



Zen & Kinesiology

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Abstract:

I come from Japan, the country where Zen flourished. My nickname is **Dharma** from *Bodhidharma* - the name of the founder of Zen. In this life I have found a modern way of Zen: Kinesiology. Perhaps I was a Zen monk in a past life! To me, Kinesiology is Zen, and with this approach I have gained tremendous benefits from Kinesiology. Today I would like to talk on my Zen Kinesiology & Zen Counseling. I will be happy if you understand that Kinesiology is more effective when regarded as Zen. And I will introduce you to the Zen-like goal setting interview method named **Zen Counseling**.

The vision of Zen is so simple: everyone is a buddha, an enlightened being. By practicing Zen meditation you can get to know your true self, and attain the final spiritual state in which there is no more suffering or desire. The method of Zen meditation is so simple: just sitting silently or walking with awareness. But the daily practice of Zen meditation is so boring and difficult that historically, only a few have attained enlightenment! Don't you think that many more people could attain the highest happiness if there were a far better and far easier method to access your true self? Anyway, I thought that Kinesiology could be the alternative method to Zen meditation when I experienced a Kinesiology session for the first time in 1990.

When I started one-to-one consultations with clients, I tried to behave not as a therapist, but as a Zen teacher. Zen teachers give you a chance to be aware of your true self, but never give you any

advice because they know other people's opinions do not work. Indeed, they can

even be a hindrance – preventing you from being able to see inside yourself. I committed myself to taking a non-intrusive process to my clients, as Zen teachers did.

The outcome of my sessions was almost always successful, even though I was an inexperienced kinesiologist. Surprisingly some professional therapists and practitioners started coming to me to learn non-medical Kinesiology. Finally I found that non-medical Zen-like Kinesiology is far more effective than any other kind of therapy or medical treatment. And now I can say that Zen philosophy—everyone is a Buddha—is perfectly correct. Zen Kinesiology is a kinesiology where the kinesiologist uses a very simple technique like TFH, simply giving the client a chance to see inside, trusting that he is also a buddha.

I also did my best to train kinesiologists to spread non-medical Kinesiology in Japan. Many became very skilful, but almost no-one was successful. I wondered what was happening to them. Finally I understood that their attitude to their clients was wrong - they did their best to learn the skills, but they had no chance to study the proper attitude to their clients.

When I was wondering what to do in order to support my people, I met Dr. John F. Thie, the founder of Touch for Health in 1996. His technique was so simple, and the result was always tremendously great. He proved that a simple technique like TFH is enough if the goal setting interview is excellent. I found he behaved as a Zen monk, though in fact he was a pious Christian.

I started to try and simplify and systematize the essence of John's way of interview and my own personal experience. After repeated trial and error, I finally succeeded in creating a very efficient way of teaching the goal setting interview method. It is called **Zen Counseling**. I have already taught Zen Counseling Training more than 30 times, not only to Japanese people, but also Westerners. It is 4 or 5 day (24 hour) seminar. You can learn it in such a short time. Usually it takes more than 4 or 5 months, or 4 or 5 years to become a professional counselor. Zen Counseling is a miracle. No one believes any counseling can be learned in such a short time. Before explaining the mechanism of Zen Counseling, I would like to share the feedback of some of the participants so that you can get a little taste.

Tosh, male, aged 55 from Australia, Profession: English teacher in Japan.
Zen counseling is very simple and most effective in solving one's issues and problems. What I

really loved about Zen counseling was that the counselors need not give any advice to the client. This method relies on the person to understand and resolve his or her own issues. During the training I learned how to listen properly and carefully to the client, and also in the simple way that allows the client to come to their own understanding and how they could go about their own resolution.

A.S., female, aged 33 from Japan, Profession: Therapist/Healer.

I enjoyed Zen Counseling Training very much. I realized that not only I had difficulty listening to other people, I did not listen to myself. This course has allowed me to be more in tune with what I really wanted to do in a relaxed way. It has also allowed me to realize that I cannot take responsibility for other people's problems - this has made me more relaxed in interacting with other people and listening to their problems without judgment. I highly recommend this course. One has to experience it to understand it.

