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Zen-Stretching® between fitness and nutrition: C/IT the history of Kyo.

The thesis analyzed in general this wonderful discipline (the tools, the work in individual classes, a short presentation of the meridians with organs and elements associated with them) and in particular its potential use in relation to shape/feeding weight in relation to kyo and jitsu.

It is important to remember that the effectiveness of Zen Stretching lies in the execution of the six Makko-ho, in the tonification of the lack of energy and in the dispersion of the fullness. This is the basic logic.

In my personal experience I have mainly found the fullness in St/Sp and the emptiness in Ht/Si.

I have linked this path to fitness and nutrition because I have been suffering from food intolerances for four years, I follow a fairly strict diet to counteract abdominal swelling and water retention on thighs and hips, having difficulty in following the diet proposed by the nutritionist. I often feel the need for sweets alternating lack of appetite and nervous hunger, which cause physical discomfort and mental fatigue.

The investigation of fullness and emptiness has served to understand which aspects of my energy and my life have hindered and slowed down the achievement of the goal: to eliminate the swelling of the abdomen and improve my health in general.

Zen Stretching to regulate body weight and maintain fitness.

I performed the six Makko-ho and Reclining Exercises (Metal Cards 9-10, Earth Cards 16-17, Absolute Fire 23-24, Water 30-31, Supplemental Fire 37-38, Wood 44) recording physical and emotional sensations.

Below is the summary table after performing the exercises consistently at least twice a week:

Giorno/Mese	Pieno	Vuoto	Note	Azioni
Lunedì 21/10	St/M	C/It	Fatica a fare gli esercizi per dolori alle articolazioni	Eseguite solo le dispersioni
Martedì 22/10			Voglio camminare, ma non ho le forze	Esercizi di respirazione
Mercoledì 23/10			Noia, mancanza di forza	Dormo
Giovedì 24/10	St/M	C/It	Tanta fatica	Eseguita tonificazione e dispersione, mi sento
Venerdì 25/10			Confusione mentale	
Sabato 26/10			Insoddisfazione	
Domenica 27/10			Tristezza	
Lunedì 28/10	St/M	C/It	Ancora molti dolori, fame nervosa, pancia tanto gonfia	Eseguo tonificazione e dispersione
Martedì 29/10			Qualcosa sta cambiando	
Mercoledì 30/10			Speranza	
Giovedì 31/10	P/Ic	V/R	Sto meglio, soddisfazione lavorativa, nuova energia	Eseguito tonificazione e dispersione
Venerdì 1/11			Speranze e idee	
Sabato 2/11			Riposo	
Domenica 3/11			Riposo	
Lunedì 4/11	St/M	C/It	Il mio Kyo mi segue, penso sempre alla lotta per il denaro, per il lavoro, e non so dove sbattere la testa	A fatica eseguo il riequilibrio
Martedì 5/11			Demoralizzata	
Mercoledì 6/11			Stanca	
Giovedì 7/11	P/Ic	Mc/Tr	Non riesco ad andare avanti in modo obiettivo. Mi sento facilmente attaccabile.	Eseguito tonificazione molto lunga ... dispersione altrettanto infinita

Venerdì 8/11			Cambiamento	
Sabato 9/11			Nuovi orizzonti	
Domenica 10/11			Riposo	
Lunedì 11/11	P/Ic	Mc/Tr	Va un po' meglio, ho iniziato una nuova collaborazione	Eseguo riequilibrio con serenità
Martedì 12/11			più presente nel qui ed ora	
Mercoledì 13/11			Vitalità	
Giovedì 14/11	St/M	C/It	Il fisico inizia a rispondere meglio, il dolore al tibiale anteriore e al sacro si è attenuato.	Sento di più la tonificazione, migliora anche la dispersione, mi sento più equilibrata.
Venerdì 15/11			Il nuovo lavoro mi dà speranza per le finanze, soddisfazione, ma percentuale di incasso molto bassa.	Il mio Kyo resta.
Sabato 16/11			Ragiono sul Kyo, io esisto, sento, posso, valgo e merito	
Domenica 17/11			Decido che lunedì 18/11 parlerò con il commerciale per cambiare le prospettive di vita.	

From the path taken emerges the following: the Kyo in Ht/Si (Absolute Fire), regulator of the inner fire where the Self, understood as a unique, divine and special Being, resides, is responsible for TRANSFORMATION.

The Heart allowed me to "feel", to "make direct knowledge" of the lived experience in all its forms: food, relationships, experiences, knowledge; a set of information that had to be metabolized, absorbed so that it could become Individual, Personal energy, in order to support the flowing life. This meridian, weak at first, was strengthened. The weak point turned out to be mainly Si.

The Si has the task of sifting through the contents and separating "the pure from the impure" according to one's own feeling. The basic reasoning consists in keeping and doing what is true, pure and important by choosing "from the belly" and leaving aside the impure contents that are the result of judgement, preconceptions and purely mental analysis.

The dysfunction of Si has led me to the inability to trust my judgment.

The lack of confidence in myself has caused the need to always have confirmations, an attitude that has translated into a constant penalizing mental brooding, in the desire to eat sometimes in a disorderly way, in the continuous search for new professional courses in order to obtain recognition of my value, trying to maintain control, to fill a void. And so St/Sp has taken Ht/Si's defense by governing food, thoughts and experiences without ever leaving a void. It is inconceivable to accept the alternation of empty and full to give oneself the chance to appreciate every moment of life.

Final comments on Kyo in Ht/Si

The experience of Zen Stretching that began in February 2019 ended with a greater awareness of my value. After having listened for so long only to the Mind, now I give space to the Ht and welcome all the experiences by choosing what really belongs to me based on my feeling.

In the light of my path, I am happy to return to a figure that is important to me: the Wizard (archetype of Ht/Si), the one who is able to take a stick and make it believe a magic wand. His capacity for seduction consists in making the most of the very tools that are needed at that particular moment: a path of inner growth that allows you to take pain and transform it into the philosopher's stone, the higher knowledge through which you reflect in order to feel and understand your Self. "Sometimes it's a backwards walk, you don't look for something, but you let yourself be found".