

NOTE TO READERS

Shin-shin-toitsu-do, a.k.a. Japanese yoga/meditation, involves the movement of both mind and body. As with any form of physical exercise or psychological practice, if the techniques depicted in this book are misused, misinterpreted, or wrongly practiced, injuries and other problems may result. The author and publisher will not be held responsible in any manner for any injuries or damage of any kind that may occur as the result of following the directions offered in this book. No claims regarding the suitability of any of the methods described or illustrated in this book for the treatment of any physical or psychological disorder are made or should be inferred. Readers are urged to seek appropriate medical and psychological advice before undertaking the practice of Japanese yoga/meditation or any of the procedures presented in this book. Readers are also advised to perform the methods outlined in this book only under the direct supervision of a trained teacher.

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that is utilized in both Zen and yoga. You can see an example of the “full lotus position” in Figure 2. An easier way of sitting is the “half lotus position” seen in Figure 3. It is also possible to sit Japanese-style, lightly on your heels, as in Figure 4. These positions all encourage good posture, but they can be hard on your legs until you get used to them.

You need not suffer to sit in meditation. Simply sit on a firm chair, with an erect (but not tense) posture, like in Figure 5. If you are not feeling well, you can even meditate while lying on your back.

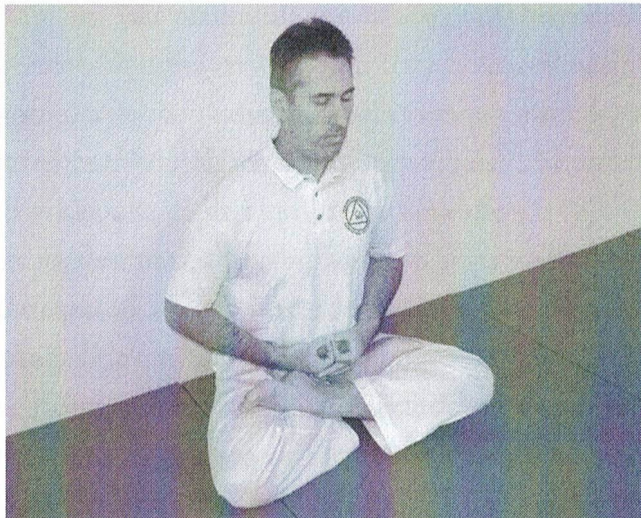


FIGURE 2: This is the lotus position. Sit lightly on the floor, with a big and erect posture. Keep the lower back straight, the chest open, and the shoulders down. The right foot is on the left thigh, the left foot is on the right thigh, and the left leg is on top. The eyes are gently closed.



FIGURE 3: This is the half lotus position. Sit lightly on the floor, with a big and erect posture. Keep the lower back straight, the chest open, and the shoulders down. The right foot is tucked in, close to the groin, and the left foot rests on top of the right thigh. The eyes are gently closed.



FIGURE 4: This position is called seiza. Sit lightly on your heels, with some space between your knees, and the big toes crossed. Maintain an expansive, erect posture. Keep the lower back straight, the chest open, and the shoulders down. The eyes are gently closed.