

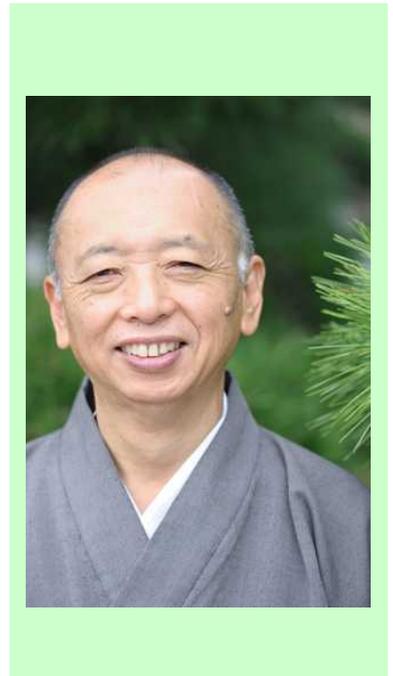
Zen Kinesiology 3days class by Kenichi Ishimaru

Quick 4 steps to reach mini-enlightenment. <http://zenkinesiology.wordpress.com/>

I come from Japan, the country where Zen flourished. My nickname is Dharma - from Bodhidharma - the name of the founder of Zen. In this life I have found a modern way of Zen: Kinesiology. Perhaps I was a Zen monk in a past life! To me, Kinesiology is Zen, and with this approach I have gained tremendous benefits from Kinesiology. I will be happy if you understand that Kinesiology is more effective when regarded as Zen.

The vision of Zen is so simple: everyone is a buddha, an enlightened being. By practicing Zen meditation you can get to know your true self, and attain the final spiritual state in which there is no more suffering or desire. The method of Zen meditation is so simple: just sitting silently or walking with awareness. But the daily practice of Zen meditation is so boring and difficult that historically, only a few have attained enlightenment!

Don't you think that many more people could attain the highest happiness if there were a far better and far easier method to access your true self? Anyway, I thought that Kinesiology could be the alternative method to Zen meditation when I experienced a Kinesiology session for the first time in 1990.



A brief explanation for quick 4 steps to mini-enlightenment class.

The first stage

When you have physical pain, you cannot go into deep meditation. In order to go deep into meditation you need to get rid of your physical pain.

Awareness and Kinesiology will support you in doing that.

The second stage

When you have mental or emotional pain, you cannot go into deep meditation. In order to go deep into meditation you need to get rid of your mental and emotional pain.

Awareness and Kinesiology will support you in doing that.

The third stage

Now is the time to sharpen your awareness to go deep into meditation.

Traditionally awareness to breathing has been used for sharpening your concentration abilities.

In Zen counseling, we learn to be aware of our Meridian Energy.

The fourth stage

Using your honed awareness, you can go into deep meditation, but until where? What is the destination of meditation?

It is Enlightenment.

But what is it?

Traditionally in India it is described as Kundalini energy going up. Once you are overwhelmed by the energy, you are enlightened! Zen Kinesiology found the way to mini-enlightenment.

Mini-enlightenment is the stage where you can first see the door to the energy of the Universe. Zen Kinesiology can support you in finding that door. Once you have found the door to the Universe, you can expect to be always fulfilled.

The next question is: what is "Satori"?

If you do not understand your own "Satori", it's not surprising that you do not reach it.

Let me address this problem by explaining energy flow.

The energy called "Kundalini" runs up your body from the tailbone to the top of head, it enters your brain and eyes... then finally your eyes will be opened. If you can manage to awaken in this manner, we can say you've reached "Satori".

These attempts at "Satori" explanation have been heard repeatedly since ancient times, yet nobody could clearly explain how to get there.

I categorized Kundalini energy into 3 steps, then simplified the process using the 3 steps of Zen Kinesiology:

Mini-enlightenment: Finding the entrance of Kundalini energy.

Middle-enlightenment: Carrying Kundalini energy into the top of the head.

Ultimate-enlightenment: Kundalini energy reaching the third eye where it opens the senses of the whole body.

With certainty, Zen Kinesiology can help you get to mini-enlightenment.

We human beings live thanks to the energy from the cosmos, yet no one thinks to question where it comes from and how we can tap it.

If we could understand, perhaps we could know what 'feeling good' and 'being happy' truly feels like, and stop letting our lives be run by money, status, and relationships.

Background

Kenichi 'Dharma' Ishimaru is the Faculty Representative for the International Kinesiology College (IKC) for Japan. In 2007, He was awarded the distinguished International Academy Prize by the Japan Culture Promoting Association for having promoted Kinesiology in Japan. Ishimaru has taught about Zen Counseling and Zen Kinesiology to more than 300 people from 30 countries.

**Date: December 6-8 2010 (Mon-Wed) in the Serra Retreat, Malibu, Los Angeles.
December 10-12 2010 (Fri-Sun) in the Open Center, New York City.**

Time: 9am to 9pm for Dec. 6-7/10-11, 9am to 6pm Dec. 8/12.

**Fee: \$500.00 dollars. \$50.00 dollars discount for the subscribers of this mailing list.
Setting is limited so RSVP as soon as possible to reserve you seat.**

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