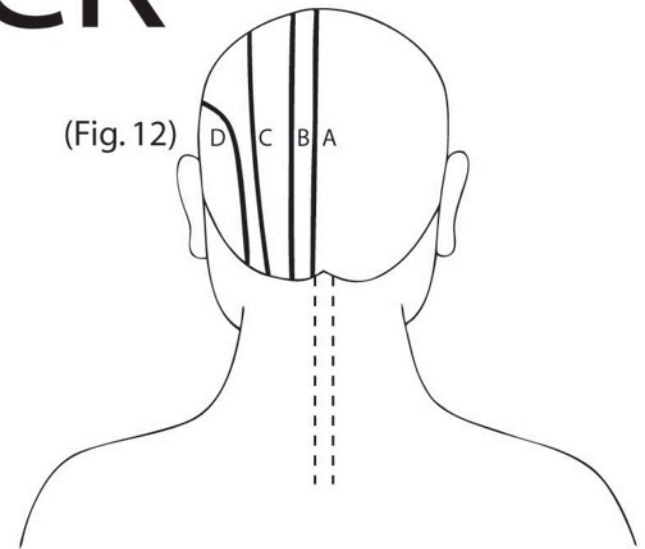
(Fig.9)



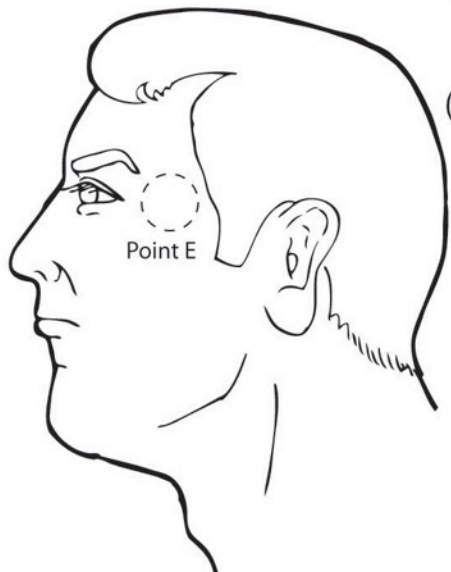
# 4a. NECK



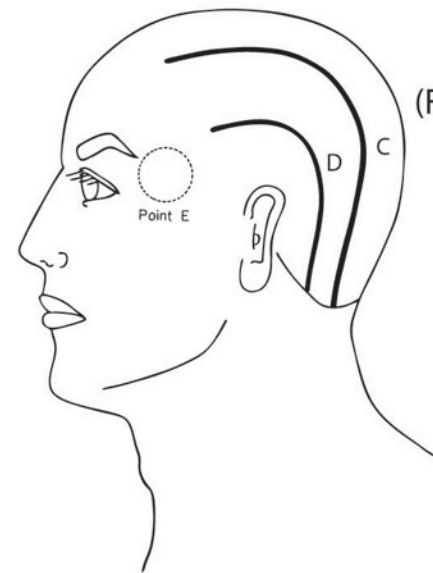
(Fig. 10)



(Fig. 12)



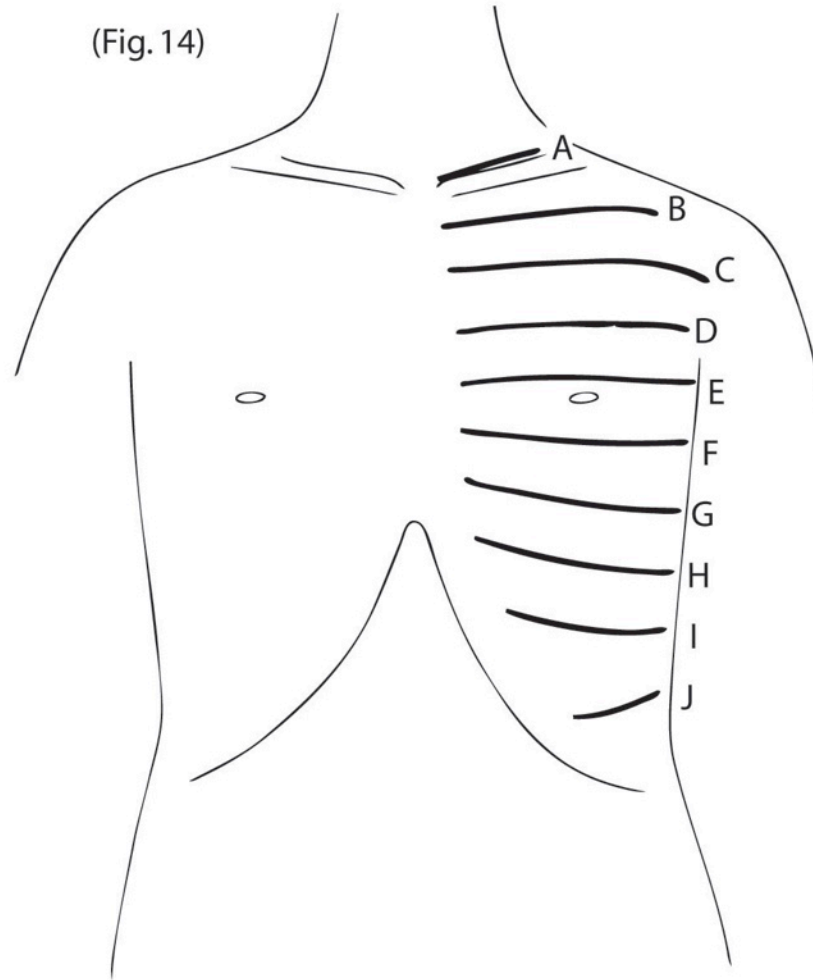
(Fig. 11)