Sara Kilvert-Jones, female, aged 27 from England, Profession: Alternative Practitioner.
Zen Counseling resonates in me with such truth. This technique is so empowering for the client that everything becomes possible. To be trained as a counselor has put me into a space of great relaxation, and ready to support any client - no matter what their issue is. It has become a pleasure and a great meditation to give sessions in this way! What a gift!

Rakendra, male, aged 55 from France, Profession: Zen mediator/Therapist.
A completely different approach to counseling, in these 5 days I learned how to create a supportive space/environment for another person to solve his/her issue - a very relaxing and non intrusive way for myself and the other. I also had the opportunity to clarify and solve my issues. On the 4th day of this course I found myself in a space where no questions were there anymore, also no emotions, a very relaxed space indeed. Thank you for providing opportunity to be present moment to moment, this was such a learning experience for me.

Veronica Domit, female, aged 24 from Mexico, Profession: Psychologist.
After the 5 day course of Zen Counseling I learned an amazing tool and a very simple way to solve problems. Zen Counseling is very simple, but at the same time very deep, and what

is most important: very effective. I studied psychology for 5 years, and I never found a method as simple and effective as Zen Counseling, so I am very happy that I had the opportunity of learning about it. Dharma is a great teacher, the way he explains, makes examples and leads the course is amazing, and really facilitates the learning. I'm very thankful to Dharma for teaching the incredible method he discovered and sharing his knowledge.

Vreni Hunziker, female, from Switzerland, Profession: Production Assistant.
It is definitely a great course. It met all my expectations and I am eager to apply it. We did lots of life trainings. I will be able to help myself and others in difficult situations. Dharma coached it surely in a gentle yet effective way and really was able to show us the beauty and simplicity of Zen. Thank you, you are a great being!

Gregor Khushuru Steinmurer, male, aged 28 from Austria.
This training gave me a lot more experiences about how it is to live life from a meditative space. It's like finding out that the only truth that is, is already inside me and that is true for everybody else as well without any exceptions. There is a deeper understanding now about meditation in action, and all these Zen paradoxes about non-doing became suddenly very clear and real. And also it gave me more respect and dignity for every person that comes into my life. By seeing that everyone really carries the truth within himself and seeing the value of simplicity in life. And it was a lot of fun!!

Atmo Ida, female, aged 25 from Mexico, Profession: Nutritionist.
The course was amazing. I decided to do this course because I want to take my consideration and listening as meditation and I reached my goal, but not only that I also have confidence to be a Zen counselor because the way Dharma teaches us how to be a Zen counselor was very, very good and effective. Also I want to add the knowing what Zen in general is. I can understand what Zen Counseling is, because as Zen teaches, everything is inside me. I cannot find anything outside; hence, the people need to resolve a problem, only they know their answer to the problem. That is why Zen is effective to everything, of course it is only my opinion, but now stronger than before. I completely trust in Zen, because every human being has the

possibility to fix everything that they feel is wrong in their lives. And I trust that by practicing Zen, any human being is going to understand that everything is perfect as it is. I am telling that because is my experience. Only they have to remember that everything is inside us. Nobody can understand what Zen is until trying living it. Summarizing, I really love Zen Counseling and the way Dharma teaches.

Florian C. Schober, male, aged 37 from Switzerland, Profession: German CEO.
I enjoyed the course very much. In the first days I thought we are moving too slowly. At the 4th day I realized the power of "Listening Relaxed" experienced in the 1st day. I understand the concept of Zen Counseling intellectually. I have still not really integrated it into my normal talking/listening behavior, as my conditioning to influence is still very strong. It is a big challenge to integrate the experience of the class into my daily life. I am looking forward to it.

