



BODY BY KOJI AND JOANNA YAMAMOTO YOGA FOR COUPLES

**Polarity doesn't
mean being
macho or mushy.**

When seen from behind, it's not all that easy nowadays to be sure if a person is male or female. It's not necessarily because the hair is the same length or the clothes similar but more because men have begun to move their pelvises as if they belonged to the bodies of women, and women are swinging out their arms and legs more in the rhythm of men.

The normally passive hormones, estrogen in men and testosterone in women, have become dominant, causing men and women to behave alike. On the surface, this may appear to be a leap forward in reconciling the sexes, but actually it furthers the separation between them. Homosexuals want to be married conventionally, and four out of five conventional marriages end in divorce. As the American way of individualism pushes itself forward, the "self" in "selfish" increases proportionally, while nervous systems tighten until they break. Today, it's all for "me", "my opinion," and "my emotions" struggling to get up and be heard through the tension, complication, and roar of modern society. If we look out too much for ourselves, we forget to look within or look at what we are not. Security is sought in similarity, while polarity is on the wane.

Men and women once wanted and were able to remain together for a lifetime. Natural law dictates that opposites should attract, and man and woman were made in complementary opposition. Just look at our bodies. Man's is an inverted triangle, muscularly designed to perform larger, faster, heavier, shorter-term activity with strength coming mainly from the upper body. Man's *ki* (energy) flows from top to middle, through broad shoulders narrowing into the point of *tanden* (the body's fulcrum at the deep center of the



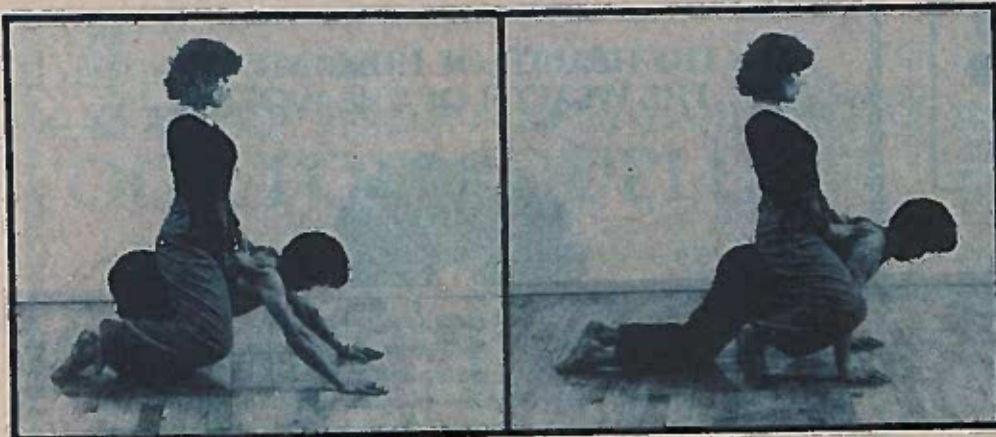
To strengthen sexual vitality, push partner's lumbar region forward with feet while pulling arms back with equal force. Breathe together, exhaling on push.

abdomen), pushing the sex organs down and out. Woman's body, a triangle, is muscularly fit to perform smaller, slower, lighter, longer-term activity with strength mainly from the lower body. Her *ki* comes up through full hips, slims into *tanden*, and pulls her sex organs up and in. It's natural, then, for a man's progress to be outward, away from the center, and for a woman's to be inward, towards the center, just as in sex. Organically, the man thrusts out and the woman pulls in. Socially, the woman takes in in order to give out, while the man gives out in order to be taken in. Through their cooperation, man and woman balance each other and rest in peace.

Sex is the union of opposites, while marriage is a desire shared by a couple to transform their two triangles into a star. At its center, the star is one in purpose, direction, and light. It remains

one as long as the polar lines of each triangle keep their form and intensity and do not destroy or oppress each other. Today's external pressures and internal sicknesses make it difficult to keep in shape. The society is hard and the lifestyle soft, technology is strong and food weak, brains are loose and bodies tight. Everybody's under stress, using all their energy to hunt out ways to relax and having no stamina left to attract and hold their opposite. Relationships are made between similars, which might make for good business but doesn't constitute a couple. Besides, such contractual relationships are sterile and short-lived, whereas stars spin off little meteorites. We're short today on pure stars, and that accounts for the loss in light.