(Fig. 13)

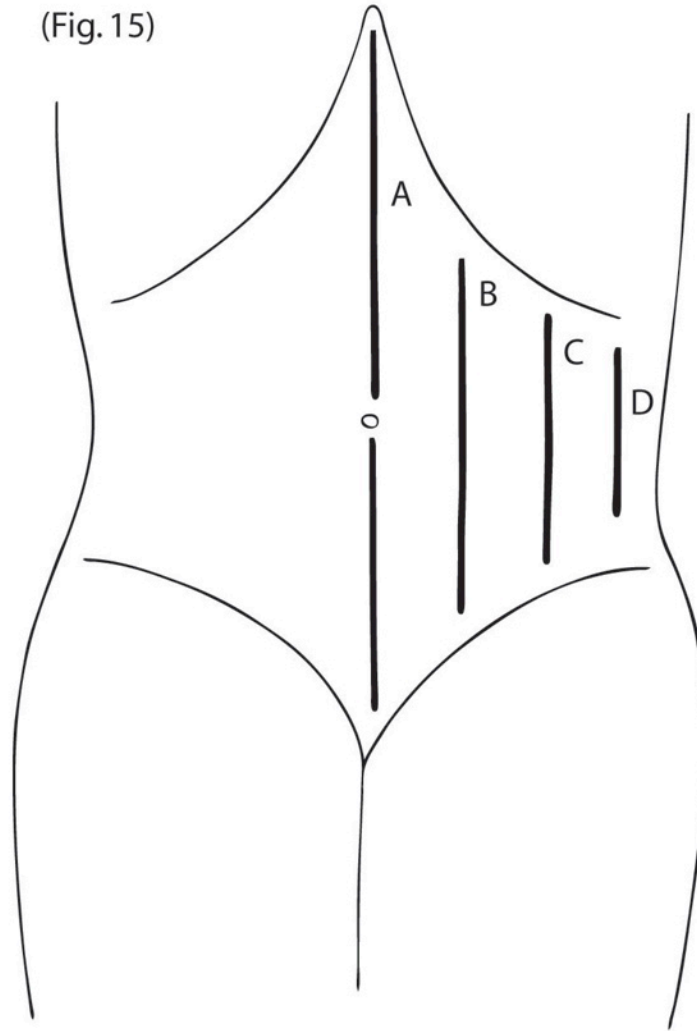
# 5. CHEST

(Fig. 14)



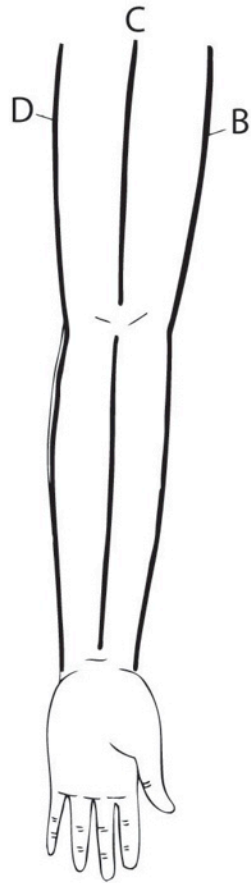
# 6. STOMACH

(Fig. 15)