Y.T., male, aged 45 from Japan, Profession: MD Human Design Analyst.
My second attendance on this course has given me deeper understanding and realization of what Zen Counseling is about. It is a meditation of digging into whatever one has as an issue or negativity of self into deeper layer and allowing that it is all right as it is. I have found many answers of my other problems. It is an amazing experience.

Shunyam van Sreveninck, female, from Holland, Profession: Artist (painter).
Doing the 5 day course Zen Counseling with Dharma gave me a very strong tool in finding my goal(s) in life in a very short time.
AMAZING!

Vigyano, male, aged 55 from Holland, Profession: Coach/Counselor.
I am a counselor myself and for me it's amazing what I learned in this training. It adds so much to my skills and it is clear to me, that our teacher Dharma gave us a vital map that contains the real secrets of counseling, and above that he is a great teacher with a lot of humor and the necessary distance.

Mouna, female, aged 36 from Germany/Denmark, Profession: Handicap Helper/ Body worker.
Inspiring, step-by-step, structured, effective, very simple, non-invading, space-giving, practical

approach. Really practical, useful learning, really inquiring into the art of listening and supporting to find the answer from within, accepting respectful atmosphere. I very much like this approach. I want to practice and learn how to use it more, and I really got some very clear tools to do that. Thank you very much. Dharma very inspiring enthusiastic shares very intense condensed what seems from his own experience.

Sampurno, male, aged 35 from Germany
These days brought me awareness about the importance of listening relaxed in a counseling session. I liked also the distinction between counseling and therapy. Counseling finishes with finding the goal whereas therapy looks for the answer. Dharma is a good listening relaxed facilitator. It was a great support for the ability to counsel.

The Mechanism of Zen Counseling Training

Four-day (24 hour) seminar
Step by step structure:
3 to 4 exercises per day
Not many lectures, mostly practice and feedback.

First day: Basic Lesson (6 hours)

Step 1: Listen relaxed
Step 2: The easiest way to create a supportive space (how you listen)
Step 3: Repeating

Second day: Intermediate Lesson (6 hours)

Step 4: The variation of repeating and 100% parrot repeating
Step 5: Zen stick for a Right-brained expression
Step 6: Any emotion is just a cloud!

Third day: Advanced Lesson (6 hours)

Step 7: 6 stages of counseling (What you hear)
Step 8: Zen stick for a Left-brained expression
Step 9: Distinction between Therapy and Counseling (Why you listen)

Fourth day: Master Lesson (6 hours)

Step 10: 5 minute counseling session
Step 11: 5 minute counseling session plus 5 minutes Touch For Health (or any simple Kinesiology)

Step 12: Zen Counseling Psychology, LOVE & EGO (Who are you?)

Zen counseling is not counseling in a way, because no advice is allowed. I regard my client as a buddha. I know my clients have the ability to find their answer by themselves. So no advice is necessary. Once in a while some advice may help to solve the problem, but even in such a case it will be more helpful if they have found it by themselves, instead of being given it by others. I do not allow you to give any advice to your client in this training. I just ask you to listen relaxed—this is the key of Zen Counseling. Listen relaxed. I do not allow you to make any effort to help your client to draw the answer, because the effort goes against relaxation. We just wait for him/her to find his/her own answer.

Step 1: Listen relaxed.

Exercise 1: For five minutes, do not talk, but just listen relaxed.

Result 1: More than 50% of clients feel safe and satisfied with your attitude.

Step 2: The easiest way to create a supportive space (How you listen).

There are so many ways to support your clients. But most of them are hard to do. For example, some say that a great counselor has to listen carefully with love all the time! Who can do that? It is impossible! In order to satisfy your clients, you have to behave like a god. You may think you have to try your best to support your client. But this trying makes you stressed. When you do not feel relaxed, you cannot be a good

counselor. The best way must be an easy way. The best way must be the one anyone can do easily, remaining relaxed.

