Editors note: This is the result of a first stage editing of the texts – mostly reformatting, polishing the English and collecting the materials to see what is there. This does not include the articles written by Lee since July 2010 and will need to be updated accordingly. I am currently in the process of standardizing all of the terms, as many articles date back a few years. Also it is now time to find a way to organize and present the material. Something organic that resonates with the theory, practice and butoh reality. Please enjoy this brilliant material and I welcome any comments/suggestions on how to best present it for everyone. My heart and one of my many behind spirits is there dancing with you all in the Himalayas...
joelaltman@hotmail.com

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0. How to use the practice guide

The practice guide is for opening your potential creativity and originality that are folded in your darkness of body. In each practice you can feel a subtle sway in your body and mind. When you die down your daily mind and body, you will be able to listen to the sub-signals from your subconscious. At first please try meditating, breathing and conditioning, before starting the self research.

Using these methods, you can travel in your whole self world and create your own subbody butoh dance, which is entirely unique to you. Enjoy traveling in the world of you whole self. It is the most interesting journey in the universe.

Guidance for each method

**Meditating** - Stop your daily mind and body and shift into subbody mode (=subconscious mode) through various kinds of meditation.

**Breathing** - By concentrating on your breathing and listening to the subtle changes in your body, prepare your bodymind to listen to the subtle signals from the darkness of body.

**Conditioning** - Release your bodymind from the binds and habits of your daily mind and body. Reorient your bodymind to move in all directions and dimensions by opening all of the channels.

**Researching** - Investigate your self in order to create your own subbody movement. Discover subtle signals in your body sway. Follow them and amplify them until they become your subbody movement.

**Walking** - Walking means shifting the relationship between yourself and the world. Through this subtle shifting, find unique ways of swaying to create your own subbody butoh dance.

**Resonating** - Advice for finding life resonance between the life
1. Meditations

1-1. Swaying Meditation

The subbody cannot be understood with the head, but it can be more easily grasped by body experience. Please use the following practice when you feel stiffness or tension in your body and mind.

Swaying meditation

1. Drop breathing (Losing strength breathing)
Find a quiet, comfortable place and sit down in a relaxed position (leg relaxed position). Breathe through your nose or mouth, try both ways. When you inhale, imagine that someone is pulling your head and spine up to the sky with a string. Your spine is comfortably stretched up to the sky. Breathe out through your nose or mouth. When you exhale, imagine that your head and spine remain hanging from the sky, while all your other cells drop down to the center of the earth. Listen to the changes in body sensations in each part of your body.
You will feel a sense of deep relaxation. Repeat this losing breathing meditation several times until your body and mind calm down and you feel deeply relaxed.

2. Clock swaying
Imagine that you are sitting on a boat. Your boat starts swaying forward and backwards, and your body is moved by the sway. Allow various parts of your body to be moved - pelvis, stomach, chest, head, etc.

Now imagine that you are sitting at the center of big horizontal clock. First begin swaying between 12 and 6 o'clock. When you notice the shift, the direction of your sway has changed to 1 and 7 o'clock. Repeat it two or three times in each direction, and then shift to next direction by following the clock, 2 - 8, 3 - 9, 4 - 10, 5 - 11, 6 - 12, 1 - 7, 2 - 8, 3 - 9, 4 - 10, 5 - 11 and 6 - 12 o'clock. Experiment with changing the part of body being moved - pelvis, stomach, chest and
head - until a comfortable stream of sensations fills your whole body.

3. Random swaying
When you get tired of counting the clock, begin swaying at random. Not only horizontal swaying, but also vertical swaying. Enjoy the feeling of being passively swayed. If you feel pain or stiffness in some part of your body, send your breath to it and stretch it. Continue until the uncomfortable feeling disappears and comfortable, pleasant sensations start streaming in your body.

4. Subtle swaying
Once you feel a sense of comfort throughout your whole body, suddenly reduce the speed and size of your movement to a minimum. You will catch much subtler body sensations in each cell of your body. They are streaming and changing between various tastes. Taste it deeply and follow it flexibly. You may be surprised at how many diverse body sensations are hidden in your darkness of body! Just enjoy the diversity and richness of these hidden body feelings.

5. Segmenting and amplifying
If you find a movement tendency in some part of your body, just follow the body and move freely while tasting the diverse, subtle sensations and movements - swaying, shaking, waving, shocking, being moved, being touched, becoming stiff or flexible. Sometimes you segment the sensations. Sometimes you amplify the movement to the maximum. Explore both of them flexibly. Enjoy the spontaneous movement and ride the waves of movement with your whole body and mind without thinking or judging. When you are able to enjoy it, congratulations! It is your subbody. Continue to practice the swaying meditation everyday for as long as possible, until you fall in love with your subbody.

Variations of the swaying meditation
You can also try the following variations of the "swaying meditation".

1. Rotate your pelvis
Slowly rotate your body from your pelvis while breathing deeply. Find the most comfortable sway with the most relaxed rhythm and size. Listen to the qualia in each part of your body. Taste the subtle differences between each body part.
2. Imaginary tail sway
Imagine that you have a long tail and that someone is swaying it in various directions from underground. Your body is being swayed by this influence. Enjoy the feeling of being moved by someone at a comfortable rhythm. Continue swaying until your whole body becomes full of sweet, flowing feeling.

3. Shift from thinking mode to listening mode
Stop the thinking mind and concentrate on listening to the subtle body sensations. Each part has different subtle sensations and they are always changing. Taste the flow of body sensations precisely, and enjoy it.

4. Ask your life
Try communicating with your life. Say "hello" to your life. "How are you today?" "What do you want to do?" Listen to your life's answer.

5. Receive subtle signals from your life
At first you cannot catch the answer. It is okay. Each time just continue asking your life. Eventually, your life will respond. The answer is not formulated in words, but through some body sensations. Catch the subtle signals in your darkness of body. Sometimes it is a kind of pleasant or comfortable sensation, while other times it is an unpleasant or uncomfortable sensation. The difference is extremely subtle, but it is possible to catch it. Taste the rich differences each time. It is your life's answer.

Continue this practice until you are able to taste the subtle differences in the sub-signals from your life every day. You will begin to love your subbody more than your daily body. It is more creative and unique than your daily body, which is bound by so many limitations and judgments from human society.

1-2. Origin life meditation

1. Standing sway
Relax your whole body and become a sea dragon swaying in the ocean. Imagine someone moving your imaginary tail, forward and backwards, from side to side, and rotating it from the smallest to the largest circles.

2. Open each channel one by one
Body channel:
Listen to your body sensations in each sway. Listen to various parts of your body as they shift from a stiff to a flexible state. Taste the qualia when your body recovers its fluidity. Taste the mind/body shift when your body becomes a streaming body. Continue everyday until it becomes your life pleasure.

Movement channel:
Move in various ways. Change the part of your body that initiates the swaying. Change your direction in the three dimensions. Change the size of your movement from minimum to maximum. Change the speed from slowest to top speed.

Visual channel:
Gradually close your eyes from half closed eyes to fully closed eyes. Feel the change from conscious mode to subconscious mode and how it is affected by the brightness and darkness. Stop moving and concentrate on the shift in body sensations, your heartbeat, breathing, blood pressure and so on.

Audio channel:
Try various ways of breathing while swaying - bottom breathing, stomach breathing, chest breathing, etc. Open your mouth and throat and listen to the subtle body sounds of your breath. Follow the stream of body sounds by gradually amplifying it. Allow the sound to stream freely.

Emotion channel:
Listen to the subtle changes of emotion. When do you feel a sensation of subtle discomfort? When the speed increases? When your blood pressure changes? The emotions are the messengers from your life to your consciousness. Talk with the subtle changes in your emotional signals.

3. Time travel through the history of life

Conscious process as a human:
Travel upstream through the history of life by swaying. Gradually transform from a human to a proto creature. Taste the different ways of feeling qualia from each stage of life history. When you are in the human stage, you feel your body by using the cerebral cortex. Carefully examine the human way of tasting qualia. When we are in daily body mode, our language brain completely forgets about qualia. As you calm down your consciousness, carefully watch how we feel
qualia at the unconscious level.

**Subconscious process:**
Slowly calm down your conscious thinking. Listen to the qualia that your life feels. Travel underwater in the ocean of qualia. At the unconscious level, our limbic system, hypothalamus and body are communicating. They communicate with neurotransmitters and hormones, like dopamine, noradrenalin, adrenaline, serotonin, acetylcholine, endorphin and so on. We can catch this process through our emotions. Taste it with comfortable body sensations in the subconscious mode. Slowly go upstream through the history of life.

**Animal stage:**
Listen to the communication between your cerebellum and body condition by changing your equilibrium, body position and speed. Your cerebellum is working unconsciously. Animals mainly use this system to move. Taste the qualia of moving as an animal.

**Multi-celled creature stage:**
Shrink your body by swaying. Bend your knees, close your pelvis and chest a little. Sink into the state of a lower creature, without a nervous system. Lower creatures feel their body condition without nerves. Their life listens to their body condition directly. Become a lower creature and imagine how they control their body conditions without using a nervous system. Try to feel the communication between each cell.

**Single celled creature stage:**
Shrink down a little bit more and become single celled creature. They can feel the qualia of their body condition and the outside world by changing the condition of the cell. When they receive sunshine, their cell become warmer and they can move more flexibly. This change is their way of catching qualia. Thinking and moving are not separated, they are oneness. Feel this oneness state of life. Life grasps qualia directly through the changes in body condition.

**1-3. Upstream life meditation**

Now we think that we live as individual humans, but we are bound by such complicated common illusion, that it is very difficult to feel life. We need to remember that we are just simple life.

1. Rotate your pelvis and find the most comfortable rhythm and size.
Find your most comfortable sway and listen to it. We always begin from this swaying meditation and enter into subconscious mode by calming down our daily mind and body.

2. Imagine that you are the first origin life that was born on this planet four billions years ago.

3. Reflect on the fact that our life has continued from this first moment to the present without any break in the sequence of life. Our life is four billion years old. Not only us, but all creature share the same four billion year history. We all have exactly the same length of life.

4. Image the qualia of life that this origin creature felt. It could not move at all. It just tried to continue living. Taste this most fundamental life tendency. Our life still has the same tendency to continue living.

5. Also taste the proto qualia of life. For a long period of time, it could not move at all. After awhile, some creatures invented ways to move with cilia, flagellum, or amoeba-like movement. Their capacity was so small that they could hardly move. They were almost always moved by some outside force, like gravity, waves, wind and so on. The qualia of being hardly able to move and being moved are so deep for life, because life continued in the single celled age for three billion years.

6. Another proto qualia of life is to invent a new way of living. At first life could not breath. It got oxygen by eating iron oxide or sulfur dioxide. One day, proto bacteria invented breathing, and then they could get fresh oxygen directly from the air. Then one day proto bacteria were eaten by another type of bigger bacteria, but the proto bacteria continued living inside of the other bacteria because they were able to breathe. They started living together and the proto bacteria changed into mitochondria. This is the one of the most important inventions in the history of life.

7. Another important invention was photosynthesis by cyanobacteria. They started to get energy directly from the sunshine and to grow their bodies by getting carbon from carbon dioxide. Cyanobacteria also found a way of living together in another type of cell. They became chlorophyll and developed into many different species of plants.

8. The third important invention was symbiosis between a single cell and another single cell. It occurred one billion years ago. Then our life spread into many different kinds of shapes and many different ways of
1-4. Standing sway meditation

1-5. Whole self meditation

Swaying meditation
While practicing the swaying meditation, ask your life "What do you want to do most?" In response to this question you will meet many kinds of tendencies throughout your whole self. Say "hello" to each tendency and taste all of their qualia. This is the beginning of a long journey in the darkness of body to meet your whole self.

1. Ego

You will meet ego. Ego has several general tendencies.

Self story maker
The ego is always creating an ideal story about ourselves, our personality, character and so on. When we believe these false stories, we feel at home with our illusions and our identity as a daily body.

Self justifier
The ego always corrects bad images and creates self images to justify ourselves each moment. It ignores the negative elements and dissociates them as not-me or as shadow. The not-me is hidden as the shadow in our darkness of body. The ego always blames our failures on others. This is the ego's biggest trap. It causes all of the problems in the world between egos and between nation states. When you meet it, calm down this first response of the ego and listen to your whole self.

Thinking habit
Language thinking arises naturally, we cannot stop it because it is an unconscious process. When you notice it, simply calm it down. Say, "Hello and good bye. See you later!"

Simulator
The ego always simulates the future with various world and self images. It is always fearful of bad situations. By simulating, we can
choose the best scenario in order to avoid falling in the worst conditions. The ego is not only living in real spacetime, but it is also living in illusory space and illusory time. It is living in a world of qualia, but the ego does not know about qualia because it is an unconscious process. To become aware of it, it is necessary to become a whole, transparent self. Whenever you notice your ego rise up in the subbody process, immediately say "Hello and good bye. I know you well. You are important for daily life, but not now. Now is the time for whole self travel. Do not disturb me."

2. Superego

Judge
The superego is a judge, or prosecutor, in the darkness of body. It continually judges everything, "This is right. That is wrong. This is good. That is bad." It always pushes us to be right, to be just, to be honest, to be kind and so on. The superego only accepts the positive side of our whole self and ignores the negative side. It suppresses all of the tendencies that it judged as bad. These negative elements are then folded in the unconscious realm.

