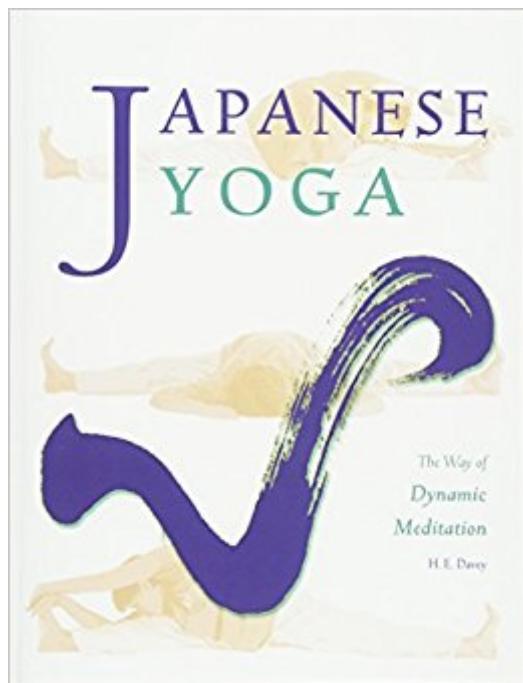


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Japanese Yoga: The Way Of Dynamic Meditation



Synopsis

Based on the eclectic Western-Eastern teachings of Nakamura Tempu Sensei, this step-by-step introduction to Japanese yoga (Shin-shin-toitsu-do) presents stretching, healing, and meditation exercises designed for mind/body integration. It is the first book in English to detail the life and teachings of Mr. Nakamura. In Japanese yoga, which is based on mind and body unification principles, the ultimate goal is enhanced concentration, calmness, and willpower for a longer, healthier, and fuller life. H. E. Davey Sensei also shows how Japanese yoga relates to various classical Japanese arts as part of a tradition of spiritual practice with spiritual and aesthetic roots in India, Japan, and the West. Developed by Nakamura Tempu Sensei in the early 1900s from Indian Raja yoga, Japanese martial arts and meditation practices, as well as Western medicine and psychotherapy, Japanese yoga offers a new approach to experienced yoga students and a natural methodology that newcomers will find easy to learn. After a brief history of Shin-shin-toitsu-do, H. E. Davey Sensei presents Mr. Nakamura's Four Basic Principles to Unify Mind and Body. These principles relate the meditative experience to the movement of everyday living and thus make it a "dynamic meditation." Each of the Four Basic Principles is illustrated with step-by-step explanations of practical experiments. Readers are then introduced to different forms of seated and moving meditation, health exercises, and self-healing arts. All these are linked back to the Four Basic Principles and can enhance performance in art, music, business, sports, and other activities. Readers learn to use Japanese yoga techniques throughout the day, without having to sit on the floor or seek out a quiet space. Included at the end of the book are simple but effective stretching exercises, information about ongoing practice, and a glossary and reference section. Amply illustrated and cogently presented, "Japanese Yoga: The Way of Dynamic Meditation" belongs on every mind/body/spirit reading list.

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Customer Reviews

"I think that this is a great book for anyone interested in meditation and healing techniques." Paige Lovitt for Reader Views"Will make many yogis feel right at home. . . Davey's readable, friendly guide is definitely worth a look." -- Yoga Journal, July 2002 --This text refers to an out of print or unavailable edition of this title.

Japanese Yoga: The Way of Dynamic Meditation is part of Stone Bridge Press's MICH: JAPANESE ARTS AND WAYS series. From chado--"the Way of tea"--to budo--"the martial Way"--Japan has succeeded in spiritualizing a number of classical arts. The names of these skills often end in Do, also pronounced Michi, meaning the "Way." By studying a Way in detail, we discover vital principles that transcend the art and relate more broadly to the art of living itself. Featuring the work of H. E. Davey and other select authors, books in the series MICH: JAPANESE ARTS AND WAYS focus on these Do forms. They are about discipline and spirituality, about moving from the particular to the universal... to benefit people of any culture. --This text refers to an out of print or unavailable edition of this title.

