

呼吸法による人類即神也の印

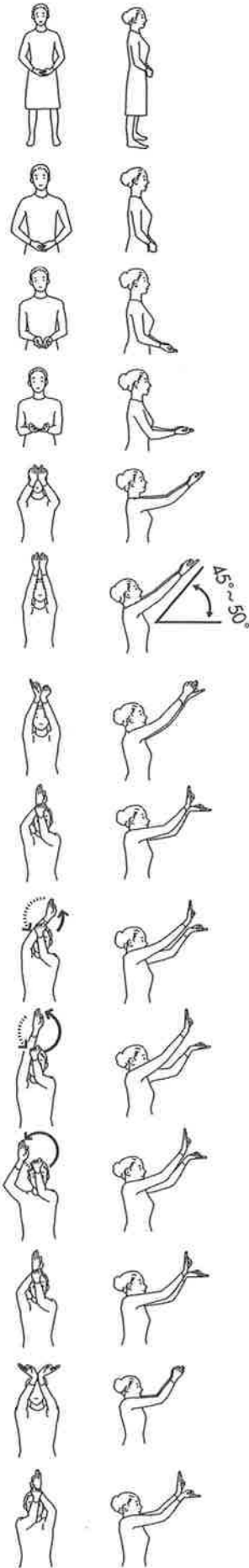
The Kokyuhō IN of Jinrui Soku Kami Nari

呼吸は、吸う息・吐く息ともに鼻から行ないます

This breathing is done only through the nose

一瞬で息をフツと吐く
Short, strong exhale, making the sound 'fhu'

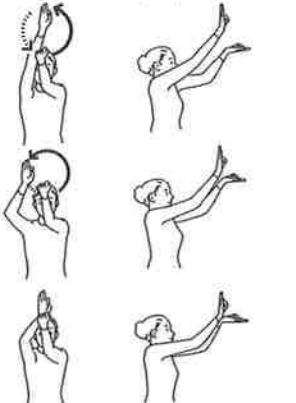
1. 吸う息
Inhale



2. 吐く息
Exhale



3. 吸う息
Inhale



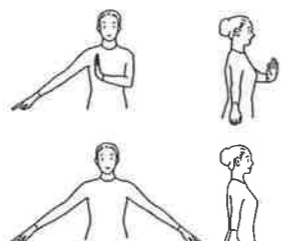
4. 吐く息
Exhale



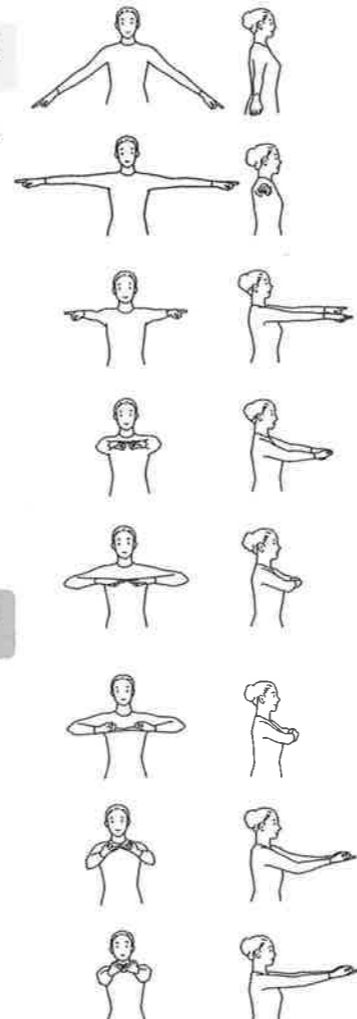
5. 吸う息
Inhale



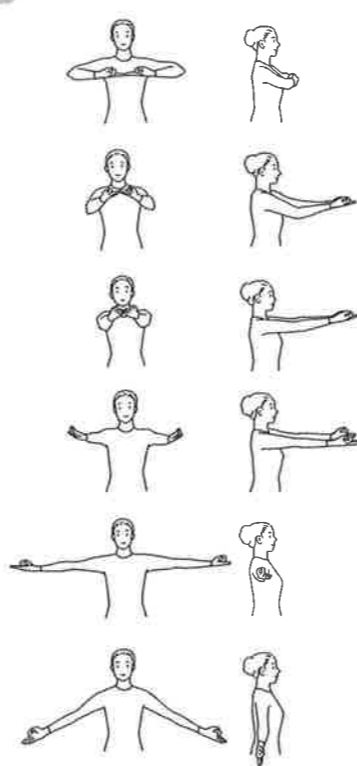
6. 鼻から2回に分けて強く息を吐く
Exhale strongly with each arm movement



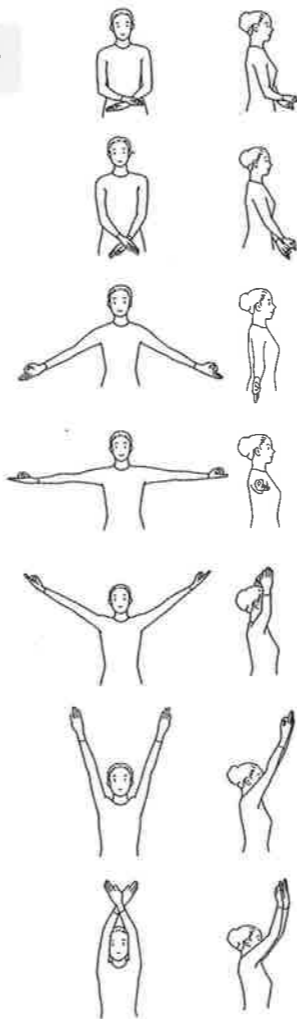
7. 吸う息
Inhale



8. 吐く息
Exhale



9. 吸う息
Inhale



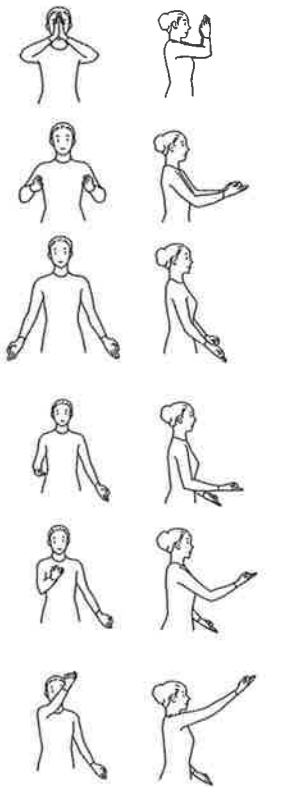
10. 吐く息
Exhale



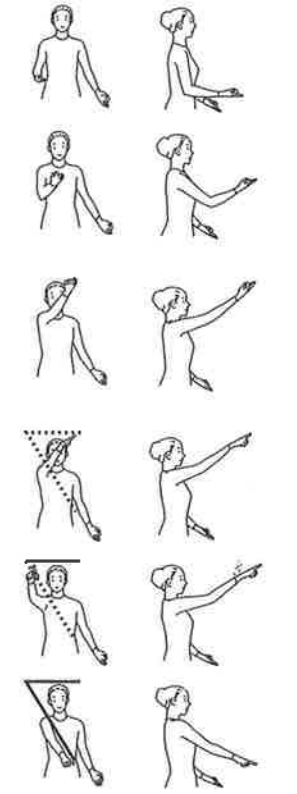
11. 吸う息
Inhale



12. 吐く息
Exhale



13. 吸う息
Inhale



息を止める
Hold your breath

7を書く
Drawing the figure '7'

心の中で『成就』と唱える
Think 'Jouju' (accomplished)

14. 吐く息
Exhale