Critic
It criticizes you with a cynical and negative attitude. It always pays attention to the negative side of the whole. It points out your hidden intentions and stops you from doing something. It remembers all of the negative elements and discourages you.

Old grandmother
It finds some incomplete elements in your plan and forces you to give up. "You are not mature enough to do it. Wait for a while." It always delays you from doing something.

The previous three examples are just different appearances of the superego. They are embodiments of dualism. When we are unconsciously bound by language thinking, we are also often bound by dualistic judgment. We must stop thinking with language in order to be released from them. Be transparent with them. They are also members of our whole self.

3. Shadow

Try to meet all of the members in your whole self, including the negative characters and qualities such as cunningness, artfulness, accountant, laziness, liar, coward, inner child, crying baby, anger,
violence and so on. Jung called our inferior personality the shadow. Salivan named them the not-me. They are all parts of our whole self that have been dissociated from our daily ego. They are just different life tendencies. They are closer to life than we are, shivering between death and life in the darkness of body. When we meet them, just follow their tendencies and amplify them into various subbodies - proto bodies, hidden bodies, weakened bodies and so on. The only way to become a whole self is to accept all of our tendencies without judgment.

4. Anima and animus

The anima is the opposite gender side of man, but we are continually seeking her in the outer world as our ideal fatal (life) partner. We have a deep unconscious hunger for our anima, because it is the unconscious half of ourselves. The animus is the opposite gender side of woman.

They are resonating with our mother's imago (=ideal mother image), our father's imago and the image of our real partner in daily life. The bind of anima and animus often destroys our real relationships. It is one of the strongest archetypes. It takes many years to release ourselves from its bind. Tatsumi Hijikata needed forty years to release himself from his dead sister. It took Kazuo Ohno fifty years to be released from his anima, La Argentina, and sixty years from the bind of his mother as another anima. After dancing our anima, we may be able to integrate our whole self as oneness.

5. Other archetypes

Ego, superego, shadow, and anima-animus are the strongest and most common archetypes that are living in everyone’s darkness of body. Jung called it the "collective unconscious". These are not the only ones, there so many archetypes influencing you from different directions.

Brave boy, Curious girl
They are so curious and interested in new things, they jump into new worlds without fear. Sometimes they give you a lot of encouragement. You must be attentive when traveling into unknown worlds.

Wise old man
The wise old man (or woman) may give you a hint, insight, advice, wisdom, special skills, courage and so on.
**Trickster**
The trickster turns every point of view inside out. He is the inventor of new points of view. He can ride the horse backwards. Most shamans have this tendency. He is both a creator and a destroyer.

**Animal guide**
Sometimes an animal gives you good advice for your journey. They are spirits of the other world. We need their help.

**Great mother**
She loves everything and eats everything. She is so compassionate, gentle, kind and violent. Since she is a womb, she contains all kinds of elements. For her, everything is part of her as a fetus. Be good friends with her, but be careful not to be eaten by her. We have the deep tendency to return to the world of oneness when we were fetuses in the proto womb.

**Pure hope**
We may have forgotten it, but it is hidden in our darkness of body. It is just innocent, it does not know the world well enough. We can keep it with us and slowly mature together.

**Attitude towards them**
Become a midwife who listening to the whole process transparently, without ego or self. The subbodies that you have not yet recognized as members of your whole self are like fetuses. You need to listen carefully to their subtle breathing until they are born as subbodies or cobodies. Help them to find the best timing to be born. Accept them as new members of your whole self.

When you meet strange and dangerous subbodies within you, simply recognize them and walk away from them. Keep a safe distance from them until you are ready to connect with them. Slowly, slowly you can become friends with them from a safe distance and one day you will eventually be able to dance them.

**1-6. Whole life meditation**

**Meeting multiple life tendencies**
When we calm down our conscious mind and sink down into the darkness of body, we meet so many diverse life tendencies. Release yourself from your daily human body and mind and taste the subtle tendencies of your whole self world.
Proto tendency of life

When we calm down our daily mind and shift to the subconscious mode, at first we will encounter very primitive proto tendencies of life. They are felt as slow, heavy, lazy and so on. They may be felt as non-human qualities. They are not recognized by the daily mind. The daily mind ignores them by labeling them as “not me”, because the daily mind is bound by modern human concepts. According to human concepts, we must be consciousness and act as intelligent citizens. These lower tendencies are driven away to the boundaries of the whole self. Our parents and teachers do not affirm these tendencies either. They deny or ignore them. But when we are released from the our concepts, we can taste the rich proto tendencies of life.

I call them, “qualia of being unable to move”, “qualia of being hardly able to move”, “qualia of being moved”, “qualia of moving slowly” and so on. These proto tendencies have been imprinted in our cells as deep life memories over the course of the four billion year life history. Origin life was unable to move, but after awhile life learned how to move. Its range of movement was so tiny, that it had to be moved by some outer force, like the ocean waves. For a long time life was swaying in the ocean.

We know these proto tendencies of life, they feel so familiar to us. When we follow these tendencies, we can create our own proto body as a type of subbody. We can create our own amoeba body, jellyfish body, hydra body, fish, bird, snake, dragon, animal, bird and unique imaginary creatures. These proto bodies are the first group of subbodies.

Hidden characters

The second tendency is hidden characters. They are called sub-characters, inferior characters, shadow, not-me and so on. These characters are not welcomed as humans in our daily world. They are labeled with bad images - not beautiful, not right, ugly, rude, rough, wrong, cunning - and they are denied as good human characters. As a result they have to hide in the darkness of body as a dissociated self. They are only allowed to appear in the dreamland. However when we become familiar with them, they have such rich and unique possibilities - curious, inventive, humorous, friendly and so on. They can create other worlds full of diversity.

Archetypes
The third important category of tendencies is archetypes. Jung found so many self image archetypes in his research into our collective unconscious - shadow, anima, animus, boy, wise old man, trickster, great mother and so on. Jung limited his investigations to self image archetypes, but we have so many archetypes in each channel.

**World image channel archetypes** - heaven, hell, flood, storm, war and many other variations of world image.

**Body channel archetypes** - 'bound body', which cannot move at all, 'separated soul', which has left our physical body, and so on.

**Movement channel archetypes** - 'flying body', which can fly freely in space, 'almighty body', 'secret powers body' and so on. We can meet them in our dream worlds and in myths, folktales and so on.

**Visual channel archetypes** - brightness, darkness, and so many different sceneries.

**Audio channel archetypes** - 'whisper from another world', 'voice of god', 'demon whisper', 'whisper from the dead' and so on. If we are unable to sufficiently open a specific channel, then we will be attacked through the channel by illusions, delusions or strange experiences. When we are able to sufficiently open the channel, then we can play with them freely, because we know them as familiar members of our whole self.

**Emotional channel archetypes** - stereotypical feelings, like sadness, anger, pleasure, fear and so on. Our daily bodies are bound by a small set of typical feelings. When we are released from these archetypes, we are able to taste such rich varieties of feelings and emotions. We find millions of gradations between sadness and pleasure, anger and fear and so on.

**Human relationship channel archetypes** - social, solitude, dependent, independent and so on. When our relational channel is not open then we are often bound by these archetypes, but we can travel freely between them in the subbody world by opening up this channel.

These archetypes are imprinted in our genomes like instincts, that is why they are so strong. Sometimes they encourage us, but other times they strongly limit us. When we want to do real creative work, we must fight against these archetypes. By traveling in the darkness of body, all of us can encounter the diverse tendencies of life and
through these experiences create our own subbody world. This is one of the universal ways of creation. We can create our multi-dimensional subbody butoh dances through these diverse experiences. It is a gift to be able to open a deeper awareness and live in diverse ways through resonance. Subbodies come from the deep resonance with the rich diversity of life.

2. Breathing

2-1. Drop breathing (Losing strength breathing) (???)

Find a quiet, comfortable place and sit down on the ground with your legs in a relaxed position (???). Breathe in through your nose or mouth. Try both ways and taste the difference. When you inhale, imagine that someone is pulling your head and spine up to the sky with a string. Your spine is comfortably stretched up to the sky. Breathe out through your nose or mouth. When you exhale, imagine that your head and spine remain hanging from the sky, while all of your other cells drop down to the center of the earth. Release all of your body parts from their daily binds and release all your cells from unconscious tensions.

Listen to the changes in body sensations in each cell of your body. Slowly all of your cells are released from their unconscious role of supporting the other cells. Allow all of your cells to be free, and taste the feeling of release. Stop thinking. Shift from thinking mode to listening mode. Gradually you will enter into a state of deep relaxation. Repeat this drop breathing until your body and mind become completely calm. If you feel any pain or stiffness in some part of your body, send your breath to that part and release it. Continue until all uncomfortable feelings disappear and comfortable body feelings start streaming through your body. Listen to the subtle body feelings. Taste them, enjoy them, follow them.

2-2. Bottom breathing

Bottom breathing is a kind of abdominal breathing. When you exhale, contract your bottom muscles, which include the perineum, the muscles around your anus and the lowest stomach muscles. At the point of maximum contraction, release the bottom muscles and start
to inhale and again contract your bottom muscles.

There are several stages of practice in the bottom breathing method.

**Self observation**
1. Sit quietly and start abdominal breathing without using the chest.

2. Carefully observe what happens in your stomach when you inhale. What muscles are you using? What parts are expanding? With what timing are they moving?

3. Notice how when the diaphragm is pressed down, the lungs spread and air enters into the lungs. As the lungs become full, the stomach is pressed down. Continue to observe it until you clearly grasp the process.

4. Observe the exhalation process as well.

5. Notice how when stomach contracts and the diaphragm pulls up, the lungs are compressed and the air is pushed out.

**Natural bottom breathing**
1. Amplify the process by gradually contracting the bottom muscles with even more conscious control when you exhale.

2. When you breath out, completely release the bottom muscles and feel the air naturally flow into the lungs.

3. Inhale while pressing the diaphragm down as much as possible.

4. Start contracting the bottom muscles as tight as possible and then begin to exhale.

**Artificial bottom breathing**
1. Following almost the same process as above, just change the timing for contracting the bottom muscles.

2. As soon as you completely exhale, immediately release the bottom muscles.

3. As soon as you start to inhale, immediately contract the bottom muscles again. You only release the bottom muscles at the moment you begin your inhalation. Keep the bottom muscles contracted at all other times. This is the difference between natural bottom breathing
and artificial bottom breathing.

4. You need to master the artificial bottom breathing technique in order to become a dead body, a being from another dimension. Practice deeply. The bottom breathing technique is also useful for opening the audio channel. You can use a stable voice by supporting your whole abdomen using the bottom muscles.

2-3. Minimum breathing

1. First practice the artificial bottom breathing technique for some time.

2. Without moving your chest or abdomen at all, try to minimize your breathing by using your bottom muscles as little as possible.

3. This is the most important breathing technique for transforming into a desperately standing dead body in butoh.

4. In order to find the timing of your Kyu’s Kyu, you need this breathing to transform to near life eyes that watch as a dead body from another world. It will be the last moment of your dancing life. At that moment throw out all other techniques that you have ever used and transform to near life eyes by only using this minimum breathing technique. It will be your last dance.

2-4. Inner breathing

What is inner breathing? It means that each cell of our body gets new oxygen and discharges waste molecules through the capillaries into our blood stream. Our human body contains approximately 600 trillion cells. Each cell has its own life and death. Our life is the symbiosis of 600 trillions lives of cells.

1. Bring both of your palms in front of your chest while keeping a distance between touching and not touching. Listen to the life resonance between all of the cells in both palms. It is a very subtle body feeling, but when your daily consciousness calms down enough you are able to catch it. Once you have caught the subtle qualia of life resonance, turn your right thumb in and twist your right hand as much as possible while sliding your left palm along the back of your hand, forearm and neck with keeping the qualia of life resonance. Facilitate the inner breathing process of all of you cells to get new oxygen. Say
hello to all of the cells in each part of your body, “Are you fine today? Did you get enough fresh oxygen?”

2. Bring your left palm to the back of your right hand. Turn your right thumb out and open all of the joints in your hand, arm and neck by twisting your hand as much as possible. Listen to the comfortable feeling when the cells in each part get new oxygen.

3. Bring your right palm to your right sole. Listen to the life resonance between your palm and your sole. Turn your big toe in, twisting your foot, leg, pelvis, body, neck, and head as much as possible while sending fresh oxygen to the cells in each part of your body.

4. Bring your right palm to the back of your foot. Turn your big toe out, opening your foot, leg, pelvis, rib cage and neck in the same process.

5. Open the other parts of your body using a comfortable twist to facilitate the inner breathing.

2-5. Oral cavity breathing

Try this breathing after calming down your daily mind with the swaying meditation or three dimensional swaying, etc.

As soon as you begin to feel a comfortable stream through your whole body, suddenly slow down the swaying to very slow motion. Release your mouth by opening it half way, like a stupid face, and breathe in very slightly through both your mouth and your nose. Taste a subtle qualia of the mucous membrane (inner skin) of your mouth cavity and nostrils. You can feel strange subtle sensations, between comfortable and itchy or ecstasy and numbness, in the cells in the mucous membrane of your mouth cavity and nostrils. It is such a subtle feeling that you need to calm down your consciousness in order to catch it.