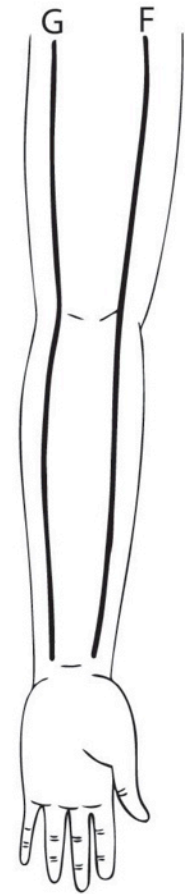
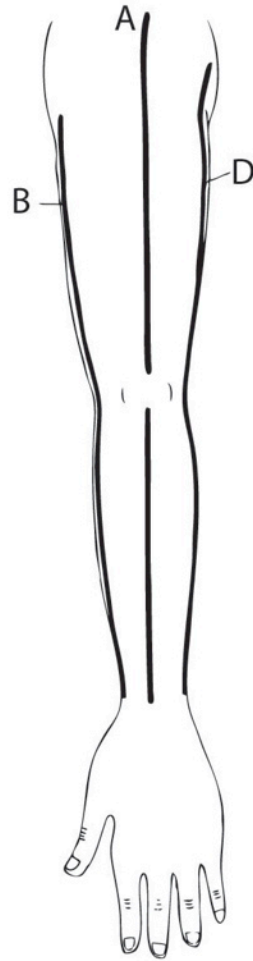


# 7. ARMS, SHOULDERS, ELBOWS, WRISTS

(Fig. 16)

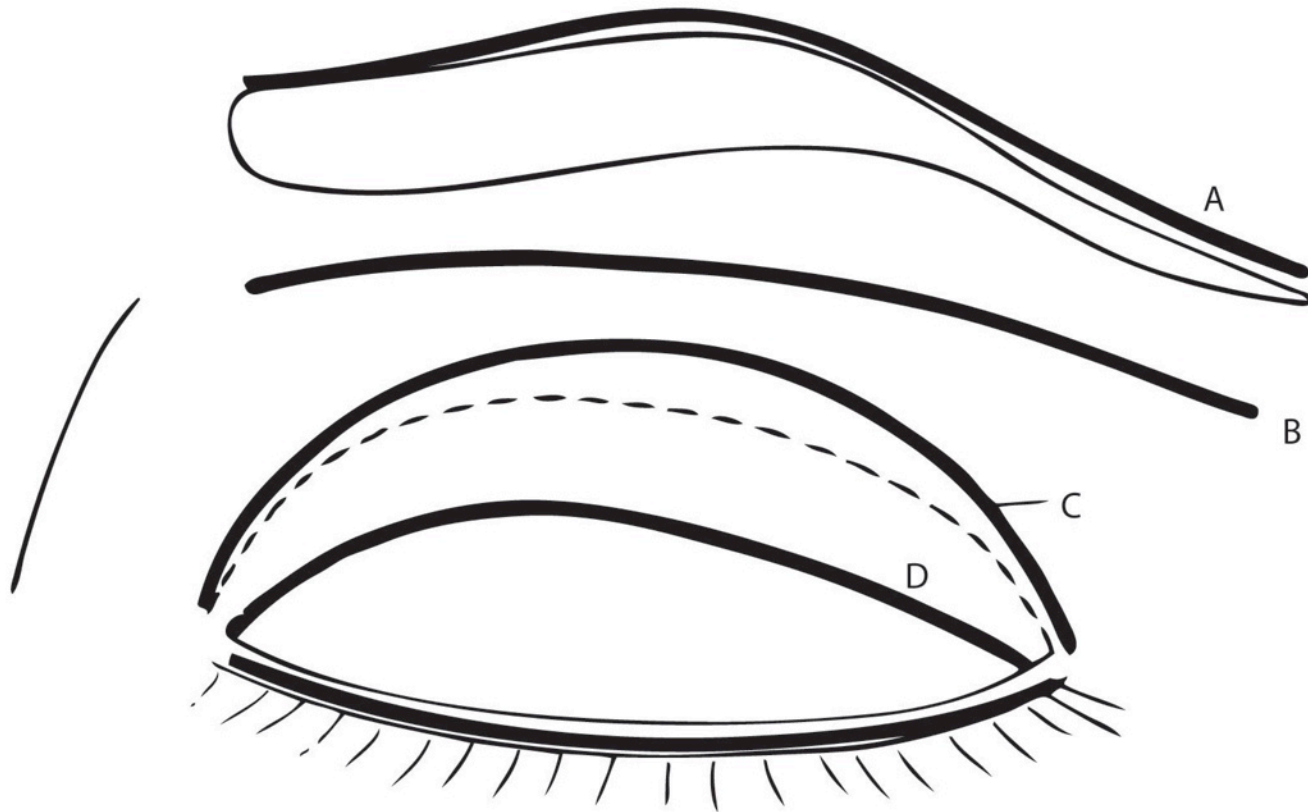


(Fig. 17)