One of the key principles of Japanese Yoga or shin-shin toitsu do is being and staying positive. When you stay positive, the ki or the energy starts to flow in you. When you turn negative, the ki stops flowing. It is as simple as that! H. E. Davey writes in a simple and most effective manner to instill in one this simple principle. If you are practicing Yoga for some time, you will know that Yoga is not all postures. Living life to its maximum is yoga; letting that universal energy flow through you uninterrupted is yoga. The author writes about the teachings of his master - Nakamura sensei. While acknowledging the roots of Japanese Yoga lies in the ancient practice from India, Nakamura sensei went on to form the foundations of Japanese yoga through his own interpretations and experiences. As with staying positive, concentration of the mind is a big part of the book. There are several exercises/techniques (candle gazing, listening to the fading of the ringing bells to eternity) explained in the book and how, with such exercises one can connect to the universal energy. The exercise with a pendant is a simple and profound way to illustrate the effects of the mind on the

body. You will find the many gentle stretching and ki stimulating exercises easy to learn and practice. This is one of the yoga books that I could read through without the express need to 'know' the steps of postures, the sequences and combinations of different categories of postures, etc, etc. I found the book to be simple and devoid of the numerous asanas that one needs to learn to 'practice' yoga. You need to read quite a bit of the book to get a sense of what Dynamic Meditation is. That's how this book is different. If Yoga were to be condensed into a two-page booklet readied for a crash course, then there wouldn't be so many books on the subject. Each author and each way of yoga uses a different and often unique way to get the message across. H. E. Davey speaks from his own experience and practice in writing this book and in it you will find a different and welcome way of practicing yoga. This book will be a unique addition to your Yoga library.

The first thing I did when I received the book was follow the stretch exercises. It was not easy because the suggested positions were new to me. I did the routine for a week or so and my posture improved as well as my equilibrium. At the onset of cold weather, I stopped. Yesterday I decided to resume the exercises again and even on the first day I limbered up and my stance improved. Of course I can only perform the positions 50-60% of the poses as pictured, but I will continue until I can come close to 90%.

This book is an interesting overview on a form of yoga practiced in Japan, taken from Tibet by Nakamura Sensei in the first half of the '900. Very easy to read, shows some exercises of coordination mind-body (so called "shin shin toitsu do") and explains what's the meaning of "unification mind-body", i.e. a way to use better our own energy. It's important to say that the writer does not want to "sell" any religion or truth: this kind of yoga is good to enhance our abilities, whatever we do, but it's not in any way a faith he's forcing to believe in. For people practicing aikido is interesting too, because many teachers (like Koichi Tohei) took these teachings and used them to perform a better aikido, more powerful and calm.

A truly wonderful book. I am so happy about this book. I recommend it to anyone who wants to improve their health, attitude, their lifestyle as a whole. Nakamura Tempu is a true legend and H.E. Davey does an excellent job covering his teachings. A must read!

'Japanese Yoga' is comparatively an easy book to read and to follow. The author has a good grasp of Japanese culture and its philosophies. His explanations are relatively easy to follow. I think the

paradox of Japanese is that they don't say much as most of their communication is through their actions and Davey has managed to explain many of demonstrated action into simple words. Although the book has fewer illustrations of yoga techniques which was rather disappointing but the explanation behind 'Japanese Yoga' concept was well handled by the author. I will certainty recommend this book to any student who is keen to understand the basic principles and the source behind various exercises discussed in the book and those who are keen to understand the primary connection between the body and mind.

Well done. A must read for anyone who wants to understand the Japanese perspective of yoga.

Great Book.

This is a very good book and I recommend it. I have been studying the forms of meditation and other methods outlined in this book for many years in Japan. It was exciting for me to read the first authentic introduction to Nakamura Tempu Sensei and his methods in English. I was really interested in how the principles and methods I knew in Japanese were explained in English. And while I was reading the book, I felt as if I was enjoying some familiar foods in an overseas country thousands of miles away from my hometown. I also noticed that the author tried to make every effort to help readers understand the essence of Shin-shin-toitsu-do.

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