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(Book, 2001 ...

In Japan, and to
some degree
other Asian
countries,
people have
historically
focused mental
strength in the
hara (abdomen)

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as a way of realizing their full potential. Japan has traditionally viewed the hara as the vital center of humanity in a manner not dissimilar to the Western view of the heart or brain.

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In Japanese
yoga, which is
based on mind
and body
unification
principles, the
ultimate goal is
enhanced
concentration,
calmness, and

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willpower for a
longer,
healthier, and
fuller life. H.
E. Davey Sensei
also shows how
Japanese yoga
relates to
various
classical
Japanese arts as
part of a
tradition of
spiritual

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Japanese Yoga
spiritual and
aesthetic roots
in India, Japan,
and the West.

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Davey, H. E . . .**

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written to
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expose the
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Western world to
Meditation
a unique
philosophy and
set of
meditation
techniques that
have the power
to beneficially
transform your
life. I studied
these teachings

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Japanese of
meditation in
Japan, where
they are known
as Shin-shin-
toitsu-do
(a.k.a. Shin-shi
n-toitsu-ho).

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E. Davey is a
wonderful manual
and guide to the
practical
teachings of
Japanese Yoga,
as established
by Nakamura
Tempu. The
author's style

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reflects that of
a teacher who is
also very much a
practitioner,
with a rare
ability to
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without losing
the perspective
of the learner.

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reviews: Japanese Yoga

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In Japanese
yoga, which is
based on mind
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ultimate goal is
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willpower for a

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longer, healthier, and fuller life. H. E. Davey Sensei also shows how Japanese yoga relates to various classical Japanese arts as part of a tradition of spiritual practice with

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spiritual and
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in India, Japan,
and the West.

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He's the author
of The Teachings
of Tempu:
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expert is better
than you will
ever be at
folding t-shirts
and underwear
but don't worry
because she's

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happy to impart
her . . .

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The development,
in the Muromachi
period, of

Japanese
architecture in
which the floors
were completely
covered with

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tatami (thick straw mats), combined with the strict formalities of the ruling warrior class for which this style of architecture was principally designed, heralded the adoption of the

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sitting posture
known today as
seiza as the
respectful way
to sit.

Seiza - Wikipedia

He respected
Japanese "Yamato
spirit" instead
of Chinese
(Confucianism /
Buddhism) "Kara

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spirit".

According to
him, Kokugaku
should pursue

the Japanese old
way of "Shinto".

Through his
study of

Kokugaku, Hirata
Atsutane

advocated

nationalistic

State Shinto,

the obedience to

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the Emperor and
abolition of
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Buddhism.

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culture,
retiring and not
keeping your
mind and body
busy is seen as

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being bad for
your health
since it
disconnects your
soul from your
ikigai," writes
Héctor García,
co-author of
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Happy Life, for
the Guardian..

"Ikigai can be

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translated as 'a
reason for
being' – the
thing that gets
you out of bed
each morning.

**Ikigai Is the
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Tokyo-based
neuroscientist,

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writer, and
broadcaster Ken
Mogi argues in
his 2017 book,
The Little Book
of Ikigai: The
Essential
Japanese Way to
Finding Your
Purpose in Life,
that it doesn't
matter whether
"you are a
cleaner of the

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famous Japanese Yoga
Shinkansen
bullet train,
the mother of a
newborn child or
a Michelin-
starred sushi
chef' - if you
can find
pleasure and
satisfaction in
what you do and
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Purpose In Life
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Yoga is popular with people with arthritis for its gentle way of promoting flexibility and strength. Some research suggests yoga

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can reduce pain
and mobility
problems in
people with knee
osteoarthritis.

However, some
yoga moves are
not suitable for
people with the
condition.

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