

Instructions-Sequence for the *Sunrise Sunset and the Sun Rises Again* Exercise

Purpose

For the world, and for the people

Benefits

Maintains and aligns body, mind and spirit

Part One: Side-to-Side

1. Stand in *Seiritsu-Tai*.
2. Look down slightly and start swinging your arms slowly (left, right, left, right).
3. Gradually raise/swing both arms to the left, making an upward circular movement as you trace the path with your index fingers.
4. After arriving at Tenso, pivot your body and slowly lower both arms to the right side, and down to the front.
5. Repeat this sequence (#3~#4) 2 more times.
6. Reverse the movement. Repeat this sequence 2 more times.
7. Back in *Seiritsu-Tai*.

Part Two: Diagonal

1. Stand in *Seiritsu-Tai*.
2. Look down slightly, and start swinging your arms slowly (left diagonal front to right diagonal back, left diagonal front to right diagonal back) as you trace the path with your index fingers.
3. Gradually raise/swing both arms to your left diagonal front, and start to make a circular movement upward.
4. After arriving at Tenso, pivot your body and slowly lower both arms to right diagonal back, and down to the Right side.
5. Repeat this sequence (#3~#4) 2 more times.
6. Look down slightly, and start swinging your arms slowly (right diagonal front to left diagonal back, right diagonal front to left diagonal back).
7. Gradually raise/swing both arms to the right diagonal front, start to make a circular movement upward.

8. After arriving at *Tenso*, pivot your body and slowly lower both arms to left diagonal back, and down to the left side.
9. Repeat this sequence (#7~#8) 2 more times.
10. Back in *Seiritsu-Tai*.

Part Three: Front-and-Back

1. Just like the beginning of *Hoten-Kokyu-Ho*, raise both arms up to the level of your forehead and make a big bow, letting the arms and head follow gravity.
2. From the forward bending position, move both arms to the left side, and gradually lift both arms to the left diagonal back and start to make a circular movement as you trace the path with your index fingers.
3. After arriving at *Tenso* (keeping toes pointing front, but pivoting your chest to the Left), slowly pivot your body to the front and drop both arms down in front, following gravity.
4. From a forward bending position, pivot your body and move both arms to the right side. Gradually lift both arms to the right diagonal back and as you start to making an upward circular movement (as in #2 above).
5. After reaching *Tenso* (keeping toes pointing front, but pivoting your chest to the Right), slowly pivot your body to the front and lower both arms down in front, following gravity to a gentle forward bend.
6. Repeat the sequence 2 more times in each direction. Gradually point your fingers, hands, and arms further behind.
7. Back in *Seiritsu-Tai*.

Part Four: Front-and-Back + Front Opening

1. Just like the beginning of *Hoten-Kokyu-Ho*, raise both arms up to the level of forehead. Make a big bow, letting your arms and head gently following gravity downward.
2. Do a very very slow *Shintaido* jump motion, up to *Tenso*.
3. Move both arms to the left side, and gradually lower both arms to the left diagonal back and start to make a circular movement as you trace the path with your index fingers.
4. Slowly swing both arms to the front and do another very very slow *Shintaido* jump motion, up to *Tenso*.
5. Move both arms to the right side, and gradually lower both arms to the right diagonal back and start to make a circular movement

6. Repeat the sequence 2 more times in each direction. Gradually point your fingers, hands, and arms further back.
7. To close, raise both arms in front to chest level, slowly and gently opening both palms (facing down) and start to lower them to the level of your lower abdomen, like providing air pressure to the ground.
8. Back in *Seiristu-Tai*.

Part Five: Opening the Front of the Body

1. Use the backs of your hands to massage your lower back, over your liver and kidneys.
2. Gradually, massage downward toward your hips, and push out your knees slightly to front.
3. Push out your belly too, but keep your forehead facing front
4. Let your arms hang down on each side, following gravity, and gently let your chest and shoulders open as far as is comfortable.
5. Let the backs of your hands move again to your lower back over your liver and kidneys, and gradually run your hands along each side of your rib cage up to your cheekbones (still looking forward, not upward).
6. After your index fingers move past your temples, let them reach back and point behind your head (keeping looking forward).
7. As you point your index fingers and arms to 12 o'clock (arriving at *Tencho-I*), stretch and open your throat.
8. Keep pointing both index fingers and arms to 12 o'clock, while lifting your body. Imagine that your hands are climbing up a rope.
9. Reach up to a gentle *Tenso*, with your face to the front. (Don't look up.) Imagine that you are a chimney.
10. Gradually lower your arms in front, passing through a gentle *Shoko*. Let your fingers point down to the ground.
11. Repeat this sequence 1 or 2 times.
12. Back in *Seiristu-Tai*.

This sequence is useful by itself, but is also particularly good as a preparation for standing meditation. If you do standing meditation, take your time and don't rush. You can stand for up to 15 minutes if you like.

This writing was developed with the help of Tomi Nagai-Rothe and Lee Seaman.

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