breathe deeply, to promote relaxation and a flow of energy through the body. Most Hatha yoga classes teach about 12 or 15 postures which are performed, rising or falling down. The asana emphasize the spinal cord, which according to ancient philosophy, contains the seven chakras, or essential psychic energies. Each posture is supposed to stretch—but not strain—the body, and students learn to assume many of the benefits for extended periods of time as the body is limbered and relaxed.

ZEN SPORTS. Zen and yogic forms of concentration have filtered through to the sporting world of tennis and other Western sports. A leading guru here is Tom Gallwey, author of The Inner Game of Tennis. In his tennis clinics, Gallwey tries to get his pupils to take their conscious, critical thinking out of the game and let their bodies take over. "In brief, the main idea is: the harder you try, the more you mess up," he says. "You must learn to perform. Your inner, nonconscious self knows better than your nervous, nagging, conscious mind how to hold that ball. Gallwey teaches a system of body exercises designed to release this instinctual response and let the tennis player move without constantly monitoring and worrying about his next action."

A similar approach among Eugene Herigel's Zen and the Art of Archery students is that the student must struggle to let "it"—his instinct—solve the archery problem. A scientific explanation of this self-sounding process is that this technique quiets the brain, verbal, critical-right hand side of the brain, allowing the nonverbal left side which usually guides bodily movements to take over and control your play.

Massage

SHIATSU. Shiatsu, which literally means "finger pressure" is a Japanese method of massage based on the fact that when you experience pain, the instincual response is to rub the place that hurts. Shiatsu specialists explain that the body produces a hot, resinous, fluid called "ki". Treatments with minimal or no pressure is applied to reestablish an energy force called the "ki" which is regulated and is supposed to be the universal energy force of the body. While "ki" is usually produced in response to an injury or shock, the body is considered to be deficient in "ki" when it is under stress. This nascent "ki" is supposed to be circulated in the body by the chakras or energy force centers. This, in turn, is supposed to balance the body and make it strong. These chakras, according to the Orient, are the energy flow channels or "chakras" which literally means "rotors". This chakra theory allows the belief that the body is a rotor and can be balanced by realigning energy mass through the chakras. Do'In, in a similar way, believes that the body can be balanced by realigning energy mass through the chakras. When energy is not flowing smoothly through the body, recognizably, the body is out of balance and disease will result.

Do'In teaches that the universal energy force of the body, "ki", is receiving injuries and pain of the body. When "ki" is not flowing smoothly through the body, a disease will result. Do'In's teaching is that "ki" is flowing smoothly through the body. When "ki" is not flowing smoothly through the body, a disease will result.

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