



KI IN DAILY LIFE

A memo from Georges Gawinowski “red belt test”

Student of Grand Master Tom Mount and Master John Timinsky

Ki Survival systems School

Following the reading of the book of Koichi Tohei “ki no KenkyukaiH.q”

“Winning means winning over the discord in yourself. Those who have a warped mind, a mind of discord, have been defeated from the beginning.” *Morihei Ueshiba*

The Japanese martial art of Aikido was developed by Morihei Ueshiba (known as O'Sensei, or "great teacher") during this century. His unique approach to the martial arts was to emphasize blending with, instead of opposing, an attacker's energy. Following World War II, Aikido's popularity increased when O'Sensei stressed the peaceful applications of the martial art. One of O'Sensei's principal students was Koichi Tohei, who began studying under the founder in 1939.

After the war, Tohei Sensei was picked by O'Sensei to bring Aikido to the United States, which he did in 1953 by introducing the martial art to Hawaii, where it flourished. Tohei Sensei became Chief Instructor under O'Sensei, and was eventually promoted to 10th Dan (10th degree black belt), the highest possible rank. After O'Sensei's death in 1969, Tohei Sensei stayed on as Chief Instructor.

For a while after the death of Master Ueshiba, Tohei remained in his position as Chief Instructor of the Aikikai under the direction of the O'Sensei's son, Doshu Kisshomaru Ueshiba Sensei. The two eventually parted ways over disagreement in teaching style. Tohei Sensei developed a teaching system which taught Ki principles to all students, which he felt would make their Aikido techniques stronger, and also allow them to use Ki development in everyday life. In 1974, Tohei Sensei left the Aikikai and founded the Ki Society International, which is the organization under which the Virginia Ki Society operates.

The main focus in Ki Aikido is on remaining calm and alert, using inner energy (ki) rather than muscle power alone. Its principles are based on non-confrontation rather than attack. In this, the most effective of the defensive arts, the student learns to join his force (ki) with the attacker's in such a way that the attacker never feels any antagonism, just surprise.

There are many benefits gained from Ki Aikido practice, other than the obvious ones of fitness and self-defense. Many who practice Ki Aikido find that the exercise in calm alertness flows over into their business and personal lives. They become more able to meet and redirect antagonism. They recognize and solve problems before they become a

crisis.

Above text adapted from an article by George Simcox, founder of the
Virginia Ki Society

Visit this site to learn about Tohei Sensei's other important teacher,
and the link between yoga and Ki Aikido:

<http://www.stlki.org/nakamura.shtml>

Ki in Daily life

Tohei Sensei's book is totally fascinating, it is a true story about human life, having, learning how to develop a good Ki flowing into you. This is going to increase our potentials on different aspects of life, business, human relations, and most important health; it is our responsibility to develop and to take care of our body in order to be in shape with a mind and spirit in conjunctions.

We have entered the world from the universal with all the tools we need to follow our path, after our parents decided to have a baby the universal came up with the most beautiful "machine" us,

"An individual is the result of the union of only one sperm cell with an ovum" ¹

The mind and the body have to be in one, once we decide to let the flow the Ki and use some techniques to do so the body has to follow.

We know for us who practice Ki techniques and or Martial art it is not easy to train, the mind is lazy and always give us some excuses to do something else, every time we "force ourselves" or push ourselves to do something that we do not want really to do, we increase our potential and our connections between the mind and the body we are one. We increase our survival system belief. To be motivated we need to make sure that we are following our path, we cannot do or practice what we do not like, and otherwise it will be a short experience.

The basic nature of Ki is in everything, it has color, form, odor, sensation,

Plants, animal, rocks, water, all are KI we can feel it, sense it, and be comfortable with it. Picture yourself close to a river during springtime, with nice birds around you, fresh odor in the air, a clean and clear water

¹ Ki in Daily life, Koichi Tohei

is running in the river, you are under a beautiful tree, resting, observing the nature The trees has strong trunk, and green leaves are giving you a nice shade so you can stay cool, what a beautiful place; full of strong and different Ki

We are born with Ki but we can also develop it, cultivate it and practice it.

See, smell meditate sense the Ki around us all things around us is giving us Ki, sometimes it is peaceful and positive, and sometime it is negative.

Plus Ki and Minus Ki.

Ying and Yang, “good and bad”, black, white, “the universal is absolute in its oneness, but its manifestation is a world of dualism”²

All of us want to live a positive life with a positive Ki (even if some of us are not aware of Ki we all wants have a positive life) but sometimes negative sensations boiled inside us. A positive approach will lead to positive life, try not to see the negative around you, and if there is negativity try to see the positive from it.

If you are sick, it could be a negative, you can not work, earn money, can not move, you feel alone and useless, but the universe wants you to be sick your body has to rest and if the only way for the universe to make you understand it , it's to put you in bed it's will do it.

