

A storm of new virus spread all over the world swept away confidence in our bodies in a blink of an eye and drastically changed our life style even.

Ceaseless threat of an outbreak reached into our minds and we are still struggling with this continuous great pressure with clouds on the horizon.

It is time to reconsider our own body mechanisms.

Deep breath awakens imbalanced autonomic nerve, and elastic flexible muscles distribute and revive blood deeply into cells and change them into living energy.

We all have these innate functions within our bodies.

Together with benefits of progress in science and technologies, our consciousness to easily rely on external quick support gradually and profoundly obscured such inner strength.

By coincidence, unprecedented crisis of pandemic and fear poured lights on our fate, “true physical strength”.

A last resort for human beings is how we can use our own bodies, which is the basis of the endowed life, instead of artificial science. Or rather, this is the inherited fortune for us humans and is also the way to truly leverage progressing science technology.

I sincerely hope that more people will become aware of this ancient wisdom, the inner power we all have inside in this time of world crisis... Because this is the only way out to overcome this situation.

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