But everything is salvagable, even our relationships. If one partner is homosexual, asexual, bisexual, or un-



Sit on partner's lumbar region with feet off the floor. Partner then pulls himself all the way back from the hips while both inhale. Then he pushes himself forward from the hips as far as possible; both exhale.

With partner stretched out on back, hold his hands to floor near shoulders. While inhaling he should extend legs straight up. Then, while exhaling together, he should drop his legs first to one side, then the other.



Preparation for the exercises:

1. Wait at least two hours after eating.
2. Go to the toilet.
3. Relax your mind and body.
4. Do 10-20 minutes of warming-up movement.
5. Do hara strengthening exercises (see Feb. issue).

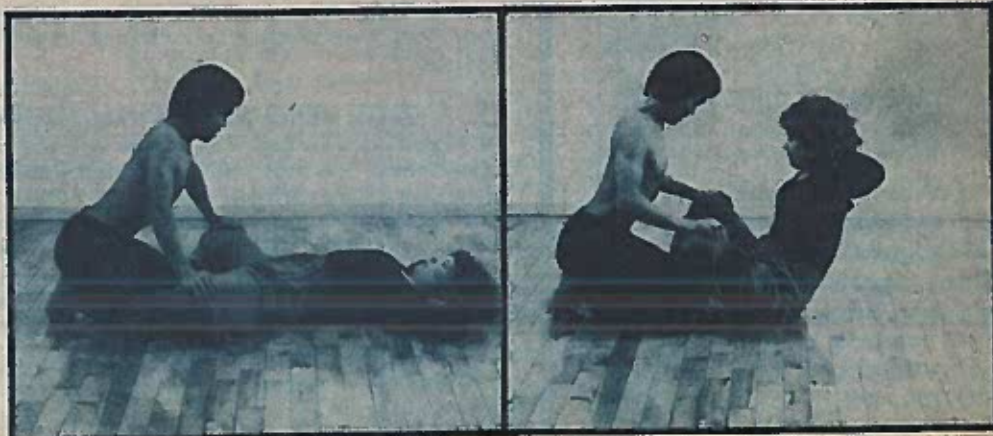
While doing the exercises:

1. Breathe out together, exhaling long and strong.
2. Be aware of partner's ability and vary force accordingly.
3. Do each exercise three times, then switch.

Partner should lie relaxed on back concentrating on hara. Then while partner inhales, pushes abdomen out, contracts anus, and holds breath, push her abdomen in while concentrating on hara. Exhale together. Then relax.



Hold partner's knees open. Inhale together. Partner then sits up exhaling and attempting to close knees against downward pushing. Elbows may be extended to sides or front.



dersexed or oversexed, his or her power is not in tandem where it belongs. The nervous system, which regulates the endocrine system, is either strung too tight or too loose, while our education has failed to stress the value of cooperation with others.

Such problems shouldn't discourage us. Ice can be boiled and hot water frozen. Within both there is warmth and coolness just as both hard and soft contain flexibility and resilience. Man and woman together hold the child.

Polarity doesn't mean being macho or mushy; it does mean being strong in sexuality as a man or as a woman. The lines of our triangles seek clarification in order that our minds, hearts, and tandens can meet. How does a couple follow the same direction and maintain polarity?

Go home and have a meal together. The Japanese, who don't have as much trouble with divorce or sexuality, think of a group as being people who eat from the same pot. For them food is foremost in walking the same life path, and right food is essential for right sexuality. If you're still eating parts and products of animals, complicated cooking, spices, refined or chemicalized food, please give this up and gradually switch to simple whole food. Meat and spices overexcite the nervous system, dairy food and chemicals dull it. Please eat from the middle, mainly grains and vegetables, for men a little saltier, for women a little sweeter. And while you're at table together, be careful not to overeat. Too much food makes the abdominal organs hard, tired, and prone to fall down. When that happens, the hips and buttocks drop, and the pelvis spreads. People like hips that are up and, yes, think they're pretty that way. Intuitively we know that this indicates an ability to close the pelvis. If the abdomen is hard and tired, so is the mind; the blood concentrates in the center, so circulation is poor, decreasing vitality, sexuality, and the ability to think deeply and widely.