What is the easiest way to support your client? Giving a chance to express his/her problem is enough. You need not listen all the time. Pretending to listen carefully is enough. This may look unethical, but it is very effective. Firstly, anybody can do it. Listen carefully for as long as you can, but if you this becomes difficult, just choose the relaxed way: pretending to listen is enough! Why? Because your client knows the answer, the most important role is to give him/her a chance to express and see his/her problem clearly. If you give them a relaxed atmosphere to speak freely and safely, it is most effective. In order to make such a relaxed atmosphere, you must be very relaxed. You should not concentrate on listening to your client all the time. You should focus on listening relaxed, but you need to give him/her the impression that you are listening very well. When you nod or make a gesture, your client believes that you are listening very well.

Exercise 2: For seven minutes, just listen relaxed. You can nod or make a gesture to show the client that you are listening very well. Do not show your agreement or approval. You are not allowed to make any statement or give any advice.

Result 2: More than 55% of clients feel safe and satisfied with your attitude. Some clarify the problem, find the goal, or find the answer.

Step 3: Repeating.

The first two exercises of this course are the most important. Almost all of you will experience that listening relaxed

without giving your client any advice is so powerful. But many of your clients expect you to give some advice to them. When you feel your client expects you to advise them, you can say something to support him/her. But it is not advice. If you give any advice, it is a disturbance. What can you give instead of advice? There are two choices: repeating & asking. The easier one is repeating. When you feel your client expects your advice, you are allowed to repeat some of his/her expressions in this step. One word is enough! If it is a key word, it will be better. But it is not the main point. Any word or statement is fine if you are relaxed. The more relaxed you are, the more easily you can find the key word. Repeating to your client is one of the easiest jobs. Don't you think so? You can do it so easily, but some of you may feel stressed by thinking what is the best way of repeating. If you start to think in this way, you miss the point. Your client knows the answer, though he/she is not aware of that. By repeating his/her expressions, you can give him/her a chance to see his/her thoughts twice.

Exercise 3: For ten minutes, just listen relaxed. You are allowed to repeat some of the client's expressions. You can nod or make a gesture to show the client that you are listening very well. Do not show your agreement or approval. You are not allowed to make any statements or give any advice.

Result 3: More than 60% of clients clarify the problem, find the goal, or find the answer.

Homework for the first day: In a daily conversation, avoid talking. Just listen relaxed. When you start feeling inclined to say something, just repeat. Do not

give any advice. Do not give any comment. Just enjoy listening or repeating.

Step 4: The variation of repeating and 100% parrot repeating.

There are different variations of repeating: last word, key word, last phrase, key phrase, last sentence, key sentence, all the statement, summary.

Repeating the last word that the client said is the easiest, and summary repeating is the most difficult. Some of you may think that you have to master summary repeating to become a great Zen Counselor. But that is not the point. Summary repeating is sometimes very dangerous - you tend to add your own opinion or judgment.

The more relaxed you are, the more easily you can find the best way of repeating. If you are relaxed, any repeating can be effective.

When your client speaks very fast, you may have some difficulty to cut in on him/her. To learn the timing to cut in, I give another exercise. It is called 100% parrot repeating. You will start listening to the rhythm through this practice.

Exercise 4: For five minutes, repeat everything your client says. You have no time to nod or make a gesture. It seems stressful, but it is so important. Do it totally. You have to repeat at least 90%.

Result 4: Many start listening to the rhythm of speech.

Step 5: Zen stick for a Right-brained expression. Most of the time listening relaxed and/or repeating is enough! But if some of your clients start becoming

bored, irritated, or tired because they do not get a satisfactory result, you can give another support to your client in this timing. The first support is just to give a safe space to see his/her problem by listening relaxed. The second support is to give a chance to see the problem twice or more by repeating. The third support is to give some awareness by asking a question. I call it a Zen Stick.