Ask each of the cells in your mouth, "What are you feeling today? "What memories are you holding onto?" By this breathing method, you can enter into subbody mode, where your subconscious and consciousness are equally balanced.

Imagine that you are not human, but a kind of coelenterate like a jellyfish, creone (???) or hydra. Become their body and feel the qualia that your mouth and body cavity cells are feeling. Enjoy the qualia as a creature. If your body wants to sway, follow it. If your subbody want
to become another creature, follow it and amplify it. We can travel in our subbody world by transforming into another creature. We can travel upstream to another age which our life experienced a long, long time ago. This is one of the entrances to your proto body.

2-6. Sacrum breathing

Find a quiet, comfortable place. Lay down in face up position with your feet perpendicular to the ground.

1. Breathe in while opening both of your feet and your pelvis. The back of your sacrum joint will automatically close. Breathe out while closing your feet and pelvis. Your sacrum joint will open. Listen to the changes in your sacrum and pelvis.

2. Continue sacrum breathing, and gradually rotate the tips of your toes outward in a circle. When you breathe in rotate both feet outward (open pelvis) and when you breathe out rotate both feet inward (closed pelvis).

3. Gradually increase the size of the circle. While inhaling, rotate both of your knees outward (your pelvis opens even more). With exhaling, rotate both of your knees inwards (your pelvis closes even more).

4. While breathing in, rotate your entire legs outward as much as possible (pelvis opens as wide as possible). While breathing out, rotate both legs inwards, twisting them as much as possible (pelvis closes as much as possible).

5. Rotate your arms and legs together. While inhaling, rotate both legs and arms outward together by twisting them out. Your pelvis and chest open as wide as possible. While exhaling, rotate both legs and arms inwards together by twisting them in. Your pelvis and chest close as much as possible. Taste the fresh sensations of each position. If a new feeling arises, follow it freely with your body.

6. Return to the initial position. While breathing in, fully open your pelvis and stomach. Fill the space between your sacrum and your pelvis with air. Send as much air into your stomach as possible. Feel as if you have become a pregnant woman. Remember your mother's body at the moment of your birth. Become a mother's body.

7. While breathing out, close your pelvis and chest as tight as possible. It is as if your sacrum joints have disappeared. Imagine that you
become a snake or fish. They do not have a pelvis. Move your spine without a pelvis, like a snake or fish.

2-7. Breath of life

According to the craniosacral method, our bodies breathe in three different rhythms, besides the rhythm of lung breathing. They call it the "breath of life" or the "primary respiration rhythm". Before I learned about this method, I discovered a similar rhythm for calming down the daily body and transforming into a "quiet body". I consider the quiet body to be the first of the ten bodies. I found that I need to first become a quiet body, released from all kinds of busy rhythms of the daily body and mind.

At first I tried traditional breathing techniques from various cultures, like Buddhism, Yoga, Tao (Tai Chi) and so on. However the most comfortable rhythm for me was longer than the rhythm of lung breathing. I did not know why, but even so it worked to help me transform into quiet body, so I used it for many years without giving it a name. Recently I had the chance to learn the craniosacral method from a student of mine. I found that their concept of "primary respiration" or "breath of life" was the same rhythm that I discovered was the best rhythm for the quiet body. The craniosacral method and subbody method also have a similar way of thinking about life and the body.

The breath of life

1. Long tide
The first rhythm is called long tide breathing. It is our primary respiratory mechanism. The breath of life is different than lung breathing, it lasts for 45-50 seconds. This rhythm is very similar to one of my life teachers - nenkin (slime mold). Its body fluid changes streams in the opposite direction every 40-60 seconds. This is how recognize all of the constellations of qualia between the self and the world. We can become one with our life in this long tide rhythm.

2. Mid tide
The second rhythm is the mid tide rhythm, which lasts for 12 seconds. It is also called the potency tide or fluid tide and is different from lung breathing. It develops from life breathing to body fluid. The body spreads up and widens for around 12 seconds and then fades down and becomes thinner for 12 seconds.
3. Cranial rhythmic impulse
The third rhythm is the Cranial rhythmic impulse (CRI), which lasts from 3 - 10 seconds. The CRI is also a development of the breath of life that passes through the craniosacral motion to body movement. In the swaying meditation, you may find that it is the most comfortable rhythm of swaying.

For all these years I was searching for a method to calm down the body and mind to a deeper level, because I wanted to practice possessed body and transparent resonance body. We must have even deeper control over our body and mind in order to become possessed body, because in the process we risk being possessed by some strong unknown emotional storm from an unknown dimension of qualia. I noticed that learning the breath of life, with its three different rhythms, helps us to calm down and to control ourselves firmly, even if any kind of qualia visit us. It is especially useful to remember the long tide and mid tide when we lose control of our quiet condition.

Be with your life all the time
When you master the breath of life, you can enter into new realms and learn the transformation method for the possessed and transparent resonance body.

Towards the butoh of life
This practice is also useful for investigating “butoh of life” that Hijikata longed for in his later years but could not complete because of his untimely death. In front of you lies an unknown, virgin frontier where no one has stepped before.

3. Conditioning

What is Conditioning?
Conditioning is the most important technique of the subbody method. Conditioning is for conditioning your body to enter into a specific subconscious body mode. There are twelve techniques of conditioning that are grouped into two types. The first group is for calming down the daily body and mind mode to enter into the subbody mode. The other type is for activating specific subbody modes, for example becoming proto body, animal body, hidden body, rhizoming body, multi-channel body, weakened body and so on.
I. Conditioning for calming

3-0. Breathing conditioning (no. 0)

Breathing is the most basic technique for changing our body from one condition to another. There are many different breathing techniques, including drop breathing, bottom breathing, subtle breathing, sacrum breathing, pelvic breathing and minimum breathing. Refer to the chapter on breathing for more detailed instructions.

3-1. Vibrating conditioning (no. 1)

Lay down in face up position with both feet together.
1. Shake your feet by pointing them up and down in order to find the most comfortable vibration in your whole body.
2. Shake your body from side to side from your pelvis.
3. Bend both of your legs and shake your body up and down and from side to side, keeping both of your knees together.
4. With both feet parallel on the ground, raise your back from the ground little by little by pressing into your feet and your shoulders. Shake each vertebra from your sacrum up to your neck by lifting your body from the floor one vertebra at a time from bottom to top and top to bottom. Continue until your daily body and mind calm down.

3-2. Swaying conditioning (no. 2)

Imagine that you are sitting in the center of a big clock on the floor. Inhale and direct your breath from your lower back to your head. Exhale from the front of the body. While keeping this rhythm of breathing, sway your body from six to twelve o’clock (forward to backwards). Change directions to seven and one o’clock, eight and two o’clock, nine and three o’clock, until you complete one round of the clock. Continue until you are released from your daily body and mind.

Sho-shu-ten sway

Begin with bottom breathing. Once you exhale completely, release your bottom, inhale, and direct your breath to the bottom of your back. Next direct your breath and your attention from to your lower back, middle back, upper back, the back of your neck, behind your head, the top of your head, your forehead, nose and upper mouth while exhaling. While exhaling, direct your attention to your lower
mouth, jaw, the front of your neck, chest, stomach, lower stomach and bottom. Say hello to each part of your body, “How are you today? Are you okay?” Communicate with every part of your body using this practice.

2. Imagine a big clock on the floor around you. In front is twelve o'clock and behind is six o'clock. At first move according to the center circle, that passes through six and twelve o'clock. (See the black circle in the above illustration. ***) Continue this center line sway until you are used to it, then proceed to the next stage.

**Clock sway**

At first begin from the six to twelve o'clock circle, like in the Sho-shuten sway (See the black circle in the above illustration). Next move from seven o'clock to one o'clock line (the red circle above). Continue from eight to two, nine to three, ten to four, eleven to five, twelve to six, one to seven, two to eight, three to nine, four to ten, five to eleven, six to twelve. When you return to the first position, try going in the opposite direction (counterclockwise).

**Variations of clock sway**

**Clock sway from the imaginary tail**
Imagine that you have long tail, and that someone is moving your tail back and forth from underground. Your whole spine also has to sway back and forth. Try this tail sway using the directions of the clock.

**Clock sway from stomach**
Like with the tail, someone is moving your stomach in the directions of the clock. Your body has to sway according to the clock.

**Clock sway from back, chest, head**

**Clock sway from strings that are supporting your head**
Continue this sway until your body is released from the habits and binds of the daily body. Try to move your spine like an octopus or an amoeba.

**3-3. Three dimensional movement conditioning (no. 3)**

The third conditioning technique involves moving your body in three dimensions from one hundred tandens in your body. Tanden means
the initiating point of movement. We have almost one hundred joints in our body. Move each joint in three dimensions with different size motion as follows.

1. **Figure eight**
From your sacrum to your head, move each vertebra in the three dimensional directions like a figure eight (See illustration***). Also move each joint in your head, arms and legs.

2. **Circle**
Move each of the hundred tandens in a circle, and then reverse the direction.

3. **Subtle sway**
Sway each joint of the hundred tandens as small as possible.

**Three dimensional sway**

1. **Water dimension clock sway**
We have just done the clock sway in the water dimension. The next step is to just allow dimensional clock sway to happen.

(*** image)

2. **Allowing the dimensional clock sway**
Like in the water dimension, imagine a big clock that passes through your spine (the red circle in the illustration above***). At first you begin swaying from side to side, following the blue circle above. This circle passes through the six to twelve o’clock axis on the allow dimensional clock (???). Next shift the circle to the seven to one o’clock circle axis on the allow dimensional clock. Continue to shift the sway to two to eight o’clock, three to nine o’clock and so on until you complete one full round.

3. **Door dimension clock sway**
Like above, imagine a big clock on the plate (???) of the door dimension (blue circle above), and explore the clock sway from six to twelve o’clock, seven to one, etc.

4. **Random sway in three dimensions**
Now your body is released from its daily binds and habits. Sway freely by following your life’s random sway. Taste the pleasure of free movement that has been released from the daily human binds and
habits. You can transform into any creature that your life wants to.

5. From three dimensions to multi-dimensions
Next you can practice opening your life’s multi-dimensional sway.

Three dimension shift of body cavity

This practice is to enable you to freely change the shape of your body cavity. We start this practice from three dimensional exercises like the clock sway and the three dimensional sway.

1. Shifting the body cavity in the water dimension
Begin with the Sho-shu-ten practice. Direct your breath to the bottom of your spine, and move it to your lower back, middle back, upper back, the back of your neck, the back of head, the top of head, your forehead, nose, mouth, chest, stomach and back to the bottom of your spine. Move the expanded part of the body according to the clock in the water dimension. The next stage is to move the expanded part according to the three dimensional clock sway. Try to spread a part of the body cavity and move the expanded part by following the same circle same as the three dimensional sway.

2. Allow the dimensional shift of your body cavity

3. Shifting the body cavity in the door dimension
Like in the water dimension, move the expanded part of your body by following the clock circle in allow and door dimensions. If this becomes confusing, just skip over this exercise and try to the next one - shifting the body cavity in random dimensions.

4. Shifting the body cavity in random dimensions
Expand a part of your body cavity and move the expanded part at random. Sometimes you are moved by an unknown force and your body cavity is bent, shrunk, expanded. You receive many different kinds of pressure from outside. Taste the qualia of being moved. Our life has always been moved by outside forces and has survived for four billion years.

Three dimensional shift of oral cavity

Like with the body cavity, you can change the shape of your oral cavity (mouth) freely.

1. Shifting the oral cavity in the water dimension
Expand a part of your oral cavity and move it according to the circle in the three dimensional clock sway. Move the expanded part by following the circle from six to twelve o’clock on the big clock in the water dimension.

The next stage is to move the expanded part by following the three dimensional clock sway. Try to spread a part of your oral cavity and move that part by following the circle in the same order as the three dimensional sway.

2. Allow the dimensional shift of the oral cavity

3. Shifting the oral cavity in the door dimension
Like in the water dimension, move the expanded part by following the clock circle in the allow (???) and door dimensions. If this becomes confusing, just skip over this exercise and try to the next one - shifting the oral cavity in random dimensions.

4. Shifting the oral cavity in random dimensions
Expand a part of your oral cavity and move that part randomly in the three dimensions. Sometimes you are moved by an unknown force and your body cavity is bent, shrunk, expanded. You receive many different kinds of pressure from outside. When you move your oral cavity at random, some emotion or feeling streams will come up with the changing faces. Follow it and enjoy it.

II. Conditioning for activating

3-4. Animal (or four limbs) conditioning (no. 4)

Stand on all fours in dog position by placing your hands and feet on the ground. Wave each part of your body in the three dimensional directions. Wave your whole spine from head to tail in the three dimensional directions. Change your posture from dog position to lizard position and wave your body.

