

誦句集

藤平光一作

Ki Sayings  
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# Table of Contents

1. OUR MOTTO
2. THE VALUE OF OUR EXISTENCE
3. THE WAY TO UNION WITH KI
4. UNIFICATION OF MIND AND BODY
5. THE ONE POINT IN THE LOWER ABDOMEN
6. RELAXATION
7. LIVING CALMNESS
8. PLUS LIFE
9. THE SUBCONSCIOUS
10. THE PRINCIPLE OF NON-DISSENSION
11. THE DEFINITION OF KI
12. THE KI DEVELOPMENT EXERCISES
13. THE UNITY OF CALM AND ACTION
14. FUDOSHIN
15. KI BREATHING EXERCISES
16. KIATSU (HEALING WITH KI)
17. REISEISHIN (THE UNIVERSAL MIND)
18. THE MIND THAT SEEKS TRUTH
19. WILLPOWER
20. INTOKU (GOOD DONE IN SECRET)
21. SETSUDO (TEACHING THE WAY OF THE UNIVERSE)
22. THE TREASURE OF KI TESTING

## 1. Our Motto

Let us have a Universal Mind that loves and protects all creation and helps all things grow and develop.

To unify mind and body and become one with the Universe is the ultimate purpose of our study.

### FOUR MAJOR PRINCIPLES TO UNIFY MIND AND BODY

1. Keep one-point.
  2. Relax completely.
  3. Keep weight underside.
  4. Extend Ki.
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## 一、座右の銘

万有を愛護し、万物を育成する天地の心を以て、我が心としよう。

心身を統一し、天地と一体となる事が我が修行の眼目である。

### 心身統一の四大原則

- 一、臍下の一点に心をしずめ統一する。
- 二、全身の力を完全に抜く。
- 三、身体の総ての部分の重みを、その最下部におく。
- 四、氣を出す。

## 2. The value of our existence

Our lives are born of the Ki of the Universe. Let us give thanks for being born not as plants and animals, but as human beings blessed with a Universal Mind. Let us pledge to fulfill our missions by helping to guide the development and creation of the Universe.

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## 二、我が人生の存在価値

我が生命は天地の氣より生じたのである。草木動物としてではなく、万物の靈長としてこの世に生を享けた事を感謝しよう。

天地の生成発展の大経綸に参画し、我が使命を完遂する事を誓おう。

### 3. The way to union with Ki

The Absolute Universe is One. We call this Ki.

Our lives and our bodies are born of the Ki of the Universe.

We study thoroughly the principles of the Universe and practice them. We are one with the Universe. There is no need to despond, no need to fear. The way we follow is the way of the Universe which no difficulty nor hardship can hinder.

Let us have the courage to say, "If I have a clear conscience and a calm spirit, I dare to face courageously any obstacle I may encounter."

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## 三、氣に合するの道

絶対の天地は一つ、これを称して氣という。我が生命も肉体も、天地の氣より生じたのである。

我れ、天地の理を学び、天地と共にあり、何をか憂い何をか怖れん。我が進む道は、如何なる障碍苦難もはばむ事の出来ない天地の大道である。

自らかえりみて縮くんば、千万人と雖も我れ征かむの氣慨をもとう。

## 4. Unification of mind and body

**M**ind and body were originally one.

Do not think that the power you have is only the power you ordinarily use and moan that you have little strength. The power you ordinarily use is like the small, visible segment of an iceberg.

When we unify our mind and body and become one with the Universe, we can use the great power that is naturally ours.

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## 四、心身統一

心身は本来一如である。

氷山の一角のみを我が力と思い、その非力を嘆くこと勿れ。

心身を統一し、天地に任せきった時、人間本来の偉大なる力を発揮出来るのである。

## 5. The one point in the lower abdomen

The Universe is a limitless circle with a limitless radius. This condensed becomes the one point in the lower abdomen which is the center of the Universe.

Let us concentrate our mind in this one point and become one with and send our Ki constantly to the Universe.

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## 五、臍下の一点

天地は無限の半径で画いた無限の円周である。これを集約したものが我れであり、更に集約したものが臍下の一点である。

我れは、天地の中心の一点を、下腹に包蔵しているのである。

この一点に心をしずめて統一し、天地に向かって無限の氣を発しよう。

## 6. Relaxation

We are accustomed to having trouble with unnecessary nervousness. Nervousness causes blood vessels to contract, making it difficult for the impurities to leave the body, and thus makes one susceptible to many diseases.