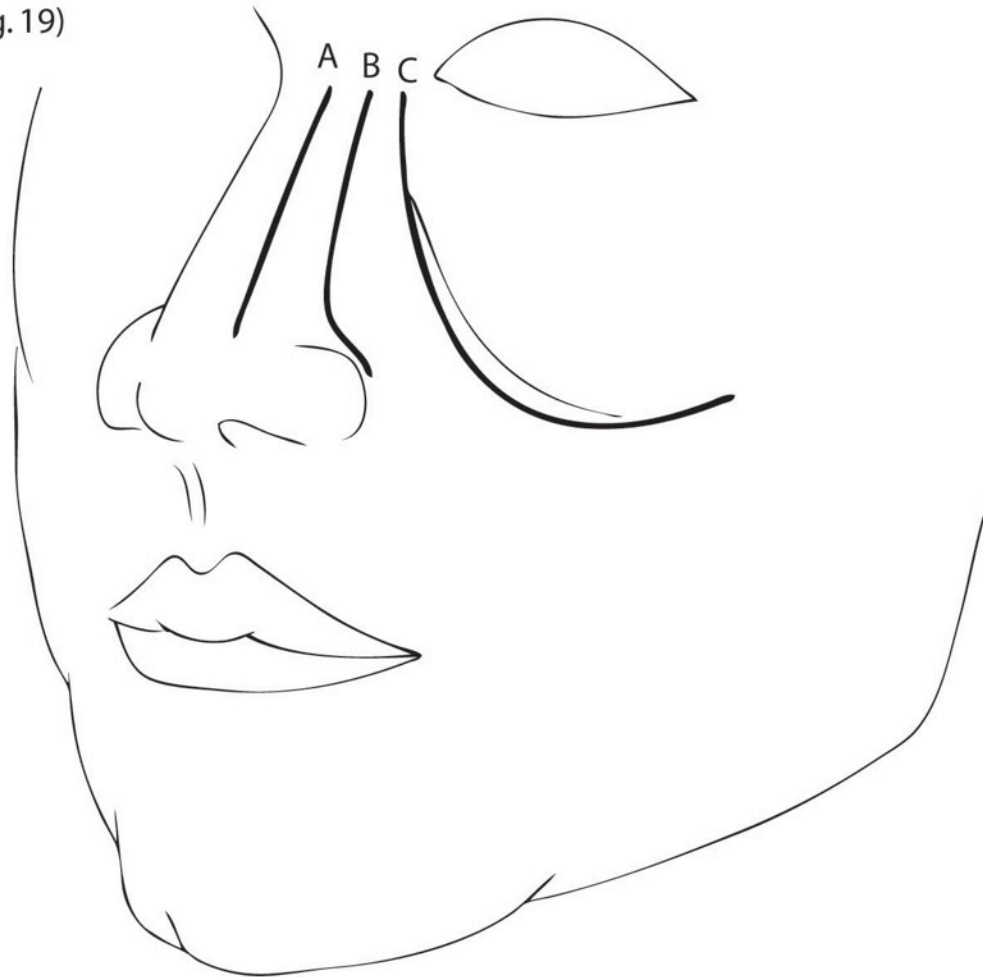
# 8. EYES

(Fig. 18)



