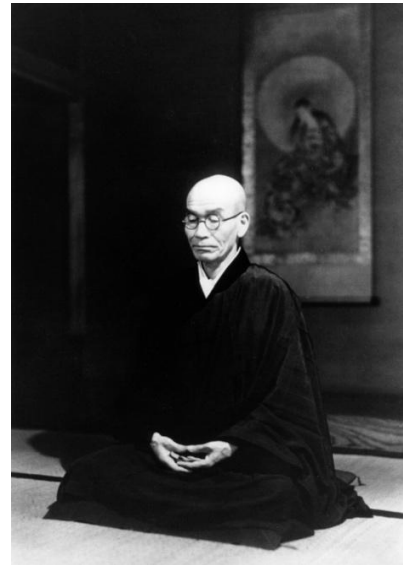


## “Introductory Zazen to Nourish the Body and Soul” by SHIHO & ISSHO

Burning incense and prostrating to the Buddha

SHIHO & ISSHO self-introduction

What is Zazen to restore moisture? In an age when our bodies and minds have lost their freshness and become dry...



**Choushin** (harmonizing body), **Chousoku** (harmonizing breath), **Choushin** (harmonizing mind)

“The well-disciplined self is indeed the true refuge” (Buddha)

“Enter the path of Buddhahood through the harmonization of body and mind” (Dogen)

Passage from Dogen Zenji's *“Shobogenzo Birth and Death Moon in a Dewdrop: Writings of Zen Master Dogen”*

"Just set aside your body and mind, forget about them, and throw them into the house of buddha (releasing), then all is done by buddha. When you follow this, (receiving) without effort or calculation, you are free from birth and death and become a buddha (appreciating)."

### Spectrum of Zazen

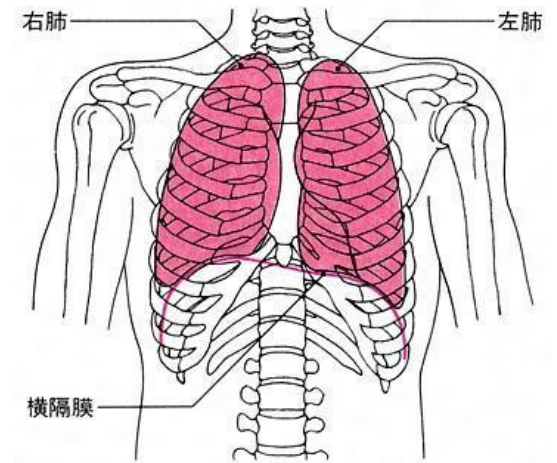
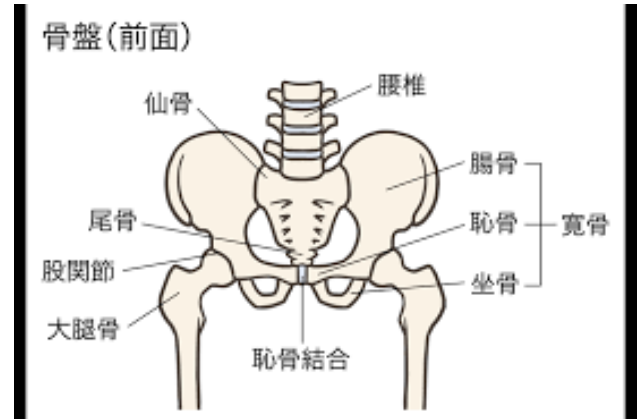
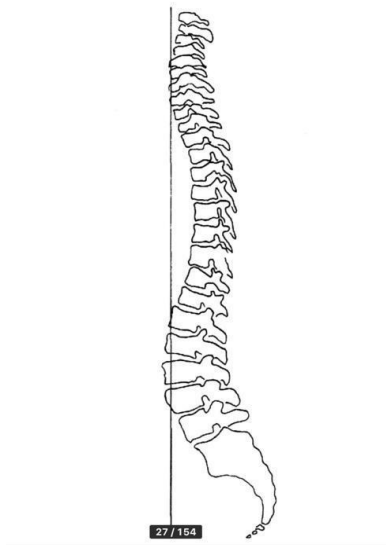
	Releasing	Receiving	Appreciating
<u>Choushin</u> : Proper Upright Sitting; Harmonizing the connection with the ground	Grounding  Letting go of body weight for grounding	Uprightness  Receiving the supporting force for uprightness	Ease of being one with the ground
<u>Chousoku</u> : Gentle Nasal Breathing; Harmonizing the relationship with the air	Out-breath as an offering	In-breath as a gift	Find joy in the intervals between breaths (Nirvana Serenity)
<u>Choushin</u> : Non-thinking; Harmonizing the relationship with the sensory inputs	Deeply relax sensory organs	Fully receive whatever comes as it is	Savor each moment of life in its freshness

### ◎Harmonizing Body Exercise

- Before: Check comfort of seating
- Sit bone walk
- Hip joint exercise
- After: Check comfort of seating

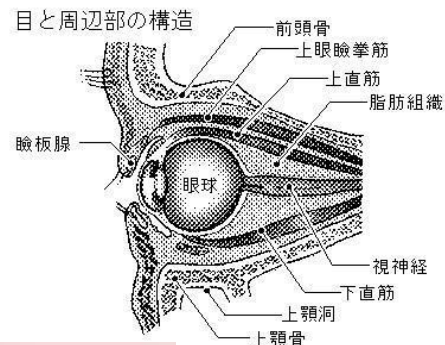
### ◎Harmonizing Breath Exercise

- Before: Check breathing quality
- Relax lungs and abdomen exercise
- Breathe through one nostril
- Hold breath
- Vocalize the Kotodama (spiritual power sounds):  
"SU, U, A, O, E, I"
- After: Check breathing quality



### ◎Harmonizing Mind Exercise

- Eye massage
- Eye use exercise (from "seeing" to "being seen")
- Eye palming
- Ear exercise
- Listen between ears



両耳の間にあるのは、  
顔の中心軸である  
「蝶形骨」があります。

Between the two ears is the  
central axis of the head,  
the "sphenoid bone."

◎"Shikantaza -Sit Without Doing Anything" (Experience the Essence of Just Sitting): 'Without gaining or understanding anything, sit down in meditation and pass the time; that is the fundamental way.' - Dogen

◎Q&A and discussion

◎Message from Shiho and Issho k