3-5. Five Hidden Qualia conditioning (no. 5)

There are many hidden parts in our darkness of body. They include the hidden cavities, hidden joints, hidden muscles, hidden fluid and hidden skins. Using the following ways of walking, open these hidden qualia - ash walk, size walk, nest walk, mountain walk, bugs walk, world walk, etc.
3-6. Six sways conditioning (no. 6)

Our daily bodies are bound by many daily habits, but our subbodies are not bound by these habits and limitations. There are so many diverse kinds of movement between life and death. Release yourself from the daily body and enter into the flexible body, which is able to follow all kinds of subtle signals of movement from the darkness of body. Move the one hundred points (tandens) in your body by following the six kinds of movement - swaying, shaking, waving, shocking, collapsing, and dying.

3-7. Seven rhizome conditioning (no. 7)

Rhizoming is a special term in the subbody method for transforming. A subtle tendency begins at a specific point of body and spreads in various ways throughout the whole body. These include bottom rhizome, top rhizome, center rhizome, edge rhizome, focus rhizome, random rhizome, total rhizome.

Rhizoming with the six sways

Conditioning consists of exercises for shifting from the daily body mode to subconscious body mode. In the first stage, use the swaying meditation and breathing method to calm down your thinking brain. Then proceed to the next stage of conditioning - "rhizoming conditioning". Forget that you are human and shift your body to a rhizome, which is a multi-dimensional transforming body.

Explore this practice lying down, sitting down and standing up. I will first describe the process while lying down. Then try it by yourself in all of the different body positions. There are two approaches to the rhizoming conditioning. The first one is edge rhizoming - a subtle change starts from an edge of your body - your finger tip, tip of your toe, imaginary tail, head, tin (???, tongue and so on. Gradually, it spreads to next body part until it takes over your whole body. The second one is inner rhizoming - a change starts from an inner part of your body and from there it spreads to your whole body. Try this practice with various kinds of movement - the six kinds of sway. There are many kinds of movement and transformations folded in the sway. Amplify it from subtle swaying to the maximum scale and depth.
I. Edge rhizoming

1. Swaying
Lie down and calm down your thinking mind. Try to listen to the subtle qualia streams in your body. Imagine that someone is swaying the tip of the first joint of your big toe. This sway influences your heal, lower leg, upper leg, pelvis and gradually spreads to your upper body. The sway passes up and out of your head.

2. Shaking
Someone is shaking the first joint of your finger and this shaking effects the second joint, third joint, hidden joint, wrist, forearm, upper arm, shoulder, collarbone, chest bone, the other collarbone and travels down the other arm. The shaking spreads to both arms and passes out through your finger tips.

3. Waving
Someone is moving your head in waves. The waves spread to your neck, chest, body, pelvis, and legs. Your whole body is moving in waves like various kinds of creatures. Amplify the waves into different kinds of waves, spirals, including different sizes, speeds, directions, etc. Sometimes you move in a snake wave, worm wave, spiral, twist, big wave and so on.

4. Shocking
Someone gives you an unexpected shock at some part of your body. A part of your body is moved by a sudden shock and various parts of your body are randomly moved by different kinds of shocks - electric shock, thunder shock, earthquake shock, bitten by some creature, attacked by flying stones, arrows, gun shots, bombs and so on. Taste the different kinds of qualia of being moved.

5. Collapsing
You lose control of some part of your body and it becomes bent, shrunk, curled, shaken, blocked, weakened, broken and so on. Taste the various kinds of uncomfortable qualia at different parts of your body, and let it spread to your whole body. Confront the near death qualia that is just in front of you.

6. Dying
Finally your body is going to die. Taste the dying qualia and watch this living world as a dead body. What is life? What is death? The living world is full of qualia, full of resonance. The dead cannot feel qualia at all, they are totally incapable of resonating. Taste the “near life”
qualia, the opposite of “near death” qualia. Try starting this practice from various parts of your body - mouth, tongue, nose, eyes, hips, the soles of your feet, shoulder and so on.

II. Inner rhizoming

7. Rhizoming from the inner cavities
These six kinds of sway start from some part of your body cavity - intestines, stomach, liver, lungs, kidney, and so on. The qualia infect their neighboring parts and gradually spread to the whole body. Try starting from various parts of your depths.

Continue rhizoming conditioning every day. When you master these rhizoming techniques, you will be able to transform into any kind of being, creature, image, world and so on. Then you can become a rhizome.

3-8. Eight channel conditioning (no. 8)

We have eight main channels, including the body channel, movement channel, visual channel, audio channel, emotion channel, human relationship channel, world=self channel and thinking channel. Normally we only use a few channels and switch from one to another channel unconsciously. Become aware of the channels that you are using with the following method. Then you will easily be able to control all of the channels.

Opening the eight channels
First step: Become aware of the eight channels
Life lives in the non-dual and multi-dimensional resonance world, where the channels are not separate. However, our consciousness can only recognize one qualia in one channel at a time. Our channels are generally opening and changing unconsciously. At times, some of our channels are completely closed. Become aware of them. At first we need to segment in order to enter into the whole qualia world of life.

Second step: Resonance between extrovert and introvert qualia
Open each one of the eight channels one by one. Each channel has an extrovert channel and an introvert channel. Extrovert qualia are resonating together with introvert qualia in every moment. Listen to your body and pay attention to the extrovert and introvert channels.

1. Body channel

Extrovert body channel
Listen to your body. You can feel various bodily sensations in this very moment - heavy, light, warm, cold, stiff, flexible, itchy and so on. There are so many different qualia that cannot be described by words. Feel all of the qualia.
**Introvert body channel**
Close your eyes and listen deeper to the darkness of body. You can feel the inner qualia of body sensations that have been stored as memories. Almost none of them can be described by words. They are always changing and streaming. Listen to them as an inner qualia stream of body sensations.

**2. Movement channel**

**Extrovert movement channel**
Movement is resonance. It is an interaction between the body and the environment. Step on the ground. You can feel a reaction from the ground. Move a part of your body. There is also an interaction between the space and your body. Swaying, vibration, wave, shock, collapse, stillness and so on are all variations of resonance patterns. Extrovert movement is real time resonance right here and now.

**Introvert movement channel**
Listen to each part of your body. Each part of your body has certain movement tendencies. The life of our cells stores all kinds of movement qualia as memories. These are the introvert qualia of movement. Before moving, our life rehearses imaginary movement by using introvert qualia of movement. In real movement too, the introvert and extrovert qualia are resonating with each other in every moment, though our consciousness is not aware of it. Be aware of the resonance.

**3. Visual channel**

**Extrovert visual channel**
With open eyes, you can feel the extrovert visual qualia of the environment through shapes, colors and so on. You receive these real time visual qualia in your extrovert visual channel.

**Introvert visual channel**
Close your eyes. You can feel introvert visual qualia as inner images. This is introvert visual channel. Our brain recognizes everything through the resonance between introvert qualia that are stored in the brain and extrovert qualia received through the eyes. Then it judges it as something.

**4. Audio channel**
Extrovert audio channel
Listen to the sounds of the space that you are in right now. This is the way to open the extrovert audio channel. Also by speaking or singing you are opening the extrovert audio channel.

Introvert audio channel
Listen to the darkness of body. You can feel various inner qualia of sound, voice, melody, rhythm, sentence (???) and so on. They are the introvert audio qualia. The introvert and extrovert audio qualia are always resonating in the brain.

5. Emotion channel

Extrovert emotion channel
Emotions are the messengers from the body to the brain. When the condition of body part changes, an emotion arises and is unconsciously perceived by the brain as a specific emotion. Once we notice it, it changes from an emotion to a feeling. This is how we can recognize the changes in our body condition in every moment.

Introvert emotion channel
There are also many qualia of emotions are stored in the brain. Through the resonance between introvert and extrovert qualia of emotions from the physical body, our brain is able to recognize the condition of our being. Be transparent to the whole process of resonance.

6. Human relationship channel

Extrovert relationship channel
This channel is a complex channel, composed of various individual channels. When you recognize a person that is in front of you, your relationship channel is activated through the visual image of his/her face and the body, movement, voice and emotions of that person.

Introvert relationship channel
At the same time, an inner tendency arises in the darkness of body as a desire to approach or to move away from that person. This also takes place by resonance of the inner qualia like memories of face, body, movement, voice, emotions and so on. In addition, without the presence of a real person, introvert qualia of relationship are streaming and changing from solitude, feelings of loneliness, need for communication, sexual connection and so on. Introvert and extrovert qualia are always resonating together.
7. World=Self channel

**Extrovert world= self image channel**
When your consciousness is active, you can recognize who you are and where you are. Where and who are always unified as oneness. When you change places, your world image and self image also change together from one set to another. When you are at home, your self image is as a family member - father, mother, daughter or son. When you go abroad, the world becomes a foreign country, and your self image shifts to that of a foreigner. When you meet a girlfriend your self image becomes that of a boyfriend.

**Introvert world= self image channel**
Our introvert world images and self images are always streaming and changing - from comfortable to uncomfortable conditions. While dreaming, you experience many different kinds of world images and self images. In your imagination, your world and self images shift from the present condition world to some other image that you desire. When the world image and your self image fit together well, then you feel that everything is good. You can open your will healthfully (???). When there happens a gap between the two, then you feel that something is wrong and your will does not spread healthfully.

8. Thinking channel

**Extrovert thinking channel**
Normally, our consciousness uses language for thinking. It divides everything into individual elements. We use dualistic logic that judges everything as either good/bad, right/wrong, in/out, bottom/top, self/other, friend/enemy, beautiful/ugly, subject/object and so on.

**Introvert thinking channel**
Life does not use language for thinking at all, instead life uses qualia. Qualia is everything that life feels. Qualia are always steaming and changing. They are resonating between the introvert and extrovert channels. Dualism does not exist for qualia, they are streaming in the multi-dimensional, non-dual world. They follow another logic, the resonance principle. Resonance has neither subject nor object.

Third step: From the eight channels to non-dual conditioning
Listen to the twilight zone between the non-dual world and the eight channels. Life lives in the non-dual, multi-dimensional resonance world that is not separated into different channels. However our consciousness can only recognize one qualia and one channel qualia at a given moment. We need to stop our consciousness by swaying or using any other conditioning exercise in order to shift into subbody mode, that is capable of feeling the non-dual qualia stream. Then we will be able to catch the moment that specific qualia emerge from the non-dual realm, where there are no clear separations between channels. It is the frontier between the non-dual realm and the divided realm where qualia are separated in channels. This is the most creative world, where so many diverse transformations are taking place every moment.

Body sensations
Feel the breath of life with the long tide rhythm. All of your cells expand for around for one minute while changing resonance patterns, and then they fade back for one minute. Feel the qualia stream in your darkness of body. There are so many qualia streaming in the non-dual, multi-dimensional world. Remember your dream worlds. Research the twilight zone where your dreams begin.
In the beginning, we are floating in the chaotic, non-dual world. Nothing is clearly separated. Then we notice a subtle body sensation emerge from the darkness. Slowly who I am and where I am becomes more clear. You can feel your body posture and the feeling of existing in a specific world. The scene becomes even more clear with visual qualia and sounds and so on.

Taste the moment of transforming from the non-dual qualia stream to a clear body qualia as the other channels separate. Our life is always floating in the non-space, non-time multi-dimensional world. Dreams guide us between the non-dual, multi-dimensional world to lower three dimensional daily world where it is clear "who I am and where I am", with specific body sensations.

Chaos of moving qualia
Feel your hidden joints and muscles with twisted and reverse twisted qualia. Your pelvis, ribcage, spine, legs, arms and face are warped and reverse warped in various directions. Taste the chaos of various moving qualia streaming in the darkness. Catch the moments when a specific movement emerges.

Twilight zone of visual qualia
Feel the darkness of body where various subtle lights are streaming. This is the twilight zone between darkness and light. Taste the moment when a shape comes out from the dark chaos. Dreams, as well as subbodies, begin like this.

**Deep silence full of sound**

Listen to the darkness. Its silence is also full of subtle sounds and noises. In the non-dual realm there are no borders between silence and sound. Feel all of the inner qualia of music, rhythms and voices that are streaming and want to come out. Each one of your ribs starts twisting in three dimensions. All of your hidden cavities change shape and resonate with your breath and body sounds.

**Emotional stream**

Some unknown creature warps your body to its limit. Catch the moment when an emotion comes up from the changes in your body condition. We cannot name it, but we can feel the diverse emotional streams. Your face resonates with various emotional streams.

**Relationship in the proto stage**

The qualia of relationship from different times in our life are resonating in the darkness of body. When we were babies, we searched for our mother's breast and drank milk. When we became full, we discharged. This is the most pleasant moment for the baby. Feel your mother's milk stream down from your mouth to your anus and be digested in your body. The biggest sexual desire for the baby is between the mouth and the anus. Taste the very first moment when your human relationship channel opened. This is the moment that you separated from the non-dual oneness qualia of the fetus and the womb.

**Swaying world=self images**

Our world images and self images (the qualia of world and self) are always swaying between the qualia of "everything is good" and "something is wrong". Taste this sway. It is resonating with your deep body qualia stream.

**Entering into the non-dual realm**

Through these processes, slowly you can enter into the non-dual realm where all qualia are floating and changing beyond time and space - including forgotten memories, proto dreams, hidden emotions, unconscious desires, feelings of relations, as well as the indescribable life qualia stream. Without thinking, just follow it. Believe in the infinite creativity of your life.
3-9. Segmenting conditioning (no. 9)

Segment your body into three parts - legs, body, and head. Control each part to sway in different directions. Next segment each part into three sub-parts. Segment the legs into feet, legs, and hips. Segment the body into pelvis, stomach, and chest. Segment the arms into hand, elbow, and shoulder. Segment your head into neck, lower face, and upper face. Control each segmented part in different directional sways. Segment each of these nine parts into three more sub-parts and control each part with a subtle sway. Segment each part into infinite tinier parts until you reach the cellular scale and control each cell with different sways.