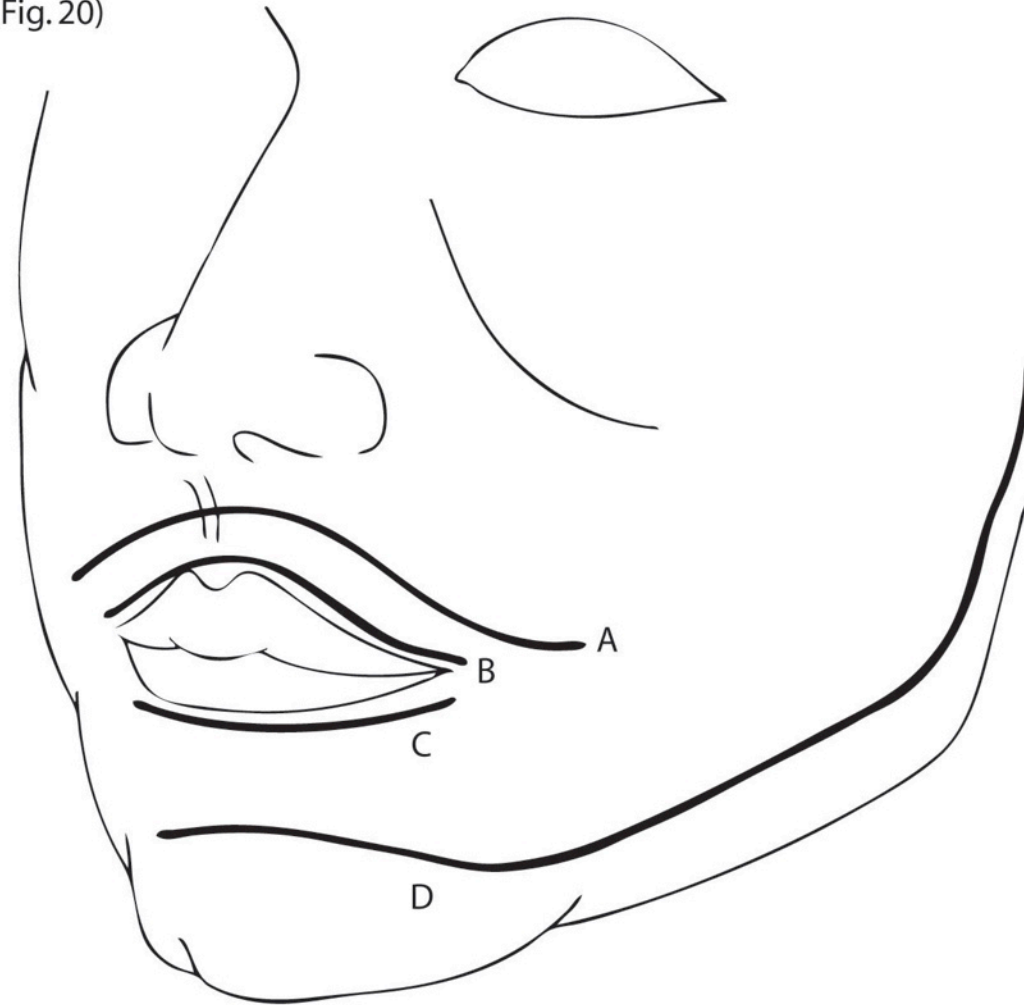
# 9. NOSE

(Fig. 19)



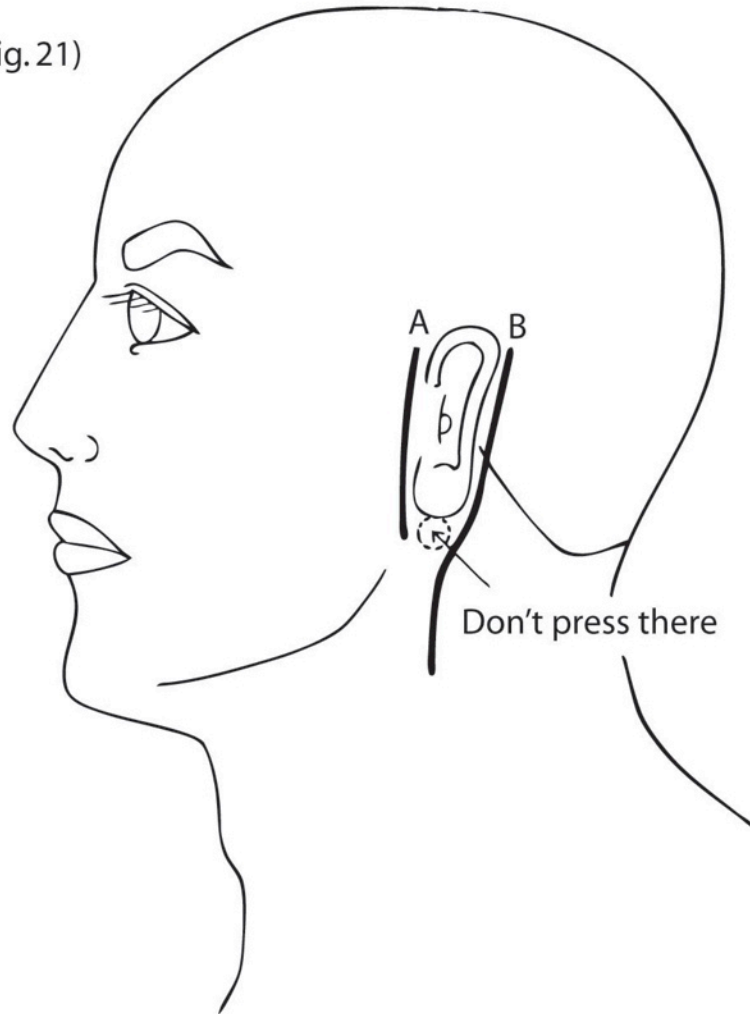
# 10. MOUTH

(Fig. 20)