Relaxation is truly an elixir of life. Let us spread the true method of relaxation which enables us to meet each day with a spirit like that of a mild spring breeze. If we practice this, we need never get nervous and excited in our daily affairs.

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## 六、リラックス

徒に不要の神経を煩わし、毛細血管を収縮し、体内の不純物を除去する道をとざし、諸々の病に苦しむのが世の人の常である。

リラックスこそ、不老長寿の妙薬である。事に臨んで動ぜず、常に春風駘蕩たる、真のリラックスの道を世の人々に知らしめよう。



## 7. Living calmness

In a natural state, the weight of objects is always underside. Therefore the physical expression of living calmness is that the weight of every part of our body is also underside.

Like the calm, still surface of the water that reflects the moon and a flying bird, true living calmness is the condition of our mind that reflects all things clearly. This is our original and natural state.

By understanding these principles, we can acquire true living calmness.

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## 七、落ち着き

物体の重みが、その落ち着く可き所、即ち、最下部に落ち着いた身体の状態を落ち着きという。

月来れば月英じ、鳥来れば鳥映ず。波静まった水面の如く、万物明らかに映ずる心の状態を落ち着きという。

人間は本来落ち着いているのが当たり前である。この理を悟ってこそ、真の落ち着きを得るのである。

## 8. Plus life

The Absolute Universe is One. Then two opposing forces appeared, and the relative world was born.

In the Orient this dualism is called yin and yang, in the West plus and minus. A bright, happy life is called plus life, and a dark, gloomy one is called minus.

Let us eliminate every minus thought and strive for plus life henceforth.

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## 八、プラスの人生

絶対の天地は一つである。ここに二つの相反する作用が現われ、相対的世界が生じたのである。

これを東洋では陰陽の理といふ、西洋ではプラス・マイナスという。

明るい生き活きとした人生をプラスといふ、陰気なじめじめした人生をマイナスという。以後一切のマイナスの観念を排除し、プラスの人生に邁進しよう。

## 9. The subconscious

The subconscious mind acts as a storehouse of knowledge and past experiences. The materials stored in the subconscious mind form the conscious mind.

Henceforth let us cease putting any minus materials into the subconscious. Let us always extend plus Ki and live our life with a positive attitude.

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## 九、潜在意識

現在意識は、過去の経験知識の集積である、潜在意識より出された材料によって組立てられる。

我が心の倉庫である潜在意識に、以後一切のマイナスの事柄を入れることを止めよう。

常にプラスの氣を堅持し、積極的精神で我が人生を闊歩しよう。

## 10. The principle of non-dissension

There is no conflict in the Absolute Universe, but there is conflict in the relative world.

If we unify our mind and body, become one with the Universe, and practice its principles, others will follow us gladly.

Do not say that this is a world where we must struggle to live each day. The true way to success is exactly one and the same as the principle of non-dissension, and that is the way to peace.

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## 十、争わざるの理

絶対的天地に争いはなく、相対的世界にのみ争いは生ず。

我れ、心身を統一して天地と一体となり、天地の理を実行するならば、人自ら我れに従う。

生存競争、弱肉強食という勿れ。真の成功の道は、争わざるの理、即ち、平和への道と全く同一の道である。

## 11. The definition of Ki

We begin with the number One in counting all things. It is impossible that this One can ever be reduced to zero. Because just as something cannot be made from nothing, One cannot be made from zero.

Ki is like the number One. Ki is formed from infinitely small particles, smaller than an atom. The universal Ki condensed becomes an individual, which further condensed becomes the one point in the lower abdomen, which in turn infinitely condensed never becomes zero but becomes One with the Universe. Thus we understand the definition of Ki.

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## 十一、氣の本質

総て物を計るには、1を以て始めとす。これを無限に集約しても、遂には零とはならない。零より1は生じ得ないからである。

この無限に小なるものゝ、無限の集合体を総称して氣という。

天地の氣を集約したものが我れであり、更に集約して臍下の一点となり、更に無限に集約して止まることなき所、始めて、天地と一体となり、氣の本質を体得し得るのである。

## 12. The Ki development exercises

It is easier to coordinate mind and body when we are sitting or standing still than when in motion. But true unification means to maintain the coordination of mind and body even when we are moving.