3-10. Ten meridian conditioning (no. 10)

We have ten meridians that are connected with each finger’s front line and back line. Open each meridian by directing your breath as well as stretching and twisting them. Listen to the unique body sensations in each meridian. Catch the subtle tendencies from your darkness of body and taste them carefully.

3-11. Resonance touch conditioning (no. 11)

???

4. Researching

4-1. Quiet body

1. Becoming a quiet body
Try to stop all of the gross movements of the body and mind. Just listen to the sway of qualia in your body. Concentrate to see the most subtle level of differences that you can listen to between each sway of qualia. Life is always swaying, moving, and changing slightly. If you try to become quiet, you will find that your living body is always swaying. If you stop the physical movement, the qualia are still swaying. Even if you could stop the sway of qualia, life would still
continue to sway.

2. Listen to the sway of qualia
When you become a quiet body to the maximum level, you will find a realm where you cannot distinguish between the physical swaying and the sway of qualia. Taste deeply the subtle swaying in this realm. When the physical movement of your body is reduced to a minimum, try to taste the subtle difference between the feeling of body and the feeling of movement. Taste the difference between the subtle body movement and the image of body movement. Continue until you can understand the difference with your body. It is very subtle, but they are completely different things.

4-2. Finding your bottom body

Find your bottom body. It is the posture or position where your subbody feels the most calm. It is like a home position that you can use to come back to yourself. It is important for your subbody to find its posture for being itself. Once you find it, it will become an infinite fountain of creation.

Completely release all tensions and expectations with drop down breathing. With each breath, release and melt down into the most comfortable body posture. Research which posture is the most familiar for your subbody. Find your fixed posture bottom body in which you are able to open qualia in all of the channels - body, movement, visual, audio, emotion, relationship, world= self and thinking. From your bottom body, listen to life and your subbody. Ask, "what do you want to do most?" Sometimes your hidden skin may respond, or a spontaneous movement may come out. Follow these subtle tendencies and amplify the movement until you transform into a hidden body, a proto body, or any other type of being.

When a subbody appears and spreads to the maximum, fade back down and come back to the same bottom body. Try this several times. Each time open up different channels, with different timing, scale and speed. Ask your bottom body, “Who are you?”, “Where are you from?” Explore different ways for meeting the bottom body that is the most familiar for your subbody and keep it for a long time.

The bottom body will become one of your most intimate friends and it will be an infinite fountain for creation. Many subbodies will freely emerge from and dissolve back into your bottom body. It is one of the
unknown secrets of subbody butoh.

Research your subbody channels by yourself, “Which channels were open today?” You will find that your subbody used certain channels today, and other channels it did not use at all. Always be aware of which channels are open and which ones are blocked. Sometimes your subbody may use multiple, non-dual channels like the hidden skin. Once you have found a specific bottom body, you can easily check which channels are open and blocked every day.

**4-3. Transforming into a single celled creature**

Start with the single celled meditation.

1. **Swaying meditation**
   Rotate your pelvis and find the most comfortable speed and size.

2. **Inner breathing**
   Send fresh air to all of your cells. Listen to the subtle changes in the sensations of your cells.

3. **Remember the fetus dream**
   When we were fetuses our mother's womb, we did not know that we were human. We just floated in the amniotic fluid for ten months. Our consciousness has completely forgotten about this age, but our subconscious remembers the body sensations of this age. When we find the most comfortable sway in the swaying meditation, we all feel a deep sense of spatial comfort. This swaying comfort is an imprint from our swaying in the fetus age. We may have various dreams as non-human creatures.

4. **Remember the single cell age**
   Our individual life began when our mother's egg and father's sperm met. We were just a small, single cell.

5. **Upstreaming to origin life**
   Travel further upstream. Remember how our life repeated the single celled and multi-celled forms for many long years. Imagine that we are the origin cells that were born on this planet at the first moment, four billion years ago.

6. **Qualia from resonance between origin life and the universe**
Imagine the qualia that the original life felt from its environment. Even single celled creatures could feel the qualia of gravity, sunshine, air, wind, waves and taste molecules of food.

7. Move as a single celled creature
Find the most primitive movement as a single cell creature. Ask your life, "What do you want to do?"

8. Find today's subbody movement
As a single cell creature, find the most primitive movement. Short movements is okay. Just create a simple movement for one minute.

4-4. Researching proto body qualia

Principle of listening to the body
There is a order for listening to the darkness of body. The principle is to start listening from the furthest possible place in the body from daily human consciousness.

Principle 1 - Begin by listening to the most body feeling channel, the most proto channel.

Principle 2 - Begin by listening from the depths, the furthest place from consciousness.

Principle 3 - Begin by listening from the most proto or subtle qualia. (For example, qualia of being unable to move, qualia of being moved, qualia of being hardly able to move.)

If you start by thinking or with finer movement, it will be too close to daily consciousness and you will miss the more subtle proto qualia. Remember this point. If your brain does not calm down enough, you will often fall into this trap.

1. Researching in proto body qualia

Listening to gravity
Where is the furthest place in your body from the brain? Try to start listening from the bottom. When you are in standing position, start listening from the soles of your feet. Listen to gravity. When your center of gravity shifts a little, what subtle qualia do you feel? The qualia of gravity is one of the most fundamental qualia for every creature who has lived on this planet.
Listening to the air
Air is another one of the most important qualia for all creatures. When you breathe and each cell gets fresh oxygen, what qualia do you feel? This is the qualia of inner breathing. When you feel the wind, taste the qualia of wind and feel it passing through your body.

Listening to the light
When you are outside taste the qualia of sunshine. When each cell receives the light of sun, light reception protin (???) change their quality, and each cell can recognize the sun without eyes. Taste the swaying qualia between light and darkness.

4-5. Body cavity shift

We need to learn this technique in order to transform into another being from the bottom of body, not just with surface movements of arms, legs and so on.

The first stage of subbody butoh is to remove the concept that we are human. It is necessary to die down human thinking and become a listener to our darkness of body. The second stage is to take off our daily bodies, which are bound by human physical habits and limitations. The process starts by opening the hidden joints - sacrum-pelvis, collar bone-chest bone, the fourth joint in the hands and feet and so on. The we must learn to freely move them in the three dimensional direction. After practicing this physical training, then we can proceed to next stage - 'transforming the body cavity'.

The third stage, which I will now describe, is 'Transforming the body cavity'. It is also a necessary step for finding your proto and hidden bodies.

Body cavity transformations in three dimensions

(Try this exercise in both standing and sitting position.)

a. Shifting the body cavity in the water dimension
Stretch a part of your body cavity in the water dimension circle of your body and move it around the water dimension circle of your body. When you finish a circle, next try to shrink a part of your body cavity and move it around the water dimension circle.
b. **Shifting the body cavity in the arrow dimension**
Imagine that your body cavity is a ball shape. Stretch a part of your body by moving that part around the circle. Spread a part of body cavity and move it around the arrow dimension circle (??? of your body (follow the red circle in the illustration above ***). When you finish a circle, next try to shrink a part of your body cavity and move the shrunk part around the red circle.

c. **Shifting the body cavity in the door dimension**
Stretch a part of your body cavity along the side line of your body and circulate it around the door dimension circle of your body. When you finish one circle, next try to shrink a part of your body cavity and circulate it around the door dimension circle.

d. **Shifting the body cavity in random dimensions**
Stretch or shrink a part of your body cavity and move it in random directions. Finally, you can freely stretch or shrink all parts of your body cavity in three dimensions.

e. **Searching for your own proto body**
Next, try shifting with different speeds and qualities. Proto bodies will come out of the life memories that are stored in the genomes of each cell of your body. You have sixty trillion cells in your body. Each cell keeps the life memories over the course of the four billion year history of life. Becoming a proto body means allowing your body to follow to your cell’s dreams.

4-6. **Rhizoming in eight channels**
Start from the bottom breathing. Contract the bottom muscles of your body as you exhale and catch subtle signals qualia in each channel. You can even just think about a qualia, and your body will start to make subtle changes. Qualia are always resonating with each other with subtle qualia sways. When you think about a qualia, it immediately becomes activated in your body. Qualia are activated with instant resonance.

Release the bottom muscles at the end of your exhalation. The air will fill your body naturally. Allow the qualia to gradually spread from the bottom to your whole body while inhaling. When your body is filled with a certain qualia, taste it passing through your body as you exhale.

1. **Rhizoming in the body feeling channel**
Catch a subtle qualia of body feeling - warmth, heaviness, stiffness, etc. - at your bottom of body when you contract your bottom muscles. Allow this subtle body feeling to gradually spread from the bottom to top part of your body with bottom breathing, until this qualia fills your whole body. Taste the process of this qualia passing through your body while exhaling and come back to the neutral body.

2. Rhizoming in the movement channel
When you contract the bottom muscles, a subtle movement starts from your bottom - swaying, shaking, waving, shocking, collapsing, freezing, dying and so on. This qualia of movement expands to your whole body and also passes through your body with your exhalation.

3. Rhizoming in the visual channel
Imagine a specific visual image at the bottom of your body, for example a silk shawl swaying, a colored stream, an imaginary creature. It passes up through your body when you inhale and back out through your body when you exhale.

4. Rhizoming in the audio channel
Catch a subtle audio qualia at the bottom of your body - a rhythm, melody, and so on. It moves up through your body when you inhale. Develop it into a body sound movement, until this audio qualia fills your whole body. It passes back out through your body when you exhale.

5. Rhizoming in the feeling channel
Catch a subtle change in your body condition at the bottom of your body, and allow it spread up through your body by changing into a emotional qualia. At the chest it changes into a feeling and at the face it develops into facial movement, until it becomes the whole body's emotional movement. Then it passes through your body.

6. Rhizoming in the human relationship channel
Bring up the image of a relationship with some person or creature at the bottom of your body - mother, father, friend, teacher and so on. Then amplify it to the next part of your body. Gradually this qualia of relationship influences your whole body and then passes through.

7. Rhizoming in the world=Self image channel
Imagine a world image and self image within the world image at the bottom of your body. For example, the womb is the world and the fetus in the womb is the self image, mother and baby, classroom and pupil, society and citizen, another planet and you and so on. Amplify
it to your whole body and then it passes through your body.

8. Rhizoming in the thinking channel
This channel is only opened at the last moment of the process. There is no need to do this practice in the thinking channel.

Researching 2 - Rhizoming in the eight channel with block and release

Using the same process as above, an accident occurs at some point in time and a specific qualia increases and possess a part of the body. The accident means a kind of contraction, tension, blocking, etc. A part of the body is possessed by a specific qualia. Taste the feeling of being possessed and release it with your exhalation. Also taste this qualia of release.

Try this blocked and released practice in all eight channels. If your body feels that a certain qualia seems to have a deep, unknown connection with the depths of your being, follow that qualia and amplify it through your whole body movement. It may be your subbody movement.

4-7. Dreambody

The dreambody and subbody are brothers. They arise from the same world. There is only one subtle difference. While the subbody has all of the channels, the dreambody mainly has the visual channel, and sometimes another channel. When we dream the movement channel is closed, because the body is sleeping. We can change between the dreambody and subbody using the following method.

Entering the dreambody
1. Lay down with a calm mind and meditate halfway between sleeping and waking.
2. Remember a proto dream that you have dreamt many times or your most impressive nightmare.
3. Write down the dream while remembering the body feeling qualia in the proto dream.

(You can skip instructions 4 to 8 if you do not have enough time.)
4. Roll on the floor to release your body. It is not you rolling, but someone who rolls your body and you follow.
5. Roll together with two other people. One body rolls over onto another person's body and back and forth.
6. All bodies roll together, contacting one another like a human ocean. The last person rolls over the human ocean. Carried by the human ocean, move freely like in a dream.
7. Become a human mountain. The bottom person goes up on top of the others and rolls down from the top. Each person goes up and down at random.
8. Find a comfortable position for resting on the human mountain.

9. One person starts talking about his/her proto dream and moves as a dreambody.
10. The other people become the dream world or follow the dreambody's movement. For example when the dreambody swims in the stormy ocean, the other people become big waves or swimming dreambodies.
11. When one person finishes, the next person starts to talk and move as a dreambody.
12. When everybody is finished, begin self-research for 30 minutes. Remember other impressive dreams and find connections from one dream to another.
13. Show each other your dreambody dances.
14. Meditate on your dream world and your dreambody dance. Ask your dream, "Where are you from? Who are you?", and taste the qualia of the proto dream.
15. The next day you can find connections between that day's dreambody and another day's subbody movement.
16. Using this process, slowly you can taste your whole self world, aware of the multiple connections between the dream world and subbody world.

Transformation method

There are some special methods for transforming from the dreambody to the subbody.