Questioning is often dangerous to the client. When asked something, the client has to stop talking in order to answer. Questioning often interrupts the flow of talking. You have to learn what kind of question is useful. There are two kinds of useful questions: one is for right-brained expressions, the other is for left-brained expressions. I have found that a client's expressions are classified into two types. Just two types! If you classify it from the stand point of subject, you have to deal with dozens of types. Relationship problems, money problems, bodily pain, spiritual problems, political problems, and so on. I do not believe you can give great advice for all of these problems. If you believe you must do that, you will be so stressed. Zen Counseling is the most relaxed method.

I classify the client's expressions into just two types: Right-brained Expression and Left-brained Expression. The brain of stressed people is not integrated. The expressions of stressed people are not integrated. Sometimes the client uses right-brained expressions, other times left-brained expressions.

If you understand the mechanism of the brain and expression, you will see which side of the brain is working better in each moment. Right-brained people do not see trees, but see the forest. Left-

brained people do not see the forest, but see the trees. Whole-brained people see both the trees and the forest. By giving left brain awareness to right-brained expressions, you can support your client to have whole brain awareness. By giving right brain awareness to left-brained expressions, you can support your client to have the whole-brain awareness.

In the right-brained state, your client, who does not see the trees but the forest, expresses everything vaguely, unclearly, or imprecisely. When you find some unclear expressions, you will find your client is right-brained in this moment. If you ask a question to clarify the unclear expression, it will be an effective question. The question is a Zen stick for right-brained expressions. It helps your client to integrate both sides of the brain. By asking a useful question, your client can clarify the problem or the goal.

Exercise 5: For twelve minutes, just listen relaxed. You are allowed to ask a question to clarify your client's unclear statements. You can repeat some of the client's expressions. You can nod or make a gesture to show the client that you are listening very well. Do not show your agreement or approval. You are not allowed to make any statement or give any advice.

Result 5: More than 65% of clients clarify the problem, find the goal, or find the answer.

Step 6: Any emotion is just a cloud!
We do not deal with emotions. This is another reason why you can master Zen Counseling in such a short time. If you start classifying and analyzing emotions, it will take years and years to master

counseling. When your client speaks of his/her emotion, it's fine. We may ask some questions to clarify the emotions, but we never urge him/her to talk about them. Many kinesiology loves classifying and analyzing emotions. Zen Counseling thinks it is non-essential.

EMOTION is Energy MOTION in the body. We call KIMOCCHI (KI in the body) in Japanese. Then what is the Energy MOTION in the sky? We call it TENKI (Ki in heaven) in Japanese. TENKI means Weather. EMOTION in the sky is Weather! Energy MOTION in the body is EMOTION. Energy MOTION in the sky is WEATHER.

The quality of emotions and that of weather is the same. Once you understand any emotion is like a cloud, you will stop clinging to the emotion. Do you think that the weather can be fine by classifying or analyzing it? NO! Some believe that any negative emotion can be positive in a short time. It may happen, but in fact any emotion is just flowing like a cloud. Can you believe that a rainy day can be fine in such a short time? Any effort to transform negative emotions into positive ones is wasting time.

But your client wants to be fine in a short time! How can the weather be fine in a short time? Classifying and analyzing is not useful. There is only one way to become fine in a short time! If you can fly over the clouds, you can be fine in a short time. You might have experienced this when your airplane took off, it was raining at the airport, but 3 minutes later it became fine above the clouds. This fineness is called **“enlightenment”** in Zen.

By flying over your clouds, you can be fine in a short time. I teach you to fly over the emotions instead of trying to deal with them. But how can you fly over? Through AWARENESS. Through Brain Integration.

Exercise 6: For fifteen minutes, just listen relaxed. You are allowed to ask a question to clarify your client's unclear statements. You can repeat some of the client's expressions. You can nod or make a gesture to show the client that you are listening very well. Do not show your agreement or approval. You are not allowed to make any statements or give any advice.

Result 6: More than 70% of clients clarify their problem, find the goal, or find the answer.

Homework for the second day: In a daily conversation, be aware of unclear statements of the people around you. Just listen relaxed. Do not give any advice. Just enjoy listening, repeating or asking.

