

SWAISO

CAN YOU STAND WITH FIRM FEET ON GROUND AND SWING YOUR ARMS LIKE A PENDULUM OF A CLOCK FOR SOME TIME, TO CURE HUNDREDS OF DISEASES & MAINTAIN HEALTH ? THEN READ ALL ABOUT

S W A I S O
A NEW TAOIST EXERCISE
BY

MASAO HAYASHIMA, 1978 WU-WEI PRESS, 35 KOREGAON PARK, POONA 411001

I present the condensed form of above book for the benefit of our friends for private circulation. We are going to talk about a very simple & miraculous exercise which cures "cancer to constipation" & many more today's civilization disease. Exercises requires just to stand firm on ground & swing arms lightly too & fro from 250 times to 2000 times. Before we proceed further we should know the Chinese terminology of KI & KETSU.

KI is described as a HEAT in human body. Human body can be compared with a car engine. Fuel vaporizes & generates chemical heat which is converted into mechanical heat. Due to friction some of the energy remains as heat in the mechanism.

The delicate human physiology is more complex than this mechanical process. Heart Brain, lung, blood circulation, respond to outside environment consumes certain amount's of calories. This heat comes from food Consumed digested & assimilated & undergoes a certain process of chemical change as does the fuel in the engine. It Combines with oxygen & glucose molecules which have been absorbed from the food into the blood become heat. Thus, KI is not separate from KETSU(BLOOD) (the blood is not an isolated drop of blood but rather a dynamic process related to the activity of the blood & the psychological process as well & KETSU(BLOOD) is not separate from KI.

BLOOD CONVEYS ENERGY
ENERGY CONVEYS BLOOD

Thus "KI – KETSU" transfers the oxygen which is inhaled by the lungs & nutrition which is absorbed from the digestive system to each & every cell of the entire body & allow oxidation & generation of heat, at the same time it eliminates the "WASTE KI" or "EVIL KI" i.e. Waste matter when circulation of KI-KETSU is impeded "a hundred disease break out" says Chinese medicine.

Swaiso is a method to conduct this KI-KETSU to "every cell & to the nerves of the tips of our four limbs" to free from disease & maintain radiant health.

ORIGIN : Recently originated in China as one of the do-in Techniques & spread from China, to Hong Kong, South East Asia, USA, Canada. Simple & having remarkable effects on 100's of diseases, maintains health & healing diseases. It seems too idealistic without a physician.

As you know China is undergoing great changes part of which is an attempt to consolidate its medicines, they gathered many varied remedies from all over the country, Medical experts then compared, condensed & classified remedies into about 100 basic treatments.

From all the information they gathered they developed one specific exercise to benefit all, and promoted it through out the country. This is the SWAISO Exercise, it is most exceptional native cure of China.

Direct source of SWAISO is Ekikn-sutra of Bodhidharma the founder of the zen. Ekkin means changing the muscles i.e. Invigorating & rejuvenating the body's muscles i.e. Muscular integration & Vitalization

technical. This is basic Taoist practice, to attain Natural, young & healthy body. The purpose is to prevent the “ KI “ from becoming stuck & left in the body as TENSIONS OR BLOCKS. Thus clear consciousness arises & with that clarity & natural, realistic outlook on life is possible, strain disappears & future can be viewed with joy , this is a method for healing as well as health.

Swaiso is a exercise which can be done without the particular guidance of a master & with good results. It is easy needs little efforts, even for those who are usually reluctant to do exercise.

SWAISO EXERCISE

Swai means to throw out evil KI (energy) which is the cause of blocks and tensions, the root of all illness. KI is a Chinese Term used to represent body heat which is required for brain, heart., circulatory, digestive, reproductive organs etc. and to meet the external environment i.e., heat and cold etc. This can be understood as a VITAL FORCE OR PRANA in our system which is part and parcel of our being and it is also pervaded in the blood.

