




FUTOMANI-SIMPO

**** Tonification and Dispersion with KOTOTAMA **** T.K. Kuwahara 12112019

 <p>S - U----></p>	<ol style="list-style-type: none"> 1. Search for the point. 2. Approach the Needle (N.). 3. Advance N. to the appropriate depth.
<p style="color: red; font-size: 2em;">✓</p> <p>Chu----></p>	<ol style="list-style-type: none"> 1. Found the spark in an appropriate point and its depth. 2. Calms the body and spirit while maintaining your Oshide/Sashide form. 3. Start tonification w/ a long exhalation.
<p style="color: red; font-size: 2em;">∞</p> <p>A----> U----> M----></p>	<ol style="list-style-type: none"> 1. A) adjustment Left hand B) adjustment Right hand Opening & expansion: separating the scapula, expanding arm and Oshide. 2. Keep the circle of Oshide, Sashide & the circle of the arms expanded while concentrating on the meeting Ac-point and tip of the N. 3. Keep the action of the advancing N., tip of the N. should stay in the appropriate depth with airtight oshide. 4. Lighten your Oshide to O weight without leak the Ki. 5. Image of weightlifters “Lift up the Point (extremely heavy objects or center of the space) with whole body”
 <p>U(WOW)N -></p>	<ol style="list-style-type: none"> 1. Expand your universal image.
<p>U O A E ---></p>  <p style="color: red; font-size: 1.5em;">●</p> <p>I -----></p>	<p>With U(WOW)N, enhance your four(UOAE)-dimensional Ki w/mother sounds to the edge of space.</p> <ol style="list-style-type: none"> a. U - upward movement from GV20 b. O – downward CV1 c. A - forward CV18 d. E – backward GV11 e. I - centripetal motion to between CV18 and GV11 (center of your spiritual body) from the edge of outer space. Also, slightly tightening the center of Oshide. The Pillar of the heart comes from outer space and forms in our body, then point.
<p>I -----> Ne ----></p> <p style="color: red; font-size: 1.5em;">✿</p> <p><i>in Hikari</i></p> <p>A I E O U---> takamaharanayasa</p> <p style="color: red; font-size: 1.5em;">~ N</p>	<ol style="list-style-type: none"> 1. Allow nature to take its course. Your body feels edge of the space. Synchronously it faces to the center of universe (the tip of the needle on the point). Please, and enjoy the moment of the begin of Love. 2. Without change the posture of the mind/body and shape of the Oshide, 3. Try to feel a load off your shoulders. Like as bird settle in the nest. 4. Keep upper side of Oshide firm with lower side of airtight Oshide. Be careful to not allow the bottom to open at all. 5. Send the Ki to the Point. 6. End of the Ne, Remove N. quickly by sharply exhale the rest of the breath. 7. Do NOT add downward pressure to Point w/ N. for Tonification. Close the point. 8. Now Here. Crystal of the Ki remains in the points, nature takes its course. The light goes where it should be in the patient’s space and body. 9. Dispersion / Misogi, with Ne, 10. You add an appropriate dispersion technique on the point with Misogi Kototama 11. When you see, the brightness come back to the channels, it’s End of the Hari session.