

What is Seitai (Naikan method)?

✳ Naikan means observing the inner sense(“Ki”) with the mind’s eye.

1. Seitai (Naikan method) is both an art and a principle for harmonizing the body and mind. We perceive the body as consisting of two ones: the physical body and the inner sense body (a body of “Ki”), and the mind as consisting of three ones: the head-mind, the chest-mind, and the stomach-mind.
2. In our practice, we focus particularly on the inner sense body (Ki-body) and the stomach-mind. This is because we believe the stomach-Ki is the very source of vital energy (“Genki”). When the inner sense body and the stomach-mind are harmonized, the physical body and the head- and chest-minds will naturally come into balance as well. In this sense, our approach differs from chiropractic which focuses primarily on physical care.
3. We hope that individual harmony of body and mind will evolve into harmony with others (me and you), and further into social harmony (me and the community).
4. We consider that the inner sense body (Ki-body) and the stomach-mind are the foundation of one’s actions and words, and also the womb where each culture (such as language, food, clothing, and housing) is born and cultivated.
5. We are convinced that practicing Seitai (Naikan method) is an effective means of deepening one’s understanding of the self and human existence, and of our culture .

How to learn Seitai (Naikan method)

1. Do practice [【Daily wellness by Seitai methods】](#) -1st stage-.
2. After acquiring the above skills, master [【3 basic forms of Naikan method】](#) .
3. Then do practice [【Daily wellness by Seitai methods】](#) -2nd stage-.