Step 7: Six stages of counseling (What you hear).

You tend to be stressed because you do not know what to expect when your clients speak. If you knew what your client would talk about, you could be more relaxed. I teach you the vital map of what your client will talk about. There are 6 stages. All of your clients follow these stages. So you have only to wait for them to climb up through these stages.

Your client visits you in a state of CONFUSION. This is the **first stage**. By talking about his/her issue, he/she starts getting some AWARENESS. This is the **second stage**. By continuing to talk, he/she starts understanding the core of the problem, why it happened, how it

happened, whose fault it is, etc. This is the **third stage** - Clarifying the Issue. The moment that he/she clarifies the issue, you the counselor should ask: "Then what would you like to be?" or "What would you like to do now?" Then your client will start talking about the goal. In the beginning, it is not clear, but he/she will clarify which direction is best for him/her. This is the **fourth stage** - Finding the Direction of the Goal. Then they find the goal. This is the **fifth stage** - Finding the Goal. And then they feel that their problem is solved. This is the **sixth stage** - Solving the Problem.

- (1) Confusion
- (2) Awareness
- (3) Clarifying the Issue
- (4) Finding the Direction of the Goal
- (5) Finding the Goal
- (6) Solving the Problem

Exercise 7: For seventeen minutes, just listen relaxed. You are allowed to ask a question to clarify your client's unclear statements. You can repeat some of the client's expressions. You can nod or make a gesture to show the client that you are listening very well. Do not show your agreement or approval. You are not allowed to make any statements or give any advice.

Result 7: More than 75% of clients clarify their problem, find the goal, or find the answer.

Step 8: Zen stick for a Left-Brained expression. After clarifying any unclear expression with questioning for left-brain expressions, some of your clients still feel that it is difficult to see the core of their problem. In this case, a Zen stick for Left-Brained expressions is useful. In

the left-brained state your client, who does not see the forest but the trees, clings or sticks to one small thing. When you find some stuck expression, you will find your client is left-brained in this moment. If you ask a question to give a chance to see the issue from another angle, it will be an effective question. The question is a Zen stick for left-brained expressions. It helps you to make your client have an integrated brain. By asking a useful question, your client can see the issue with a bird's-eye view. You may wonder what kind of question will work. Do not worry. Just try to be relaxed. Then you can see from a distance with a telescopic eye. Your client is so stressed that he/she is not aware that he/she is focusing a small point. When you are relaxed, you can see his/her issue from different angles. When you are aware of that, it is enough. Just ask any question.

And this is the last method. **The Zen Counselor has just 4 choices:** *Listen silently, repeating, questioning for right-brained expressions, and questioning for left-brained expressions.* The first one is the easiest but the most important and powerful. The last one seems difficult, but if you are relaxed, it is also so easy. If you feel it is difficult, you need not use it. Use the easiest way, then you can be more relaxed.

Exercise 8: For twenty minutes, just listen relaxed. You are allowed to ask a question to give a different point of view. You can repeat some of the client's expressions. You can nod or make a gesture to show the client that you are listening very well. Do not show your agreement or approval. You are not allowed to make any statement or give any advice.

Result 8: More than 80% of clients clarify the problem, find the goal, or find the answer.

Step 9: Distinction between Therapy and Counseling (*Why you listen*).

We define the role of counseling. We make it clear that counseling has a limit. Usually so-called counselors have an illusion that any problem can be solved some day in the future just with counseling. They believe that any problem can be solved in the future without any therapist or doctor. But it is impossible. It is just a fantasy. Sometimes it may happen, but it happens by accident. You cannot promise that it absolutely can happen. It is not because the counselor was not trained well, but because *counseling* itself has a limit.

The job of counseling is not to solve the problem, but to clarify the problem and the goal. First we help to clarify what is the problem; then the goal: what they would like to be or to do. Zen Counselors can listen more relaxed because they understand the role of the counselor. They need not behave like a god. They just wait for the client to talk about the problem and the goal.