The Ki development exercises train one to always maintain the unification of mind and body in our daily life. By applying them to our life, we can perform to the best of our ability in all circumstances.

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## 十二、氣の体操法

静中の統一は未だ易し。動中に尚統一を乱さざるが真の統一である。

氣の体操法は、常住坐臥、常に心身統一を保持する為の運動である。

これを日常万船に活用してこそ、総てに於いて人間最高の能力を発揮出来るのである。

## 13. The unity of calm and action

Just as a top spinning violently and rapidly becomes steady, the most rapid movement results in calm.

Like the eye of the typhoon which is always peaceful, inner calm results in great strength of action. Calm and action are exactly one.

Only when we keep one point and unify our mind and body, can we find spare time even when busy. Keep a calm mind and you will be able to perform to the best of your ability even in an emergency or when facing important tasks.

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## 十三、静動一致

コマが激しくまわる時静に帰する如く、静は動の極致である。

台風の眼の静かなる如く、動は静によってその力を得る。正に静動一致である。

常に臍下の一点に心をしずめて統一してこそ、忙中閑を生じ、大事に臨んで平常心を失わず、事に臨んで、驚天動地の働きを成し得るのである。

## 14. Fudoshin

True Fudoshin is not a rigid, immobile state of mind, but the condition of stability which comes from the most rapid movement. In other words, like the steadiness of a spinning top, the state of perfect spiritual and physical stability arises from movement which continues infinitely and is so infinitely rapid that it is imperceptible.

This movement is condensed at the one point in the lower abdomen. By putting everything into the one point, we can experience fudoshin and not lose our stability no matter what happens.

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## 十四、不動心

真の不動心とは、動かざる心ではなく、あまりに動きが強極小になって、動かざる状態に無限に近くなっていく状態、即ち、無限の動を含む静の状態である。

この極小になっていく無限の動きに総てを吸収し尽して、始めて、万山崩るゝとも動ぜざる不動心を得るのである。



## 15. Ki breathing exercises

**B**reathe out so that your breath travels infinitely to the ends of the Universe, breathe in so that your breath reaches your one point and continues infinitely there. Ki breathing is an important way of unifying mind and body.

At night when all is quiet and calm, do this alone, and you will feel that you are the Universe and that the Universe is you. It will lead you to the supreme ecstasy of being one with the Universe. At this moment the life power that is rightfully yours is fully activated.

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## 十五、氣の呼吸法

出づる息は天地よろず世に及び、入る息は腹内の寸分のうちにおさまる。氣の呼吸法は、心身統一の秘法である。

夜来、天地静まり寂として声なき時、独りこれを行なえば、我れが天地か天地が我れか、即ち、天地と一体となる至妙境に至る。

この時、人間本来の生命力が、最高に活動するのである。

## 16. Kiatsu (Healing with Ki)

We have learned coordination of mind and body and Ki breathing. Therefore we can bring the Ki of the Universe into our bodies at any time.

When a water pump is dried out, no water can flow from the well up through the pump. To start this flow again we must put some water back into the pump. In the same way, Ki does not flow strongly in a person suffering from illness or misfortune. Let us practice Kiatsu to put Ki back into these people, stimulate their own flow of Ki, and give them a fresh start to happiness.

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## 十六、気圧法

我れは心身統一の法を学び、氣の呼吸法を会得し、天地の氣を、何時如何なる時と雖も五体に吸収し得る秘法を会得している。

井戸のポンプの水が跡絶えた時、呼び水を以て新たに水を引き出だす如く、病苦悲運に苦しむ人々に、我が氣を以て補い、幸福の道に再出発せしむる転機を与えよう。

## 17. Reiseishin (The Universal Mind)

**H**uman beings are blessed with a mind that is directly connected to the mind of the Universe. This is known as Reiseishin.

The moon is clearly reflected in the water when the water is calm. In this same way when our mind and body are unified and calm, our Reiseishin manifests itself completely. Once this happens all suffering and wicked desires fall away, and the Universal Mind of love and protection for all things appears in us.

Let us strive to realize Reiseishin.

