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In Japan, and to some degree  
other Asian countries,  
people have historically  
focused mental strength in  
the hara (abdomen) as a way  
of realizing their full  
potential. Japan has  
traditionally viewed the  
hara as the vital center of  
humanity in a manner not

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meditation to the Western  
view of the heart or brain.

## **Japanese Yoga Quotes by H.E. Davey - Goodreads**

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**Japanese Yoga: The Way of  
Dynamic Meditation: Davey,  
H. E ...**

Japanese Yoga: The Way of  
Dynamic Meditation was  
written to expose the  
Western world to a unique  
philosophy and set of  
meditation techniques that  
have the power to  
beneficially transform your  
life. I studied these  
teachings and forms of  
meditation in Japan, where  
they are known as Shin-shin-  
toitsu-do (a.k.a. Shin-shin-  
toitsu-ho).

**Japanese Yoga: The Way of  
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**Meditation** Yoga: the Way of Dynamic Meditation by H. E. Davey is a wonderful manual and guide to the practical teachings of Japanese Yoga, as established by Nakamura Tempu. The author's style reflects that of a teacher who is also very much a practitioner, with a rare ability to convey new knowledge without losing the perspective of the learner.

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tradition of spiritual  
practice with spiritual and  
aesthetic roots in India,  
Japan, and the West.

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The development, in the Muromachi period, of Japanese architecture in which the floors were completely covered with tatami (thick straw mats),

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Meditation combined with the strict formalities of the ruling warrior class for which this style of architecture was principally designed, heralded the adoption of the 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 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 the Emperor



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Meditation  
and abolition of  
Confucianism and Buddhism.

## **Japanese philosophy - Wikipedia**

"In Japanese culture, retiring and not keeping your mind and body busy is seen as being bad for your health since it disconnects your soul from your ikigai," writes Héctor García, co-author of *Ikigai: The Japanese Secret to a Long and Happy Life*, for the *Guardian*.. "Ikigai can be translated as 'a reason for being' – the thing that gets you out of bed each morning.

**Ikigai Is the Japanese Way  
of Life for Happiness |**

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Tokyo-based neuroscientist, 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 famous 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 ...

## **Ikigai: The Japanese Concept Of Finding Purpose In Life**

...

Yoga is popular with people with arthritis for its

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Meditation  
gentle way of promoting  
flexibility and strength.

Some research suggests yoga  
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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