

Method for Concentration

How to see deities.

Inhale and exhale comfortably through your nose.

Concentrate on your breathing.

Gradually make your breathing slower and shallower.

Just before your breathing reaches a complete stop, concentrate on your breathing and continue to take small breaths.

Next, continuing taking small and shallow breaths and turn your awareness to your body. Bring the center of your awareness to the area around your navel.

Feeling aware of every cell in your body, inhale by taking a slightly deeper breath. As you exhale, expand your *ki* energy beyond your body.

Continue to breathe, expanding your energy further each time you exhale. Lose yourself.

Next, starting from this expanded state, imagine yourself floating in the sea. Feel the temperature of the water and the fish swimming around you.

Truly feel that you are floating in the sea and enjoy the experience.

Please practice this method of concentration and relaxation every day.

You can also use the same method to imagine yourself in space or at some other special place.

At first it should take 20 to 30 minutes to complete the process. As you become more and more familiar with the technique the time required will become shorter and shorter. After many years of practice, Tomono Ohkawa is able to reach the heightened level of concentration in a matter of seconds.

Spend time each day to experience yourself in a safe place.

Notes and further explanation

The above method tells you to imagine yourself floating in the sea or other place. However, imagining is not the key to seeing deities. We humans are easily distracted. In order to improve our concentration it is helpful to use our minds to imagine a particular situation.

This method for concentration is not the same as meditation. It is not a method for relaxation. It is a method for acquiring a strong and unwavering level of concentration.

This method for concentration has many health benefits. It is an advanced technique where you maintain a high level of concentration as you alter your breathing and your awareness.

Please continue refining this technique throughout your life.