Then who will solve their problem? Of course the clients have the final responsibility to solve their own problem. But therapy or medical treatment can help.

Without a good goal-setting interview, any therapy or medical treatment is not so useful. But with an excellent counseling like Zen Counseling, it becomes more helpful. A session can easily be complete with Counseling plus Therapy. A good combination of Counseling and Therapy leads to a

splendid result. Of course you will use Kinesiology as a therapy.

Exercise 9: For twenty five minutes, just listen relaxed. You are allowed to do anything you like as a counselor. I recommend that you avoid giving any comment or advice.

Result 9: More than 85% of clients clarify the problem, find the goal, or find the answer.

Homework for the third day: In a daily conversation, be aware of stuck statements of people around you. Just listen relaxed. Avoid giving any advice. Just enjoy listening, repeating or asking questions.

Step 10: 5 minute counseling. I have already shown you how to do normal counseling plus therapy. It takes 30 to 50 minutes or more to complete it.

Sometimes we do not have enough time for a long counseling session. You need to learn short-time counseling for those situations. Five minutes seems to be impossible, but anyone can do it. There must be some conditions. If you and your client do not cooperate, you cannot complete the short-time counseling. You have to ask your client to talk about their problem in half a minute—10% of the counseling time. Now your client knows he/she has no time to explain details, your client starts talking about the core of the problem. Then you can ask a simple question "Is this your problem? Then what is your goal?"

Anyway you have no time to just listen in this practice. You will have less time to repeat. You need to ask more questions from the beginning. You need to be more aware of his/her unclear expressions or stuck expressions. When

you can listen relaxed, you will be successful. You may be worried now, but do not worry. In fact, you have no time to worry, you have just five minutes! What you can do is listen relaxed, try to find what the problem is and the goal. It will be fun. You will be successful.

Step 11: 5 minutes counseling + 5 minutes Touch for Health (or any simple Kinesiology). When your counseling is excellent, any simple kinesiology is enough. After a 5 minute interview, use any simple technique (ESR, Cross Crawl, 8 figures, 14 muscle balancing, etc.). Some think Touch for Health is just for lay people and not so great, but those who say so have not learned any interview method. If your interview is excellent, Touch for Health is enough. If your interview is poor, you have to add as many techniques as you can in order to support your client. John Thie's Touch for Health is much more powerful than any medical model treatment.

Step 12: Zen Counseling Psychology, LOVE & EGO (Who are you?). I have already taught all of the techniques of Zen Counseling. Each technique is so simple, but the issue of your client is sometimes so complicated that it takes more than one hour to clarify the goal. It may be unpleasant to you without any other guideline. I will give you the last clue to support your client. It is **Zen Counseling Psychology**. It came from my personal experience, but I feel it is the universal golden rule which applies to any client. So-called Western psychology is complicated, but Zen Counseling Psychology is so simple that anyone can use it. If you understand Zen Counseling Psychology, you will get a

successful result for more than 95% of the clients. The mechanism is so simple. Our heart or mind consists of two things: **LOVE & EGO**. All mental conditions can be explained with these two words. Strictly speaking, we are LOVE deep inside. But our EGO prevents us from noticing our LOVE. If you understand why and how our LOVE has changed into EGO, you will understand your client more.

What is LOVE? Historically, so many thinkers and philosophers have tried to define LOVE. We choose the definition described in the Chinese character in ancient China. The word *LOVE* is made of two Chinese characters, *Acceptance & Heart*.

LOVE = ACCEPTANCE + HEART

Accepting heart is LOVE to any of you. If you accept yourself 100% as you are, it means you love yourself 100%. If you accept people around you 100% as they are, it means you love them 100%.

We are born as LOVE. Babies start their life by accepting themselves as they are. And their parents congratulate them on their birth 100%. Babies feel loved by their parents. Babies' lives start with the experience of loving themselves and being loved as they are.

Unfortunately this LOVE situation does not last. Soon they come to experience that they are not loved, and start to forget loving themselves. It does not happen intentionally, but automatically.