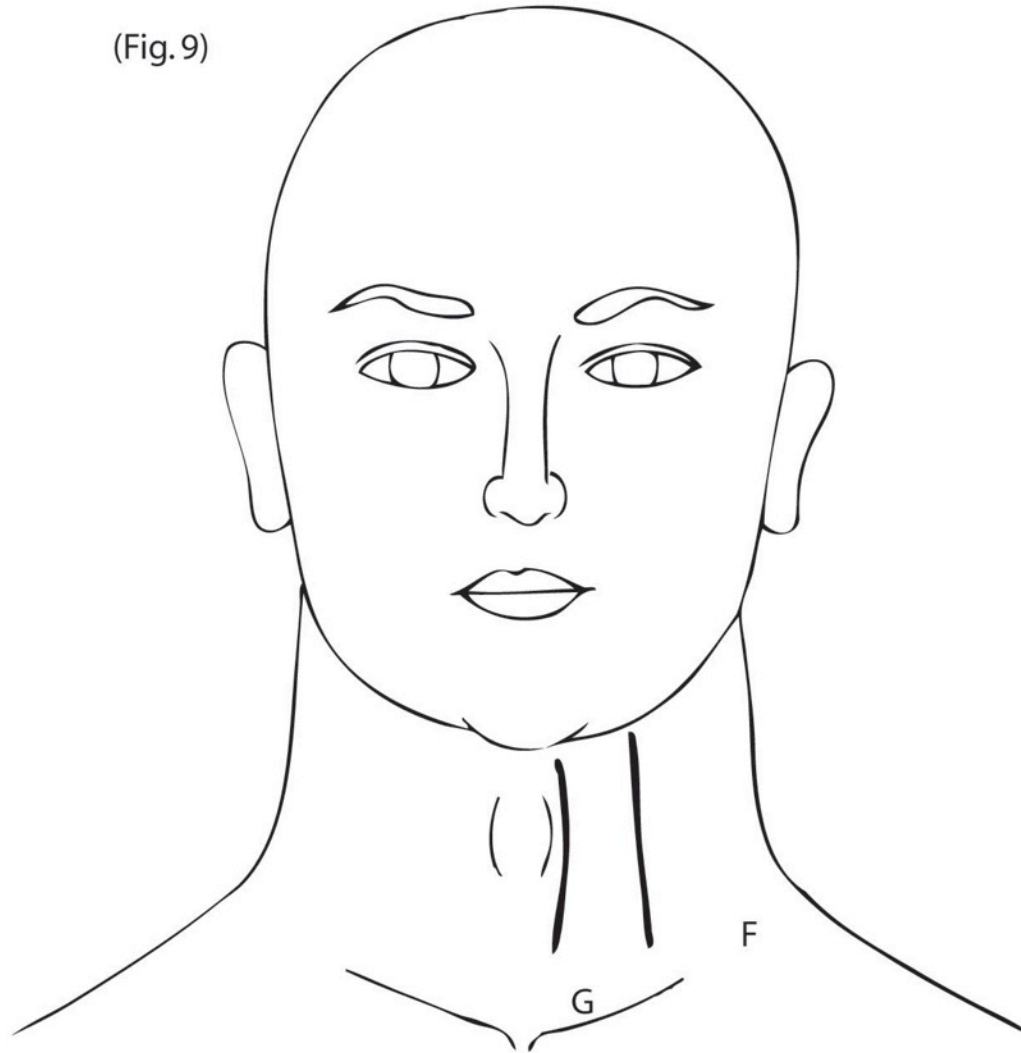
# 11. EARS

(Fig.21)