KETSU is another Chinese Term used to represent complete blood circulation system. The aim of TAOIST technique is to maintain harmony between KI and KETSU to heal the disease and maintain the health. SWAISO is a single technique which leads to achieve the same.

Swaiso allows the KI to flow normally in the body to encourage the flow of circulation, and create natural condition in the body.

The most important point of Swaiso is the transformation of
 UPPER FULL LOWER EMPTY
 into
 UPPER EMPTY LOWER FULL

We -focus our energy and awareness more in the upper half i.e., Brain, head , reproductive organ, digestive, circulatory organs (i.e., UPPER FULL). Thus fatigue builds and causes various diseases because evil-ki increases.

Lower Half i.e., legs and buttocks remains empty (i.e., LOWER EMPTY).

To transform above condition SWAISO is designed.

1. Stand with legs spread to shoulder width , feel the toes slightly gripping the earth.
2. Swing both arms , use slight force only on the back swing and allow them to come forward by their own inertia , like a pendulum of clock.
3. Keep elbow straight , palm facing back , eyes focused straight ahead.
4. Allow mind to empty and count repetition of swing silently.
5. Start with 200 to 300 times finally reaching 1000 to 2000 times.
6. Be careful that 70% (lower 7) of the energy is in the lower half,
7. and 30%(upper 3) in upper half i.e., upper relaxes and the lower is straightened and dramatic change occurs in the condition of upper active and lower fragile and then even the most chronic diseases are eliminated.
8. This is the key of successful exercise i.e. Upper-3 , lower-7 to dissolve blocks and to circulate fresh KI normally in the whole body

To achieve upper-3, lower-7 which is a complicated term the following points will be helpful :

1. Relax upper body , keep Mind still keep back straight, shoulder loose. Swing on naturally, loose as if rowing in the air. Palms facing down. Mouth closed but don't grit the teeth. Do not swing elbow too high. Make pelvis the center of movement and support for pelvis is feet .
2. Feel gravitational pull in the lower body.
 - 3 Soles firmly on the earth (bare foot is more conducive),

- 4 heels like heavy stone, feel strong pull from beneath,
- 5 grip the earth as if your toes are digging into it.
- 6 Keep the inner thighs from becoming tense.
- 4 **Try to contract the anus.**
- 5 **Your focus** (some concentration) should be **on lower abdomen.**
- 6 Occasionally alternate your directions i.e. if you are facing east , change to west.

In short imagine yourself as standing firm like a peg which has been driven into the ground.

By this -firm STANCE (standing position) KI in the soles is stimulated which reaches to muscle, skin, bones and joints and revitalizes the entire constitution. Thus consciously it means just to relax upper half and concentrate the energy in the lower half to achieve the transformation i.e. **UPPER-3, LOWER-7 Which Is the key principle of success.**

Most chronic diseases result from a loss of balance of KI and KETSU. (blood circulation).

SWAISO offers a means to readjust this imbalance through acupuncture points on sole's and heals the body. The result of SWAISO is that blocks and stagnant feeling disappears and foot becomes warm, this is the evidence that "KI" is moving smoothly through out the body.

As you move your arms, the back, chest and abdominal muscles are Stretched. In this way the circulatory, blocks are broken, the pulse is regulated and the meridian flow is improved.

It has healing effect because the KI (vital flow) becomes normal and the blood circulation regular, thus improves the body constitution. This is the greatest effect producing cause, therefore, it was approved as the most superior of Chinese Folk Treatment.

SWAISO Cures :

1. Various Cancers.
2. High Blood pressure
3. Low Blood pressure.
4. Diabetes
5. Cirrhosis of Liver
6. Arthritis (Rheumatism)
7. Neurosis
8. Eye diseases
9. Kidney diseases and various diseases of digestive system.

Please spare 5 to 20 minutes in a day in one or more sessions on a day and Enjoy radiant health, achieving efficiency, getting most out of every bit of your work.

Remember lower-7 upper-3 i.e. , lower parts strengthened and upper part relaxed during the exercise to achieve the best of **KI-KETSU** harmonization for best desired results.