



Japanese Yoga: The Way of Dynamic Meditation

By H. E. Davey

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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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Editorial Review

Review

"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

From the Publisher

Japanese Yoga: The Way of Dynamic Meditation is part of Stone Bridge Press's MICHI: 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 MICHI: 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.

From the Author

Human beings have a tremendous latent potential that's waiting to be unearthed. Nakamura Tempu Sensei discovered the extraordinary energy of mind and body unification beside an ancient waterfall in the Himalayan mountains, allowing him to heal from tuberculosis and manifest a wholly new state of consciousness. Upon his return to Japan, he created a new path called Shin-shin-toitsu-do: "The Way of Mind and Body Unification." A form of Japanese yoga and meditation, Shin-shin-toitsu-do unearths our buried talents and rarely realized potential. Read *Japanese Yoga: The Way of Dynamic Meditation* and learn how the principles of mind and body coordination taught by Nakamura Sensei can lead you toward better health, deeper calmness, stronger concentration, and greater willpower.

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