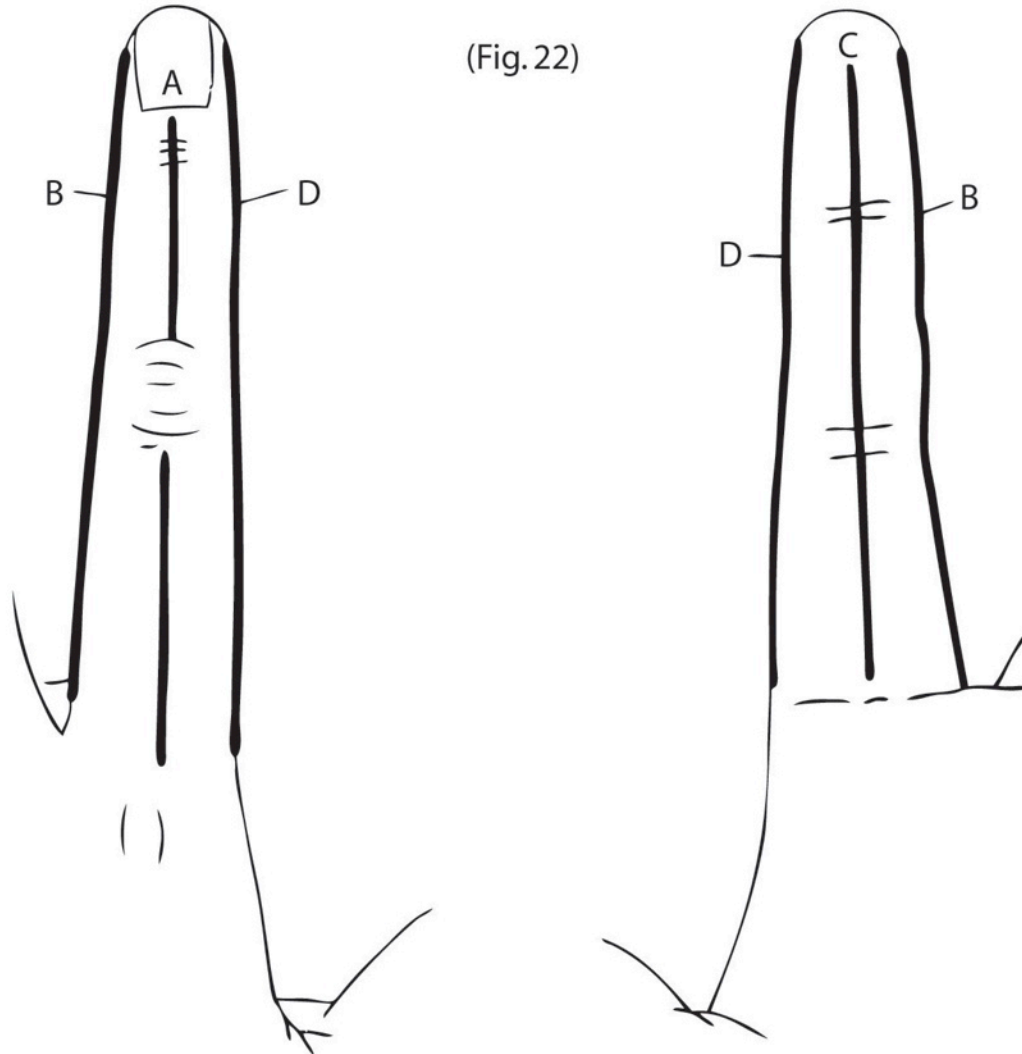


# 12. THROAT

(Fig.9)

