

A Gateway to Daily Life Yoga

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I

Daily Life Yoga Transforms You

- Philosophy of yoga discipline

Yoga is a means of restoring humanity

Looking at trees or flowers in well-maintained parks or gardens, we cannot tell if they are happy or not, or hurt in some way.

However, when we see some greenish things covered in the exhaust fumes of passing cars and surrounded by iron guardrails, we wonder if they are fully living their lives. We cannot help but feel sorry for those dirty trees and flowers.

All living creatures are products of nature. Therefore, if they, whether plants or animals, remain wild, we as outsiders will not need to say anything. We should only be concerned about those creatures that are placed in artificial environments.

There is no doubt that human beings are also originally a product of nature. In ancient times, there would have been no special early childhood education or fiercely competitive school entrance examinations. However, even a slight wound could cause loss of life because there was no such thing as medical science. Also, humans could not fly faster than a hawk or run on the ground faster than a horse.

We humans have culture. This is a privilege only given to us. But cultural life is not a natural life. No matter how we seem to adapt to our cultural life, human beings, a product of nature, leave some non-adaptable parts behind, which may lead to irreversible problems.

Yoga is the research of how we humans, who are children of nature and basically controlled by nature, can live our cultural and civilised life.

Bizarre-looking physical training is sometimes done in yoga. However, please keep in mind that it is also a means to restore the original human nature which has become dormant and distorted in our cultural and civilised life. We can list as many harms of cultural and civilised life as we can think of.

you will most likely be nervous and let the occasion pass by without really experiencing it. Even if you hear such advice as “Think of the audience as lined-up watermelons”, it will not work easily. Then, you can do the following exercises:

Relax your shoulders and neck, and flex and extend your knees. Put strength into your feet and lower back and exhale strongly.

(9) When distracting thoughts and delusions occur (Fig.15)

In any case, the neck is stiff. A headstand will work best, but it will also be effective to rotate the neck or flex and extend it.

Fig.15 When distracting thoughts and delusions occur

1 Raise your shoulders up and down repeatedly



2 Rotate your neck



3 Headstand Pose



5 Raise one leg horizontally and stretch the Achilles tendon. Do the same for the other leg



6 Shake your feet up and down



7 Hold the edge of the desk with your hands. Lean forwards keeping your heels down. Try to arch back. This will uplift and improve your feelings and enhance your concentration



8 Hold the sides of the chair. Keeping both arms straight, raise your hips with your weight supported by the heels. Stretch the Achilles tendons. Open your chest. Look up



Yoga that turns stress into enjoyment

It does not matter whether you live in a good environment or a bad environment. What matters is how you respond to things. Weak people get weaker even in good environments, and strong people get stronger even in bad environments. Depending on whether you are a weak person or a strong person, the influence of the environment will be different for each person.

The same is true of stress. Not many things cause me stress. This is because I try to turn everything into joy. I change everything to something that I can be thankful for. Some of the so-called religions teach that there is hell and paradise, happiness and unhappiness, and loss and gain. This is based on a worldly mind.

“I love my enemies, I love my allies, I make friends with pleasant people, I make friends with unpleasant people, I am grateful when I gain, I am grateful when I lose, I am happy when I pass an exam, and I am happy when I fail an exam” — this feeling of rejoicing in any situation is important.

You may ask how you can be happy when failing an exam, but it is possible to interpret this as a chance to study for another year due to the failure. If you think about it, you will understand the difference between studying for an extra year and not studying. Don't you become cleverer by studying for an extra year? If you pass immediately, you will not do any extra studying.

In that way, you should cultivate a *mind-heart that can interpret any situation in a better way, and you should train your body at the same time. This is the training of yoga. It is also a way to relieve stress. People who fuss about being stressed are demonstrating that they are weak.

Stress disappears if you can understand that someone who bullies you makes you strong. If you think you are troubled by being bullied, you will be stressed. You become a stressed person