

Ki Training

Ki is the essence of the universe. It is the binding energy of nature which helps to keep your mind and body coordinated so that you can keep in tune with the rhythm of the universe.

Often people tend to over mystify Ki and believe that only the specially trained people have Ki. The universe is impartial. Whether a person is good or bad, strong or weak, Ki is there. Ki is everywhere. Everything in this universe is made of Ki. In the Japanese language there are countless words which consist of the character 氣, Ki. Such as 元氣 (genki), healthy or the original Ki when a child is born, 天氣 (tenki), weather or Ki of the heavens 界氣 (yuki), bravery or courage 健氣 (denki), electric Ki or electric 彼氣 (byoki), sick Ki or sickness; 弱氣 (yowaki), weak Ki or timid 暢氣 (nonki), carefree or easy-going, etc.

In essence, it is how well that you blend your Ki with that of the universe. It is not how strong your Ki that is important, but how correctly you use your Ki in everyday living. It is 合氣 (aiki), oneness with Ki, that makes your movements efficient. Using strong Ki, 硬氣 (goki), to overcome others will be effective only against who has weaker Ki than you. Having strong Ki is fine but trying to over-

come others with your Ki will eventually lead you to someone with stronger Ki and to your defeat. Ki training should be the emphasis 合氣 (aiki), harmony with Ki.

The training program at all of our Seidokan dojos:

1. Learn to understand the principles of Ki.
2. Learn how to control Ki.
3. Learn how to harmonize your Ki with the Ki of others.
4. Study and practice of living meditation and living calmness.
5. Breathing exercise to purify mind and body.
6. Aiki-Therapy, sending Ki into one's body to relieve tension and to help control stress.

A thorough understanding of the principles of Ki and the situation that you are in will help you to find ways to apply Aiki in your daily life. Ki training has helped many people to be able to look within themselves and find their own paths. Altering your life style is not necessary. Ki training will complement your way of life by developing calmness, self-confidence, and better health physically and spiritually.