1. Translating visual qualia into body feeling qualia
Dreams come out through the visual channel from the subconscious world. Shift from the visual channel to the body feeling channel, or the world=自我 image channel. This is the key to changing between the dreambody and subbody.
2. **Becoming both the world image and self image channel**
Try to dance the dream world from both sides of the world image and self image channel. At first you may become a self image in your dream and next you become a world image. At other times, you may become both of them at the same time. One part of your body transforms into the world and another part becomes the self. Taste the whole qualia of the proto dream.

3. **Merging**
Merge an element of your dream and another element in your body. If your dream is a struggle between killer and victim, then become both of them. You can sink into the non-dual realm that is hidden beneath the dualistic appearance of the dream.

4. **Rhizoming**
Taste the process of a qualia sinking into your body from a specific part of your body and spreading to your whole body. Show the process of transformation precisely while tasting the whole qualia.

5. **Opening different dimensions**
Learn the process of changing from one scene to another in your dreams. How does it happen? It starts first from the most subtle scale that you cannot even notice, and slowly the world is filled with the qualia, until the final transformation of dimensions.

6. **Searching the weakened qualia**
You can find many unknown, weakened qualia in your dream world. They are swaying between appearing and fading away. Dance these fragile qualia.

4-8. **Warp and reverse warp**

1. **Spontaneous response**
Remember the spontaneous twisting and turning in your sleep, from tiny twitching to big changes in your posture. These are natural somatic responses for adjusting your body from an uncomfortable condition to a comfortable position. Cellular lives adjust themselves by changing their resonance pattern within the cells of the whole body.

2. **Warped**
Imagine that each part of your body is a cube, and one of them is
warped by some unknown force with different direction, size, strength, speed and rhythm.

3. Reverse warp
Amplify the warped transformation to the maximum. Your life will necessarily respond to it by reverse warping against the warped transformation. Life's response is always a reverse warp.

4. From human walk to humanoid walk
Start with human walk, which is the same as normal daily walk but with minimum speed. One part of your body is slightly warped by an unknown force, causing a subtle change in your human walk. Allow it to spread to various parts of your body. At times your body may respond naturally with a reverse warp.

Your body become a system erred (?) humanoid robot. Your eyes become video camera eyes, everything reflects off of your eyes without resonance. Your nerves are stolen by the time you notice it. The eyes also start experiencing system errors. You watch every thing without resonance. It is not rare in contemporary world, you can meet many humanoids on the city streets.

Polish your humanoid body every day. This exercise is connected with the questions "What is the contemporary world?" and "What turns people into humanoids without resonance?" Approach the world with your own humanoid walk. Your walk becomes a mirror of the contemporary world. Research the new sequences and combinations for your life.

5. Collapsed body
Sometimes the warp develops beyond the limit of the reverse warp. Your body has become stuck in the warped shape without plasticity. This is the collapsed body. Many bodies are collapsed by pollution, work, war and so on in the contemporary world. Hijikata collected these collapsed bodies as the teachers for the weakened body in order to unlock the capacity for universal resonance. He learned to cultivate infinite resonativity with criminals, the handicapped, the diseased, the insane, the dead. We need to change the world so that all people can live with resonance without exclusion. Walk as a collapsed body, a warped body. Ask the people without using words, "Why have you lost your ability to resonate with collapsed and weak people?" Find your own collapsed body and invent ways to survive with a collapsed body.

6. Creating your own transition
Try this exercise of shifting from various methods of walking by using different warps and reverse warps - ash walk, nest walk, stone walk, mountain walk, puppet walk, human walk, humanoid walk, original walk, animal crawl, starfish roll, amoeba roll, water body, vaporized body and so on. Invent your own warped transition or collapsed transformation among the various ways of moving. Become a rhizome that can survive by changing into any kind of miserable or ugly body. This is the essence of weakened body butoh. It can be called "the butoh of life".

**4-9. Hidden qualia**

**Investigating hidden qualia**
When you find a rough sequence of your own subbody dance, the next step is to polish each moment of movement. Investigate more and more subtle qualia in each moment of your subbody movement while keeping your own choreography.

**Finding hidden qualia in hidden joints**
Try to find hidden qualia by opening your hidden joints and hidden muscles. Hidden joints mean, for example, the fourth joint of each finger that is hidden in the hand, the joints between the eight small bones of the wrist, the joint between the collarbone and chest bone, the joint between the sacrum and the pelvis, the joint between each vertebra and so on.
In order to move these hidden joints, we also have many hidden muscles that our daily body has forgotten. When you try to move these hidden joints, you can find hidden qualia connected with other creature ages that our life has experienced throughout the long history of life. It is a kind of life memory. Our daily bodies have forgotten them, but they are folded in the hidden qualia in our darkness of body.

**Swaying between the living world and the dead world.**
When you find these hidden qualia in specific parts of your body, allow them to sway with the most subtle size between this living world and another world. You may meet another creature's qualia of life. Your subbody may remember some hidden characters of your whole self. Your life may recall the hidden qualia as a another creature, another being. Sway each part of your body using the most subtle sway between life and the death.

**Becoming the collapsed body**
When you find these hidden qualia and sway each part of your body
between this dimension and another dimension, you can transform into a weakened or collapsed body. Each particle of your body is swaying in multiple dimensions with different qualia through different channels. These weakened subbodies will guide you into deeper levels in the darkness of your whole self.

4-10. Swaying stand

Swaying stand
Stand while changing the position and shape of your legs and feet. Shift the point of gravity on different parts of your feet. Step on the ground in different ways and rhythms, with different power and speed. Taste the subtle differences in your interactions with the ground. Many different qualia will pass through your body. Change the shape of the curve of your feet, as well as the way you hold your heals, knees and hips. Close your sacrum as tight as possible, and open it as much as possible. Stand while wearing different kinds of sways.

Invent new legs
Through these practices, ask your life, "What new ways of standing do you want to invent?" Our daily bodies are bound by so many kinds of assumptions and habits. Why do you stand with both legs? Why do you stand with straight legs? When we release ourselves from these limitations, we can invent various ways of standing. Invent your own legs which you have used or seen before.

4-11. Passive body

The qualia of being moved, as well as the qualia of being unable to move, is one of the deepest qualia for life. Origin life, that was born four billion years ago, could not move at all during the first period of evolution. For a long time life was always moved by another force - gravity, waves, wind, earthquakes, thunder, storms and so on. There are so many kinds of qualia of being moved and unable to move folded in our life memory. Our consciousness may have forgotten them, but our life can remember them. They have been recorded in our genomes, and all of us can share them.

Being moved at one hundred tandens
This practice is similar to the one hundred tandens three dimensional
exercise. From sacrum to head, at all one hundred tandens of the body, try being moved by another being in random directions, with different timing, different strength and speeds. Forget that you are human. Throw away the idea that you are the subject. Just become a passive body. It is not you, but another being that moves your body. You just become the medium that is possessed by another force, by other spirits.

This practice is important for the process of becoming a possessed body. Butoh is not at all self expression. You do not dance by yourself, but someone else moves your body. Another being from some unknown dimension possesses your body and mind. This is the main difference from western dance, which is bound by the modern idea that dance is self expression with the body. They believe that I can possess and control my own body. It is a great misunderstanding about life and the body. They do not know anything about the subconscious. Most butoh dancers are also bound by the concept of self expression. Real butoh is the art of living in a completely different multi-dimensional world, free from the narrow concepts of the modern human.

4-12. Hidden self

Meeting the hidden self
So many hidden selves are folded in our darkness of body. How is it possible to contact and let them express themselves? We have discovered a few paths to reach them.

1. Opening the hidden joints
In our daily body, we have several hidden joints that we have forgotten how to use - sacrum, chest bone, collarbone, the fourth joint in our hands and feet, the joint between each vertebra and so on. So many hidden characters and creatures are folded in these hidden joints. At one point in time you used those joints, but they were then ignored by parents and teachers, and then the qualia were folded there as not-me.

Try opening and closing these joints. Change position from your daily position and you may catch some subtle qualia of the hidden self. When you meet a subtle qualia, just follow it and amplify it until you meet a hidden character.
2. Opening edge eyes
Move your eyes quickly in a diagonal direction. You may feel some unknown characters, strange inventions, humorous characters and so on. Watch the world using the edge of your eyes. Show the whites of your eyes. Look through the upper or lower edges of your eyes. You may meet a cunning one, a quick one, a character who looks down on everything from another world, etc. Use floating eyes ('nagashi-me'). Turn both eyes up and let them float in the darkness. Become white eyes. Invent your own dead eyes. Watch this world as a dead body. You may meet another self. Enter and become another self.

3. Changing your breathing and face
Try different rhythms of breathing. Try breathing strangely as another creature. Twist your mouth and change to another face. Explore different body sounds from your daily human voice. When you have found them, they will stay with you for a long time. Enjoy your subbody voice. Find another self, another creature.

There are so many hidden selves in your darkness of body. How many hidden selves can you meet? Dance with them. This is the way to travel as a subbody through your whole self world.

4-13. Edge work: Part I

When we enter the subbody world and travel through various states, we often encounter edges which block and bind us with unpleasant body feelings or strange emotions. We become confused and feel that we cannot proceed anymore. If we meet these edges or blocked feelings, we have several behaviors (???) to the edges. Using the following the steps, we can gradually proceed the behavior (???) to the edge.

When you meet an edge, the first steps are 1. Recognizing and 2. Listening. Once you feel that you are ready to communicate moew deeply with it, proceed to step 3. Becoming. Become the edge from both sides. Then finally you can enter the stage 4. Dancing the edge.

1. Recognizing
We can just recognize it and leave it there, we don't need to force ourselves to overcome it. There are so many different subbodies in our darkness of body, we can find another subbody and follow it. There is a multi-dimensional labyrinth in the darkness, someday we will again meet the edge behind you, “Oh! You are here!”. 
2. Listening

Listen to the unpleasant feeling of the edge with respect because the edge feeling is always a deep message from our life. After a while, we will surely uncover a big awareness.

According to Arnold Mindell, when the first process, which is one's daily self identity, and the second process, which is not belonging identity, meet, the first process wants to drive away the second process from its territory, because the second process seems to attack the first process from outside. When we enter the subbody world, the relationship between the first process and second process is changed, and the first process can become deeply frustrated with the second process. The second process seems to change the first process like a revolution.

Actually, both tendencies belong to our whole self. One tendency is to maintain familiar states, another tendency is to explore new worlds. Always these two different tendencies are streaming in our whole self. Our life is always trying to invent new possibilities to live. Listen to the voice of life. Ask your life “What do you want to do?” Through the unpleasant feelings, someday we will discover the new possibilities that life is exploring.

3. Becoming

Try to become both sides of the edge. Find a partner, and try to become one side of the tendency of the edge. Give the unpleasant feeling to your partner. If you feel unpleasant pressure in your chest, try to press your partner's chest to produce the same feeling. Next your partner gives the same pressure to you. Taste the blocked feeling from both sides of the edge. You will slowly begin to notice what is happening.

4. Dancing the edge

You need to wait for the right moment when you are ready to grasp what the edge is. When you feel the time has come, try to dance the edge. One possibility is to dance it from your side, another possibility is to dance the edge's side. Or you can try to dance it from both sides of the edge.

First become your side and dance it, next try to dance from the opposite side of the edge. For example, if you are afraid of an unpleasant feeling, try to escape from it. Next become the pursuer and try to run after yourself as the pursuer. Through experiencing both
sides of the edge, you can eventually grasp the whole. You can succeed in becoming friends with both tendencies.

In my life history, I was tormented by the memory of my dead friends who died in activities against the Vietnam War between the USA and Vietnamese people during the 1960's to 1970's. I was an organizer of the anti-war movement. I agitated people to fight against the Japan government which supported the US army, and many of my intimate friends were killed in the movement.

“Why couldn't I die? Why did my friends have to die instead?” I was troubled by nightmares of them, many times my dead friends appeared in my dreams. It was the biggest edge for me. I could not escape from the nightmare for many years. Then finally I started to dance them. I became my dead friends and danced. No, it is not exactly right. Actually, I just gave my body over to my dead friends and they danced using my body. We continued the dance for many years at various places on the planet. Finally I could be released from the nightmare.

It has been over ten years since I started to dance the edge unconsciously. After several years, I learned the way of 'Edge work' from Arnold Mindell who created 'process orientated psychology'. I found it very helpful in releasing ourselves from our deep blockages. I have developed the edge work in the subbody butoh method and I am very grateful to Arnold Mindell.

4-14. Edge work: Part II

Making friends with the edge
In the process of becoming a subbody/cobody, we all experience edges that are bound by some unknown and strange feelings, unpleasant emotions and blocked states. Meeting the edges is a necessary and unavoidable part of the process. They appear as unknown and unpleasant phenomena, but they are really the most precious phenomena in our life. Though they appear so grotesque, they are actually important hidden messages from our life. Life’s signals are always bitter. This is a principle of life that we must learn.

We will try to do some edge work. I will guide the whole process of edge work for advanced students. The following is the second stage of edge work. For the first stage see “Edge work” in the Practice Guide. When we enter into the subbody world and continue to travel through
various states, we often encounter edges that are bound by unpleasant body feelings or strange emotions. We may fall into confusion and feel that we cannot proceed any further. If we encounter these edges or blocked feelings, there are several ways to proceed.

1. **Recognizing**
First just recognize it. “Oh, you are there.”