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## 十七、靈性心

我々人間は、天地と直結する心を与えられている。これが靈性心である。

水定まって月明らかに映ず。心静まった時、靈性心が照々乎として発露するのである。

この心一度発するや、如何なる煩惱邪欲もその影をひそめ、万有愛護の天地の心が輝き出づるのである。我が靈性心を磨き出そう。

## 18. The mind that seeks truth

We call the mind that wants to make the way of the Universe clear and to put it into practice the mind that seeks truth.

However clever a dog or a monkey may be, they cannot realize the Universal Mind. Only human beings have the privilege and capacity to realize it. If you have a mind that seeks truth, you are happy because this is the proof that you are a real human being.

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## 十八、求道心

天地の道を明らめ、天地の道を実行せんとする心、これを求道心という。

犬猿如何に伶俐なりと雖も、遂に天地の心を知る能わず。独り人類の有する特権である。幸いなるかな求道心のある者、これ正に万物の霊長たる資格を有する証左である。

## 19. Willpower

An old Oriental saying tells us, “When our willpower is in harmony with the Universe and focused upon a stone, it can pass through it. In such a state, the mind can command the wind, rain, and thunder.”

But from where does our willpower come? Those who understand and answer this question are those who accomplish important tasks.

When we coordinate mind and body by stilling the waves of our mind to imperceptible, infinitely decreasing ripples, we can send forth our great willpower that moves the Universe.

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## 十九、念の力

一念凝る所巖をも透し、一念発する所風雨雷霆をも叱咤する。この心何処より発するや。大事を成就せし者は、必ずこの力を体得せし者である。

分子より原子電子と、心の波を無限に極小に鎮めて統一し切った時、天地に通ずる偉大なる念の力を生ずるのである。

## 20. Intoku (Good done in secret)

Just as the number One can never be reduced to zero, once we act or speak, our action or speech is never completely erased.

An old Oriental saying tells us, “Sow good, and the harvest will be good. Sow evil and reap evil.” We must understand that everything we do comes back to ourselves.

Therefore before wishing for our own happiness and welfare and that of our children, we must do good in secret. To do good in secret means to act without seeking attention and praise, to act without any hope of reward. This is called intoku.

Among the various ways of performing intoku, to walk the way of the Universe and to lead others along this way is best.

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## 二十、陰徳

1 を無限に縮小しても零にならぬ如く、一つの言動も、一旦発せられたる以上永久に消えることはない。

善因善果、悪因悪果となって、必ず我が身にかえる。

我が幸福、子孫の繁栄を願う前に、人の見ざる所、報いを求めざる所に善因を積まねばならぬ。これを陰徳という。

而して陰徳の最たるものは、天地の道を行じ、人を導いてこれを行わしむる事である。

## 21. Setsudo (Teaching the way of the Universe)

Selfish men have never understood and traveled the way of the Universe in the past. Therefore when we realize the principles and way of the Universe, the Universe gives us the responsibility to spread them to the world.

Do not think that you cannot help another. What you learn today, you can teach another the next day. The world is full of people who have lost the way of the Universe and suffer from mental illness. Let us do our best to explain the correct principles of the Universe to them.

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## 二十一、説道

利己の人にて大道を成就するものはない。天地の理を悟り、天地の大道を会得したならば、これを普く世に知らしめる義務を天地より与えられている。

我れに人を救う力なしという勿れ。一日学べば既に一日の師である。世には、道に迷い、心の病に苦しむものが充満している。

我が全力を尽し、人の為に正しきを説こう。

## 22. The treasure of Kí testing

**H**aving no color, no odor and no shape, the mind is not something that can be grasped by the senses.

However, based on the principle that the mind and body are actually one, we can know the state of this ungraspable mind by testing the body, which is available to our senses.

Ki tests are not founded on the idea of testing for strength or weakness. The most important factor in Ki testing is to accurately inform the person of the state of his or her mind. Thus, the person performing Ki tests must truly understand and exhibit Oneness of mind and body from the outset and then perform the tests correctly.

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## 二十二、氣のテスト

心は色もなく、匂いもなく、形もなく、捉えようもないもの。

しかし、心身は一如である故に、捉えられる身体をテストする事によって、捉えられない心の状態を知ることが出来る。これが、氣のテストである。

氣のテストは強弱を論ずるテストではない。これを行う者は、先ず、自ら心身を統一し、正しいテストを行い、相手に心の状態を知らしめることが肝要である。