One of my best friend was always hurting himself with his knees, he was working in construction hours and hours, running after the money, on and on, and on. I always told him: “watchout you need to stop, you are tired, you are pushing to much, listen your body, he became nervous, irritated. Tired, years after years, he even stopped diving till he get injured, really bad, so bad that he could not work for a full year, could not dive for 5 years.

The universe was talking to him ...

Always try to listen and transform negativity to positivity.

Some techniques can be used. Meditation, exercise, positive attitudes and also, the “Keep one point.”

³“The basics principals to unify Mind and body”:

² Koichi Tohei

³ Chapter 5

- 1 Keep one point
- 2 Relax completely
- 3 Keep weigh underside

Extend Ki”

The mind moves the body, we know when we practice Zen meditation, and the mind is troubled by a multitude of tough and images.

Koichi Tohei show us different skills and techniques to increase our ki with our mind, like the “two fingertips Naturally joined, the unbreakable circle, the unbendable arm, the human bridge, pushing the left shoulders, concentrating the one point on the lower abdomen, keeping the spot in the foreheadshoulders and the one point in the lower abdomen aligned, sitting in living calmness, sitting in dead calmness, both hands pulled down, the unraisable face.

All these techniques practiced have one commonaspect of the Ki flowing: the one point located in the DianTian.

In REIKI we also use this point a lot, this is the fire or oven were the body transform bad to good energy

Ki Breathing⁴

‘Ki Breathing may be done in any position; the best position is when sitting seiza (kneeling). Ki Breathing should be done for 20 minutes at a time. You should be able to continue Ki Breathing for 30 minutes; this is a minimum goal to attain. Ki Breathing should be natural, not forced. Ki Breathing will allow you to consume more oxygen and expel more carbon dioxide than most breathing methods. Ki Breathing will energize and relax you at the same time. Ki Breathing will enhance your ability to coordinate mind and body. Ki Breathing will allow you to become more centered and positive.

Correct Ki Breathing is difficult to master because just being able to sit still for 20 minutes at a time is a task in itself; so do not force it. Breath as long as you can until you feel the urge to stop; when this happens, it is time to stop. At first, breathing should be done at the same time every day at the same time. The next day, breath at least as long as you did the day before. Continue this process until you can reach the 30 minute

⁴ members.tripod.com/jakarta_aikikai/ki1.htm

goal. Remember that slow and consistent practice will allow you to benefit the most from Ki Breathing.

I find that Ki Breathing, just before bedtime, will enable me to sleep more soundly and wake up faster, feeling totally rested. Ki Breathing is also helpful in finding solutions to problems. Concentrate on the problem at hand before you start to breath. Start breathing but do not think about the problem; when you finish Ki Breathing, you may have a better idea of how to solve your problem. If you get nervous, before a presentation or any stressful activity, Ki Breathing will allow you to relax and complete the task at hand with confidence and relaxed control.'

Instructions for Ki Breathing

“Position yourself in the correct seiza posture; sitting kneeling. Lower back in. leaning slightly forward over your center. This will be referred to as the neutral position.

Concentrate correctly; imagine your mind at your center (3 inches below your navel)..let your muscles naturally relax but do not collapse. Focus your Ki (attention/energy) away from your body and your center.

Exhale first: open your mouth and begin to let your breath flow naturally out. As you exhale, create the sound 'HAAAA" as softly as possible. Use your throat muscles to control the flow of your breath. If you do not control your breath, the exhalation will be done much too quickly. When you cannot exhale any longer, bend slightly forward from your center. This will compress the diaphragm and allow you to exhale a bit more. After shifting forward and exhaling completely, return to the neutral position and concentrate on your center, still imagining that you are exhaling. Remain in the neutral position for 5 seconds. The exhalation cycle should take 35 seconds in total...exhale for 30 seconds and hold for 5 seconds.

Inhale next: close your mouth and begin to let the air flow naturally through your nose. Use your throat muscles to control the flow of your breath. If you do not control your breath, the inhalation will be done much too quickly. When you cannot inhale any longer, bend slightly backward from your center. This will expand the diaphragm and allow you to inhale a bit more. After shifting backward and inhaling completely, return to the neutral position and concentrate on your center, still imagining that you are inhaling. Remain in the neutral position for 5 seconds. The inhalation cycle should take 25 seconds in

total. Inhale for 20 seconds and hold for 5 seconds.

Remember, do not force this exercise; if a 30 second exhalation is too much for you to do, and then reduce the exhalation to 20 seconds or whatever feels right. But remember to also reduce the inhalation time to 2/3 of the exhalation time I Always hold the neutral position for 5 seconds, no matter how much the inhalation or exhalation times change.

When inhaling and exhaling, imagine that your Ki is flowing along with your breath. This will allow you to maximize the effect of Ki Breathing to your overall well-being. I hope this will be helpful in this most important part of KI-AIKIDO.”