2. **Keeping a proper distance**
Until you are ready to face it, keep a safe distance from which you are free from attack. When you are going to be trapped by it, release yourself by breathing, swaying, walking and moving. Change your condition from bound mode to released mode. Be careful of a sudden attack! Find a safe distance, but do not forget it.

3. **Listening**
Continue to listen to the edge. Ask the edge, “Who are you?” and “Where are you from?” “What do you want to tell me?”

4. **Becoming**
When you feel that you are ready to face it, become the edge. For this process you need a partner. Give the same edge feeling that are feeling to your partner’s body. If you feel like you are being pressed by a certain feeling, give the same pressure to your partner. Try to feel the edge. Ask yourself, “What is this?” You may notice what the edge is by becoming the edge. Next ask to your partner to press your body with the same pressure that you gave him/her. Taste the feeling of being pressed by your partner. You can experience the edge from both sides. Through this experience you may gradually notice what the edge wants to tell you. After this comes the second stage of edge work.

5. **Dancing the edge**
If you want to know more about the edge, dance the edge from both sides. At first dance the process of being attacked by the edge. Next, dance by becoming the edge that is attacking you. You will become aware of what the edge wants to communicate. It will certainly be a wonderful gift of awareness, because you finally can receive this important message from your life.

6. **Becoming friends**
If you want to become a subbody midwife, try to make friends with your edges. I know that the feeling of the edge is so terrible, and it is
natural that your first response is to escape from it. However when you continue to encounter the edges time after time, you discover that life’s messages are always bitter. When we endure the painful and unpleasant feelings, we can receive important messages from our life. I strongly recommend becoming friends with the edges.

7. Becoming a universal resonator
When we become friends with the edges, we notice that the edges are resonating with others’ edges. When we become familiar with the barriers against the weakest subbody in the darkness of our body, we can resonate with all kinds of edges like the ones handicapped, weakened and dead people feel. We can resonate with all kinds of unhappiness in the world. Only by resonating with the edge feeling can we become a universal resonator. It is one of the noblest ways of life.

4-15. Resonating with the most subtle qualia

Listening to the more subtle qualia
When you are ready to listen to the most subtle qualia after having done the training to calm down the daily mind, then you can try to listen to the most subtle qualia. Actually, all qualia are so subtle. They are millions of times more subtle than consciousness. Examples of qualia are momentary feelings, something that passes through us, memories that sway between remembering and forgetting, unnamed body feelings that appear and immediately disappear.

Our subconscious is always swaying with these qualia streams, but our daily consciousness does not notice them and steps right over them. In the cities there are such strong noises and information that mask the qualia, and we are unable to notice them. We can only catch them after we die down our daily consciousness. I call this sentient sense the 'subtle sense'. Once we calm down our consciousness, we notice that there are more and more subtle qualia. There are three main way of catching them.

1. Listening to the subtlest somatic qualia
Research the limits of the minimum level at which you can listen to qualia through the body channel - a subtle shrinking at the finger tip, shivering of the skin on your back, small changes in blood pressure, unknown momentary feeling of coldness, little release of the shoulder. Our hidden skin is always resonating with subtle changes in the world. At this subtle level, the borders between the body channel and the world=自我 channel disappear and they become oneness. Taste them
carefully. Follow, amplify and become them.

2. **Qualia of being moved**
Listen to the smallest stimulus from outside - a rain drop that falls on your skin, an ant that crawls up your body, a speck of dust that lands on your eyelash, a group of bacteria growing in your body, a particle blowing in the air, being moved by a weak breeze, listening to the subtle waves of an earthquake from the opposite side of the earth.

3. **Becoming a subtle being**
The same rain drop feels completely different depending on whether it falls on a human or a bacteria. When we want to become the most sentient being, capable of listening to the most subtle qualia, then the best way is to become a subtle being ourselves. Become a speck of dust, a water drop, a plankton, an amoeba, origin life, a molecule, a resonating string. When we repeat these experiences of becoming tiny beings, then the real qualia of life slowly sink into our body slowly.

This is the one of the most important step. When we are able to understand what life is, only then can we can begin to explore what death is. After this process, we can finally enter the weakened body realm of butoh that is swaying between life and death.

4-16. **Sen-Shin-Hitsu**

**How is it possible to find your true dance?**
I have been investigating how to guide students to find it for a long time, but I was not able to find the best way until this year. One night in my dreams, my subbody from "Infectious Fever", which I created ten years ago, told me "Lee, guide your students in exactly the same way you found me ten years ago. It is necessary for everyone, not just for you...".

Ten years ago I had to face ten problems that had been troubling me for many years. I dug tunnels to release myself from these problems one by one. I started by tackling the smallest problem. The first problem was what I could not stand neutrally. The second one was that I could not open transparent eyes without intention and tension. The third one was that I could not escape from the superego, which continued to direct me from the sky above. I invented each movement to release me from these ten problems and it became my first subbody solo, "Infectious Fever".
Until recently I considered that it was my own special process, because it had been so difficult. I could not guide others through such a difficult process. Now I realize that it is essential to face one's limitations and problems in order to meet one's true dance that is necessary for life. I organized the safe process of "Sen-Shin-Hitsu", using resonance touch and shiatsu method for awakening the proto vitality, which is capable of healing oneself. I also put together "Edge work" in order to help overcome the uncomfortable crisis of encountering the edge. Now I have finally found the method for researching the darkness of body. I call it the "Sen-Shin-Hitsu" method.

"Sen" is the first stage for researching subbodies.
Sen means "Novel!", "New!", "Fresh!", "Interesting!" and "Precious!". Calm down your daily body/mind and listen to the darkness of body by moving our hidden joints, hidden cavities and hidden skin in various ways. If you meet a novel body feeling, just follow and amplify it to the limit. You can create your "Sen" subbodies.

The second stage is "Shin".
"Shin" means "Deep!". If you find a curious movement and feel "I don't know why, but I feel this is connected to my depths", this is a "Shin" sub-signal from your life. Our inner qualia are resonating with one another beyond time and space in our darkness of body. The new qualia that you meet may resonate with the experiences of your child age, maybe dreams of the fetus age or even deeper life memories that are folded in your cells.

The constellation of inner qualia resonate together in multiple dimensions. They may connect to the "shadow" which Jung discovered as the inferior character, the "not-me" that Salivan found as a disappeared character from the infant age through being ignored by our parents, the "trauma" that you have forgotten and the "dissociated character" that your ego has cut away. They can become your "hidden subbodies". Sometimes it may connect to deeper life tendencies that were folded in your cells as life memories. They can become your "proto subbodies".

If you find the "Deep!" sub-signals, you will encounter many edges that bring unknown uncomfortable body feelings. We need to learn Shiatsu techniques for overcoming these unknown difficulties at the edge and get the proto vitality which we can use to cure and heal ourselves. We must proceed very slowly and listen to the timing of life.

The third step is "Hitsu" which means "Necessary!".
When you are ready to proceed to the next stage, we will begin the deepest research to find the necessary movements for our life. We have to face our own problems and blockages that have bound us up until now. It is a truly difficult inner struggle, but it is worth the struggle to find a new way of living. Real creation is always a "reverse twist" of our lives that tries to turn ourselves in the opposite direction of our twisted, pressed and warped lives.

You do not need to force yourself to confront the deepest problems at the first stage. We have so many binds folded into our darkness of body. You should start by tackling the easiest problems, the ones that you can overcome with little effort. Using the reverse twist, you can reframe your constellation from those binds. To live as a subbody is to continue this infinite process step by step, continually spiraling deeper. Subbody butoh is a method for continuing the investigation into the necessary dances of life.

Pacing yourself is of utmost importance. If you go too deep too quickly, the strong pressure of the edges may overwhelm you. The subbody midwife must be able to listen to the best timing of the life by throwing away his/her self and ego. To become a subbody midwife one must pass through the difficult training of surrendering one's self. It is the hardest way of life, but it is also the most valuable.

5. Walking

5-1. Ash walk

Stand desperately as a dead body.
Became an ash pole. An ash pole is the ash that keeps the same shape after burning out, like a cigarette or incense. It is very fragile. Even a small gust of wind will knock it down. You need to be very careful to carry it without falling. Imagine that your physical body has been burnt out. Your life strength has drained away. Your mind, heart, soul and spirit have left.

Still you have to try to stand as a dead body. Carry your ash pole as quietly and slowly as possible. Open yourself fifty percent inside and fifty percent outside. Become nothing. Become completely transparent.
The ash walk is the most basic training in butoh. Practice the ash walk at least once every day. You can even do it in the smallest of spaces.

**5-2. Size walk**

The essence of butoh walking is not moving in the physical spacetime, but transforming in and between different dimensions. "Size walk" is one of the most basic butoh walks, given by Yoko Ashikawa at her 1989 workshop according to Hijikata's method. Three years after Hijikata's death, it was recorded by Kayo Mikami in Japan.

1. Walk by becoming a fixed size body.
2. Not walking, but shifting your body between heaven and earth.
3. Your eyes become glass ball eyes. Open your third eye between your eyebrows.
4. The speed at which the scenes are reflected off your glass ball eyes is quicker than the speed at which you see the scenes.
5. Place razor blades under the soles of your feet.
6. Carry a water vase on the top of your head.
7. All of your joints are hanging from spider's threads.
8. A wish to walk moves ahead and the shape of your body follows it from behind.
9. The traces of walking are hanging in front of you and behind you.
10. There is a forest at the back of your teeth and spider's threads in the empty cavity of your body.
11. Your eyes have already stopped seeing, your legs have stopped walking. Your being itself becomes walking eyes and walking legs.
12. The walking requires the discontinuity of walk and suggests an expanse of space.

1*. Walk by becoming a fixed size body.

1 through 7 are the conditions for stopping the active human daily body and transforming into a dead body that is desperately trying to stand.

**1. Walk by becoming a fixed size body.**
**2. Not walking, but shifting your body between heaven and earth.**
Stop your normal human legs' movement. It is not you but someone else who moves your dead body.

3. Your eyes become glass ball eyes. Open your third eye between your eyebrows.
4. The speed at which the scenes are reflected off your glass ball eyes is quicker than the speed at which you see the scenes.

Stop watching with your daily physical eyes. Your eyes have rotted out, they change into glass ball eyes that are open without focusing on anything. Instead of using them, open the third eye that is able to resonate with the invisible qualia in the different dimensions.

5. Place razor blades under the soles of your feet.
6. Carry a water vase on the top of your head.
7. All of your joints are hanging by spider's threads.

You can only touch one point of your feet with the floor at a time. Your knees, legs and pelvis are always swaying in different directions, while keeping a fixed size body. Various joints are moved in different directions by spider's threads.

8. A wish to walk moves ahead and the shape of your body follows it from behind.
9. The traces of walking are hanging in front of you and behind you.

8 through 12 are guidance into the multi-dimensional realm beyond space and time. Your will is separated from your dead body. Your dead body wants to catch up your wish to walk, but it is so difficult. Your dead body and your spirit are separated. They have lost their way in the multi-dimensional world.

10. There is a forest at the back of your teeth and spider's threads in the empty cavity of your body.

The forest is not only a physical forest, but a metaphor for a conglomerate of hidden qualia in the multi-dimensions of the darkness of body. The forest is a big secret, a mystery like the universe. Dance with your forest. It also resonates with your hidden cavity through the spider's threads.

11. Your eyes have already stopped seeing and your legs have stopped walking. Your being itself become walking eyes and
walking legs.

12. The walking requires the discontinuity of walk and suggests an expanse of space.

A size walk is a kind of walking meditation. Through size walking, you enter into the non-dual and multi-dimensional world. It is not the four dimensional spacetime where our daily bodies exist, but the non-dual and multi-dimensional world where the qualia of life are streaming between life and death.

5-3. Multiple bodies walk

The size walk already exists in many dimensions, beyond space and time. We develop from the size walk to three sized walk to the multiple bodies walk by increasing the numbers of dimensions. Butoh is the life resonance that is performed in the non-dual and multi-dimensional spacetime where life lives. It is not a dance that is performed in the four dimensional spacetime where daily bodies belong. This is the essential difference between dance and butoh. It is why we need to learn the method of increasing and decreasing the number of dimensions.

Three sized walk

1. Walk as three different sized ash bodies. A tiny subbody that is supported by a string that you are holding is walking in front of you. A huge subbody is walking behind you and controlling your body with a string that is connected to your head.

2. You need to take care of the tiny subbody, and you are taken care of by the huge subbody.

3. Bend your knees a little bit more with each step and feel the changes in the body sensations. Continue until you reach your limit. Walk with all of the qualia.

Multiple bodies walk

1. Walk with all of the subbodies and cobodies in multiple dimensions by bending your knee deeper and deeper with each step.

2. Walk by bringing forth your hidden bodies that have been folded in your darkness of body for many years. They move in different ways -
one crawls on the ground, another floats in space, underground, on the surface of the skin and so on.

3. They each have their own small egos. All of your hidden bodies were born during your infancy and childhood and then hidden because of some obstacles. You need to carefully control their appearance. They may be small, but they have a huge amount of energy for emerging from the darkness of body.

4. Jung referred to them as “shadows” and “inferior personalities”. Sullivan named it the “not-me”. Mindell calls them “secondary processes”. I refer to all of them as the “hidden body”. They are not only mental beings, they are one with the body and come out as subbody movements, body symptoms and dreams.