The parents do their best at their level to love their children, but it is impossible to meet babies' expectations of unconditional LOVE which they experienced at birth. For example, their

mother goes shopping and happens to come late. It is a terrible experience to the babies, threatening their life. They expect to be loved and protected by parents all the time. But their parents did not protect them. They feel they may not be loved any more.

LOVE is the experience at birth that you are accepted and celebrated as you are 100%. Sooner or later you start learning that being as you are is not enough, though it was enough at birth. This is how and why *another self* starts appearing. You start thinking that you have to play another self to adapt to your family, school and society. Another self for adaptation is **EGO**. In order to adapt to your family, school, society, EGO is a must. If you criticize EGO, you cannot exist. EGO is a part of you.

EGO plays a useful role. I call this useful ego: the **POSITIVE EGO**. You learn in infancy that you will be loved by doing something which makes your parents happy. EGO itself is excellent if it is used properly. Ego is necessary to adapt to your family, school, and society. EGO needs attention from your mother, your friends around you, and so on. It is most important to EGO to know where your mother is, where your people are and how to get attention from them. It started from your experience in infancy that you had to check where your mother was. EGO is so useful as long as it is used to enjoy meeting your people's expectations.

But you cannot meet all of their expectations. Even after doing your best, you may fail to meet their expectations. You will have experienced that you have been scolded after making huge efforts to tidy-up your room. What will be the

alternative choice when you cannot meet the expectations of people however hard you have tried? Giving up being a good child is the only other choice to get attention. When you reject your mother's order to study harder, she may get angry but you have succeeded in getting attention. When you say, "I have a stomach ache, I cannot go to school today" your mother replies gently worrying about your body. Some of you learned that being sick is one of the easiest ways to get attention from your mother. In order to get attention easily, you start playing a bad boy, a sick daughter, or a mischievous boy. This is a destructive behavior to you, but it is the easy way for your EGO. Zen Counseling calls this kind of self-destructive ego: the **NEGATIVE EGO**.

EGO will do anything to get attention. Cruel crimes are broadcasted on TV all over the world. Politicians do not stop wars of aggression. As medical science has developed, sick people have increased. Why are these cruel things happening? Many say "I do not understand the reason", but I know the reason very well. EGO will do anything to get attention.

EGO will do any bad thing, any cruel thing, any foolish thing unabashedly. But the common appeal is "I wanted to get attention by pleasing people I love", "I wanted to be admired by doing something I love like being a gold medalist in the Olympic Games." Your client comes to you feeling hurt by the negative ego. Superficially, their issue is about physical pain, relationships, financial problems, and so on, but deep inside the issue is common: "I wanted to be loved by the people around me. I did my best to be loved, but in vain." It is a

longing for unconditional love, which they lost at birth. Unfortunately, it will not be realized forever. Your parents did their best at their level to love you, but you have expected unconditional love 24 hours a day, 365 days a year. You expect that other people or your environments will change for you. But it is not so easy to change the outside. But your client wants to get a satisfactory result. How can you support him/her? Because EGO's satisfaction depends on others and on the outside, it cannot satisfy him/her eternally.

But by noticing LOVE beneath EGO, he/she can be healed profoundly.

Awareness of *accepting* yourself as you are 100% will help you to feel blissful. This is the final goal of your therapy and the final goal of your life. Whatever terrible situation you are in and however badly other people judge you, you can be blissful by being aware of the LOVE within you. When you remember that you can love yourself as you are, you can start to live trusting your intuition, and following your energy flow inside. You can start living in harmony with other people around you, being content with the truth that ***You are LOVE***.

This is Zen Counseling Psychology:

We start our life with LOVE, need positive EGO for adaptation, feel hurt by negative EGO, and finally notice LOVE again. This is our life.

This is all I can explain for you. If you really grasp it, please experience it. You will understand your client is also a buddha, and you are a buddha, an enlightened one.