



Ki in Daily Life

Koichi Tohei

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Technology today touches nearly every part of our lives. Through even more impressive development of machines, the process continues. Computers put men out of work; pushing a single button is enough to start a nuclear war.

Gradually, though, the world has begun to remember that it is man for whom the machines must work, and not the other way around. We recognize now that science, for all its achievements, has done little to help us understand ourselves or realize our potential.

There is no sense in waiting for science to do it for us. Each of us must now take it upon himself to understand his true nature and strength. The Chinese classic "Saikontan" says that we stand like beggars at the gate, forgetting the infinite power given us by the universe. Instead of shrinking from this potential, we should be thankful for it. We should strive to manifest it and help others to do the same.

The author regards his Four Basic Principles to Unify Mind and Body as having been given to him by the universe to spread the way of the universe. There have been many who have grasped unification of mind and body. Very few, however, could teach it. Fewer still could teach how to teach it. Those who learn the four basic principles as explained in this book have come to understand not only how to unify their own minds and bodies, but also how to teach it to others.

The author, founder of the Ki Society International, presents the philosophical groundwork and specific disciplines by which the individual may attune himself or herself with the hi-life energy of the universe and thrive in health and harmony, without fatigue or depression.

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