The same applies to liquid, especially alcohol. Too much of it wrecks the kidneys. Water retention shows up in thick ankles, a condition that nobody is attracted to in any culture. If you lie down and turn the feet in so the toes touch, you can feel how ankle power is connected to the pelvis.

If there's really a problem controlling food and drink, there will be similar problems in every aspect of daily life. The quantity of food compared to the quantity of energy needed to work is

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fundamental to the regulation of sexuality and desire. If your needs are too great, try fasting. Gandhi used fasting for many political purposes but also to check sexual desire. Fasting uses the principle of applying the opposite to rectify an imbalance. The alternative method is to apply much more of the same, as in the teaching of the famous *kendo* master who was asked by his student how to manage sexual desire. He answered, "For the next three to four years have sex everyday; after that you will be able to control it." Please eat and drink well together, remembering that a drunken or drugged man produces drunken or drugged sperm.

Once you begin to share the same food, your breathing pattern and that of your partner will gradually unite. Those who breathe alike are of like mind and will not be in nervous conflict. Deep, full, long breathing opens the chest, enabling communication to flow freely and easily. The mind broadens and tandem grows powerful. Such breathing also keeps the breasts up and the pectorals firm. Please try to match breath with your partner, but if one of you gets nervous or angry, the other must breathe even more deeply and calmly. Two people breathing shallowly will soon fight.

Sexuality is generally related to overall life power. To make yourselves wholly strong and alive and ensure deep warm blood circulation, take cold showers. It's fine to alternate between hot and cold, but always end with a quick immersion in a cold bath or brief drenching under a cold shower. Singing, chanting, or shouting will help you bear the shock. You'll feel chilly on the outside, but your insides will generate more heat. Your body will want to move, your mind will clarify, and your skin will become transparent.

If that doesn't strengthen your sex life, the man can directly assume the burden and go all the way by applying cold water directly to the penis and testicles and attempt to withhold sperm during sex.

If you or your partner are afraid of your own sexuality, imperfections, or childbirth, you need to relax. Try lying down together, very warm and close, and practice autosuggestion. Imagine that your mind is calm and that your lower back, abdomen, and sex organs are getting warm—the man's tight and

full, the woman's open and wet. Imagine that power is in tandem and that you are fully relaxed. Try the sequence slowly, perhaps five times. If you still are tense, get up and get a couple of warm towels, put them on your lower abdomen, and start all over again. If this doesn't work right away, at least you'll sleep better together and have a chance to dream the same universal dream.

Sexuality is specifically related to the strength of the lower back and condition of the lumbar vertebrae. Please take a look at each other's lumbar. If any of the vertebrae are too close, loose, curved, twisted, or out of line, sexual attraction and function are impaired.

- LUMBAR 1 connects with the sensory nervous system and regulates sexual desire and feeling.
- LUMBAR 2 regulates sperm release and vaginal lubrication.
- LUMBAR 3 regulates sexual power, the ability to have an erection or vaginal contraction.
- LUMBAR 4 regulates the working of the testicles and ovaries, which accounts for the degree of masculinity or femininity.

To strengthen the lower back and align the lumbar, stretch the spine, keep the chin pulled in, and walk with the big toes pushed firmly into the earth. Practice yoga together, especially postures to correct the lumbar vertebrae.

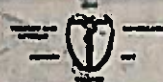
For a couple to maintain the same direction and natural polarity, there must be respect in the home and joy in the heart. Try to remember humility and gratitude by apologizing to one another for your mistakes and expressing thanks whenever there's a chance. Meditate or chant together and do *gasho* (palms together in prayer position) to each other especially before having sex. *Gasho* is a sign of respect. The two hands together symbolize the principle of balance in which you are cooperating as opposites. Be honored that you and your partner are different, and make each other happy by ultimately going the same way.

Koji and Joanna Yamamoto trained in the dojo of Masahiro Oki and teach Zen Yoga in this country and Japan. This month there will be an opportunity to study with Master Oki at the Sixth International Yoga Teachers' and First World Zen Yoga Congress in Kyoto, Japan. For information please call TOLL FREE to Zen Yoga Arts, c/o Japan Travel Bureau International at (800) 223-0266.

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