By Hal Singer

We unit the mind and the spirit, and our life is part of the universal, the spirit is also going to develop with the breathing, we nourish our souls with the breathing we calm ourselves, we are becoming closer to oneself to our center, regarding the circumstances.

Bad can be transformed in good, villain can become heroes, and we can become beautiful with age.

We are born beautiful, we can stay beautiful if we develop our spirit and our body, close to what God, the Universe has created, the perfect “machine”

Developing the human being with KI principles is a life and a day work.

Waking up I need to thanks for my health, for the beautiful day I am going to have, be thankful for the people you are going to meet, animals that you are going to pet. The rest of the day should be nice even if sometimes circumstances are not always positive.

“Always remains in life itself and not on the problems that exist in the path”⁵

Sleeping is the Ki recharge, I need to thank for my day, be relaxed, breath and meditate before my sleep will help me to have a good night and recharge my KI batteries.

The subconscious mind is what we have inside, what we are going to transform, and good in good out.

⁵ Tom Mount Ki survival philosophy

Confidence, love of yourself, and other strong determination, positive affirmation are going to help us on this path.

Thirteen rules for disciplinants

1. Ki training reveals to us the path to oneness with the universe. To coordinate mind and body and welcome with nature itself is the chief purpose of ki training.

2. As nature loves and protects all creation and helps all things grow and develop, so we must teach every student with sincerity and without discrimination or partiality.

3. There is no discord in the absolute truth of the universe. But there is discord in the realm of relative truth. To contend with others and win brings only a relative victory. To gain only a relative victory sooner or later leads to inevitable defeat. While you are practicing to become strong, learn how you can avoid fighting. By learning to throw off your opponent and enjoy it and to be thrown off and enjoy that too and by helping one another in learning the correct techniques, you will progress very rapidly.

4. Do not criticize any other martial art. The mountain does not laugh at the river because it is lowly, nor does the river speak ill of the mountain because it cannot move about. Everyone has his own characteristics and gains his own position in life. Speak ill of others and it will surely come back to you.

5. The martial arts begin and end with courtesy, not in form alone, but in the mind as well.

Respect the teacher who teaches you and do not cease to be grateful especially to the founder who shows us the *way*. He who neglects this should not be surprised if his students make light of him.

6. Be warned against conceit. Conceit not only halts your progress, it causes you to regress. Nature is boundless, its principles are profound. What brings conceit? - It's brought on by shallow thinking and a cheaply bought compromise with your ideals.

7. Cultivate the calm mind that comes from making the universe a part of the body by concentrating your thoughts on one point in the lower abdomen. You must know that it is a shame to be narrow minded. Do not dispute with others merely to defend your own views. Right is right, and wrong is wrong. If you are convinced that you are

wrong, manfully make amends. If you meet one who is your superior, joyfully, accept his teaching(s). if any man is in error, quietly explain to him the truth, and strive to make him understand.

8. Even a one-inch worm has a half-inch spirit. Every man respects his own ego. Do not, therefore, slight anyone, nor hurt his self-respect. Treat a man with respect, and he will respect. Make light of him, and he will make light of you. Respect his personality and listen to his views, and he will gladly follow you.

9. Do not become angry. If you become angry it shows that your mind has wandered from the one point in the lower abdomen. Anger is something to be ashamed of in ki training. Do not become angry on your own account. Be angry only when the rights of nature or if your country are endangered. Concentrate on the one point, and become angry all over. Know that he who is easily angered loses courage at important moments.

10. Spare no effort when you teach. You advance only as your students advance. Do not be impatient when you teach. No one can learn everything well at one time. Perseverance is important in teaching, as are patience, kindness, and the ability to put yourself in your student's place. "The teacher and the taught, thus produce the teaching."

11. Do not be a haughty instructor. The students grow in knowledge as they obey their teacher. It is special characteristics of training in ki that the teacher also advances by teaching his students. If you see a haughty man, you see a very shallow thinker.

12. In practicing, do not show your strength without some good purpose lest you awaken resistance in the minds of those who are watching you. Do not argue about strength, but teach

1 / 2 are endangered. Concentrate on the one point, and become angry all over. 13 Rules for Discipinants the right way. Words alone cannot explain. Sometimes by being the one to be thrown, you can teach more effectively. Do not halt your students throw or technique at mid-point, or stop his ki

before he can complete a movement, or you will give him bad habits.

13. Do whatever you do with conviction. We study thoroughly the principle of the universe and practice it, and the universe protects us. Real conviction comes from the belief that we are one with the universe. We must have the courage to say with Confucius: "If I have an easy conscience, I dare to face an enemy of 10,000 men." ⁶

Koichi Tohei Sensei

⁶ www.gojukyokai.com