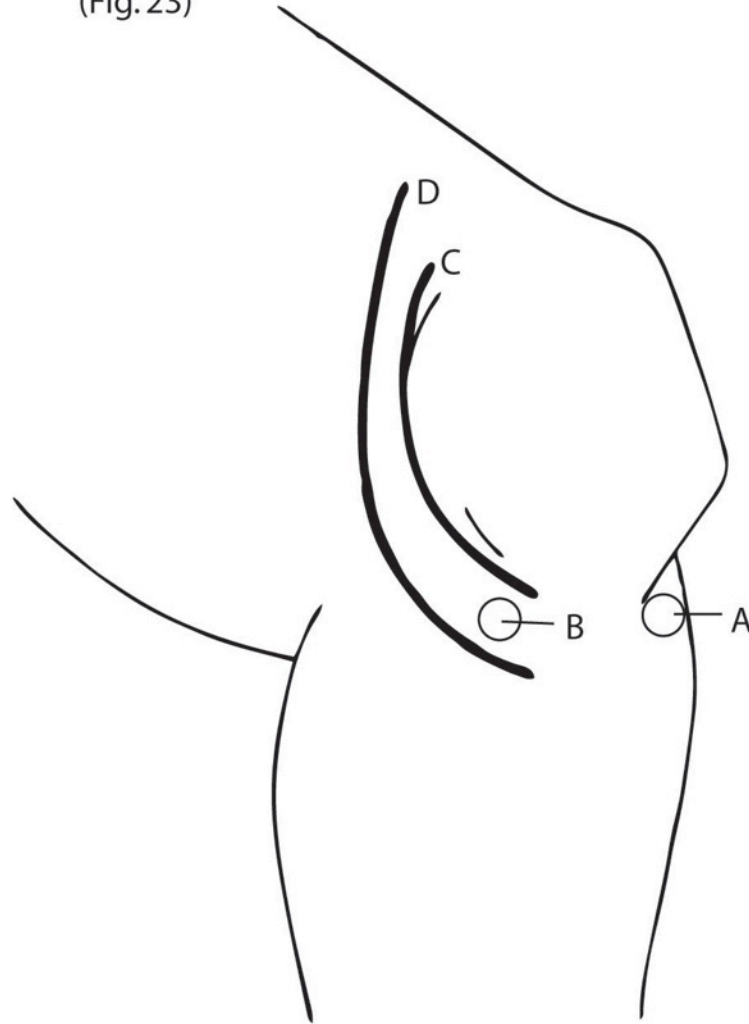


# 13. FINGERS



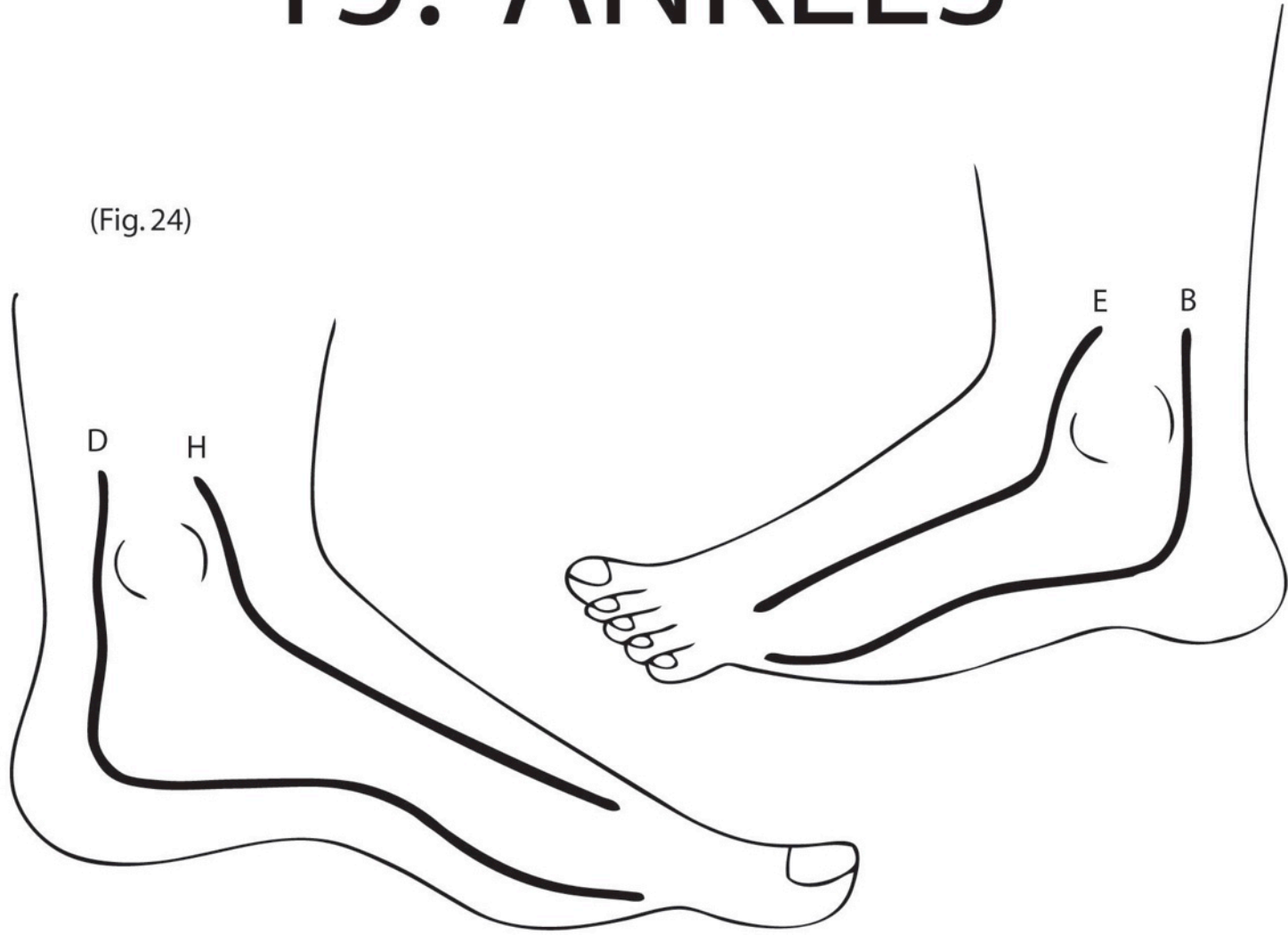
# 14. KNEE

(Fig. 23)



# 15. ANKLES

(Fig. 24)



# Ten Characteristics of Applying Ki in Daily Life

1. Develop a Universal Mind (Uchû – Reisei).
2. Love and Protect All Creation (Banyû – Aigo).
3. Be Grateful for All You Have (Kansha – Hôon).
4. Do Good in Secret without Expecting Reward (Intoku – Kahô).
5. Have Soft, Merciful Eyes and a Gentle Manner (Jigan – Onyô).
6. Be Forgiving and Large Hearted (Kanyû – Taïto).
7. See Clearly and Think Deeply (Shinryô – Meisatsu).
8. Maintain a Spirit of Unshakeable Composure (Taizen – Fudô).
9. Be Vigorous and Full of Energy (Seiki – Haturatsu).
10. Persevere as Long as You Live (Shishi – Futô).

# Five Principles of Setsudo (Teaching the Way of the Universe)

1. Believe in the Way of the Universe.
2. Share the Way of the Universe with Everyone.
3. You Must Practice What You Teach.
4. Teach According to the Person.
5. Grow Together.

# Four Principles for Learning Deeply

1. Be Candid.
2. Persevere.
3. Differences in Techniques and Teaching Methods.
4. Be Both Pupil and Instructor.

# Seven Principles for Instructors

1. Grow Together.
2. Be Modest.
3. Students are the Teacher's Mirror.
4. Right Not Might.
5. Attitude not Seniority Makes an Instructor.
6. Be Fair and Impartial.
7. Instructors Must Work Together.



**Thank you**