5. Walk by resonating with them. Sway while feeling the stream of their qualia around your body, on your hidden skin, in your hidden cavities, in your hidden joints and so on.

6. Walk with your “huge subbody” behind you. It is your “Self”, your whole self, including the unconscious part of your “Self”. Do not worry, your ego is not alone. The Self will always take good care of your ego. As soon as you notice your ego arising, immediately become the self and take care of your ego as the self.

7. Walk while feeling your life. Your life always takes care of the ego, the Self and your small subbodies.

8. Watch all of these processes transparently. Open your transparent mind that is opened halfway outside, and equally opened halfway inside. Become a transparent body that is able to show all of these processes transparently.

5-4. Bugs walk

Butoh is neither ego or self expression. We do not use intentional movement from our daily minds. We dig in the darkness of body and search for unavoidable movements that are squeezed out from the depths of life. The bugs walk method is one of the most important techniques of Hijikata's butoh for searching for it.

**Bugs walk**
1. A bug is crawling on the back of your right hand.
2. A second bug is creeping down from the left side of your neck to your back.
3. A third bug is wriggling up along your inner thigh.
4. A fourth bug is squirming down from your left shoulder to your chest.
5. A fifth bug... (Find out by yourself.)
6. You are so itchy here and there. You cannot stand still. You are pushed away from here by itchiness.
7. Itchiness under your chin, itchiness at the base of your ears, itchiness around your elbows, itchiness around your kneecaps, itchiness around your waist. Ah! There are five hundred of them!
8. Around your eyes, around your mouth, in your ears, between your fingers, in every mucous membrane. Five thousand bugs!
9. A bug on every hair.
10. A bug in every pore.
11. From there thirty thousand bugs are crawling down into your guts and eating them voraciously.
12. Having eaten them up the bugs are coming out of your body through the pores. Now they are eating the space around your body.
13. Now the bugs are full of your outer space and are eaten by another kind of bug.
14. The condition is being eaten up by another kind of bug.
15. (Half a billion bugs on a tree. The inside is all gone.)
16. It is your end. (Your will and sense of material belong to the bugs.)

I will give the essence that Hijikata indicated in each part of this simple text for beginners.

**Jo: Movement which is squeezed out**

1. A bug is crawling on the back of your right hand.
2. A second bug is creeping down from the left side of your neck to your back.
3. A third bug is wriggling up along your inner thigh.
4. A fourth bug is squirming down from your left shoulder to your chest.
5. A fifth bug... (Find out by yourself.)
6. You are so itchy here and there. You cannot stand still. You are pushed away from here by itchiness.
At first you notice a crawling bug, but you regard it as a minor occurrence. You can ignore it, but when they increase beyond the tolerable limit, then irresistible movements are squeezed out from each part of your body. Butoh is neither ego expression nor self expression. Never misunderstand this point. When you are bound by the modern concepts of self expression or bodily expression, your dance is still a modern dance bound by the illusory concept of the human as subject. First remove all human conditions, then you can meet the true butoh dance of life.

The point is not to move by your own will power, but by being moved by some other force. Once you grasp the essence of being moved, you can find your own deep qualia of itchiness and create your own necessary butoh of life. I will explain how to arrange your original choreography in another chapter.

**Ha: Transformation of the whole body**

7. Itchiness under your chin, itchiness at the base of your ears, itchiness around your elbows, itchiness around your kneecaps, itchiness around your waist. Ah! There are five hundred of them!

8. Around your eyes, around your mouth, in your ears, between your fingers, in every mucous membrane. Five thousand bugs!

9. A bug on every hair.

10. A bug in every pore.

11. From there thirty thousand bugs are crawling down into your guts and eating them voraciously.

The bugs spread to the whole body and invade your inner organs. The itchiness develops into an irresistible transformation that takes over the whole body, which is being eaten by millions of bugs. The unconscious qualia that are folded in the hidden joints, hidden muscles and hidden cavities are going to start moving. Irresistible movements come out, not as a response from the ego or the self, but as a pressing life response. We need to train ourselves until we are able to catch the movements of the necessity for life. The essence of butoh is incorporated in this text.

**3. Kyu: World transformation and rebirth in another dimension**

12. Having eaten them up the bugs are coming out of your body through the pores. Now they are eating the space
around your body.

13. Now the bugs are full of your outer space and are eaten by another kind of bug.

14. The condition is being eaten up by another kind of bug.

15. (Half a billion bugs on a tree. The inside is all gone.)

16. It is your end. (The will and sense of material belong to the bugs.)

The bugs have eaten not only the body but also the space. The world starts changing. The origin one celled creature recognizes the changing world through its skin and protoplasm. These memories are also folded in our hidden skin. Imagine that some layers of your hidden skin are being gnawed by many bugs' mouths and feel it. Life memories that were folded in your hidden skin for long periods of time are coming out. It is the irresistible reverse twist for life. Life must invent a new dimension and rebirth itself. The key to butoh is entering into a different dimension and inventing your rebirth as a new being.

The image of a standing empty tree "Half a billion bugs on a tree. The inside is all gone." is a symbol for being reborn as a butoh dancer. "It is your end. Your will and sense of material belong to the bugs." Yes! This is the starting point for creating your own original butoh. You can throw away all human conditions. You do not move by your own will, rather the bugs or the sense of material moves your dead body. The text ends here. After this point the long and arduous training process of the butoh dancer begins. It is not possible to deal with everything in a beginners workshop. I will further explain how to arrange the Bugs Walk method for your creation in another chapter.

5-5. Weakened walk

???

5-6. Human walk

Human walk is showing the archetype of walking that bind us as modern humans. It is the same shape as normal daily walking but at a minimum speed. Walk at less than one meter per minute.
5-7. Carry walk

???

5-8. Humanoid walk

From human walk to humanoid walk
Start with human walk, which is the same as normal daily walk but with minimum speed. One part of your body is slightly warped by an unknown force, causing a subtle change in your human walk. Allow it to spread to various parts of your body. At times your body may respond naturally with a reverse warp.

Your body become a system erred (???) humanoid robot. Your eyes become video camera eyes, everything reflects off of your eyes without resonance. Your nerves are stolen by the time you notice it. The eyes also start experiencing system errors. You watch everything without resonance. It is not rare in contemporary world, you can meet many humanoids on the city streets.

Polish your humanoid body every day. This exercise is connected with the questions "What is the contemporary world?" and "What turns people into humanoids without resonance?" Approach the world with your own humanoid walk. Your walk becomes a mirror of the contemporary world. Research the new sequences and combinations for your life.

5-9. Stone walk

The ash pole transforms into a heavy body by carrying all of your subbodies who live underground. Walk with bottom tandem. Bottom tandem means a low center of gravity. Imagine that your center of gravity is five meters below the ground. Walk with a heavy bottom tandem, without bending your knees or lifting the soles of your feet from the ground. There are so many subbodies living underground. They want to come out, but it is very difficult. Carry all of your underground subsbodies and walk as the heaviest body while carrying the bottom tandem.
5-10. Mountain walk


5-11. Collapsed walk

Sometimes the warp develops beyond the limit of the reverse warp. Your body has become stuck in the warped shape without plasticity. This is the collapsed body. Many bodies are collapsed by pollution, work, war and so on in the contemporary world. Hijikata collected these collapsed bodies as the teachers for the weakened body in order to unlock the capacity for universal resonance. He learned to cultivate infinite resonativity with criminals, the handicapped, the diseased, the insane, the dead. We need to change the world so that all people can live with resonance without exclusion. Walk as a collapsed body, a warped body. Ask the people without using words, "Why have you lost your ability to resonate with collapsed and weak people?" Find your own collapsed body and invent ways to survive with a collapsed body.

Creating your own transition

Try this exercise of shifting from various methods of walking buy using different warps and reverse warps - ash walk, nest walk, stone walk, mountain walk, puppet walk, human walk, humanoid walk, original walk, animal crawl, starfish roll, amoeba roll, water body, vaporized body and so on. Invent your own warped transition or collapsed transformation among the various ways of moving. Become a rhizome that can survive by changing into any kind of miserable or ugly body. This is the essence of weakened body butoh. It can be called "the butoh of life".

5-12. Bottom tandem walk

The ash pole transforms into a heavy body by carrying all of your subbodies who live underground. Walk with bottom tandem. Bottom tandem means a low center of gravity. Imagine that your center of gravity is five meters below the ground. Walk with a heavy bottom tandem, without bending your knees or lifting the soles of your feet from the ground. There are so many subbodies living underground. They want to come out, but it is very difficult. Carry all of your
underground subbodies and walk as the heaviest body while carrying the bottom tanden.

5-13. Whole self walk

Walk with your whole self. There are so many subbodies living underground. Carry all of your subbodies, some of them live underground, others crawl on the ground, some float in the air around you, others live in your body, while others stick to your skin. You become very heavy, like a mountain and you carry a whole mountain of subbodies. Walk with them while taking care of all of them. Some of them are very weak, some of them are nearly dying. Walk while sensing by opening your most delicate inner sense. Listen to all the various sub-signals from the different subbodies that come up in each moment.

5-14. World walk

Walk towards the world with whole self. The world in front of you is full of dead people, injuries, war victims and unhappy events. What can I do for them? We do not know. Just walk toward the miserable world with your whole self.

5-15. Whole world walk

Walk with the dead, the injured, the handicapped, the insane. Walk towards the audience with all of the unhappiness on this planet. Why do you walk with these difficult walks? Because I have no other gifts than my butoh dance. We will all dance together at the carnival with the dead, crazy and handicapped people of the world.

6. Resonating

6-1. Resonance between living cells
Our body contains thousands of billions of cells and each cell has its own life. They are born individually and feel their own life qualia, just like a single celled creature feels them. They also die in their own individual timing. Each person has one life and at the same time we are a resonating symbiosis body made up of thousands of billions of cells' lives. Yes, I am one life and thousands of billions of lives at the same time. I call this “double oneness”. We need to recognize each cell as an independent life body with its own life. Only then can we discover new aspects of life.

1. Calm down your daily conscious mind with the swaying meditation. Hold your hands about one inch apart and listen to the qualia that you feel between your hands.

2. You will notice very subtle sensations between both hands. It may be like a subtle vibration or you may feel some warmth. You will feel them as the qualia of life.

3. Listen even more carefully and you will notice that many cells in your palms feel something and that they are vibrating together in synchronicity. When a living cell notices another living cell, it gives some signals. Then a neighboring cell responds with the same signals, and they become a sway of some specific qualia.

4. Move one palm from your hand to your arm, shoulder, chest and another part of body. You can feel different qualia in each part of your body.

5. Bring your hand to your partner's body. Taste the various qualia in each part of his/her body. The difference is very subtle, but you can taste it when your consciousness calms down enough.

6. Move while tasting your partner’s moving qualia from different distances and at different speeds. You will feel something pleasant.

7. Try steps 5 and 6 blindfolded. Taste the pure qualia of resonance between both living creatures. It will become a transparent duet.

6-2. Himaku resonance

(Start from 6-1. Resonance between living cells)
5. Bring your hand to your partner's body. Taste the various qualia in each part of his/her body. The difference is very subtle, but you can taste it when your consciousness calms down enough.

6. Move while tasting your partner’s moving qualia from different distances and at different speeds. You will feel something pleasant.

7. Try steps 5 and 6 blindfolded. Taste the pure qualia of resonance between both living creatures. It will become a transparent duet.

6-3. Inner breathing resonance

There are two kinds of breathing - outer breathing and inner breathing. Outer breathing is our normal way of breathing through the mouth or nose and filling our lungs with air. Inner breathing is the way our cells get fresh oxygen through the brood stream.

Listen to the inner breathing in each part of your body. What do you feel when your cells receive fresh oxygen? It is very subtle change in qualia, but you can catch it if your consciousness is quiet enough. You may feel some comfortable or sweet feeling around a part of your body. If you stretch the part by twisting it a little, you can feel it even stronger. It seems like the cells are happy and resonate with the fresh oxygen. Taste these qualia deeply. This is a way to enter into a more comfortable subbody mode.

6-4. Similar and different

What is resonance?
Resonance happens spontaneously. It is not caused by the ego or subject to intentionality or consciousness. When the consciousness dies down, you will notice that life resonates with everything naturally. When we enter subbody mode over and over again, we can resonate in each and every channel. We can resonate in the body feeling channel, movement channel, visual channel, audio channel, emotional channel, relationship channel, world image=self image channel and thinking channel.

There are some basic principles. I will describe the resonance method
in the movement channel as an example. One subbody starts moving and then another subbody finds the best timing to enter by following the resonance method.

1. Similar to Similar
The first principle is sharing qualia and following similar qualia in each channel. Just throw out your ego and you can follow another subbody's qualia, with same posture, same speed and same timing. You can shift from a very close distance to medium and then far distance. You can also become a cobody by sharing qualia. This is the basic principle of resonance.

2. Similar to Different

**Positioning** - Start from a similar position, and shift to a different position. For example standing-standing resonance shifts to standing-rolling resonance.

**Speed** - Shift from resonating with the same speed to resonating with different speeds.

**Distance** - Start from resonating at a close distance to resonance from a far distance.

3. Different to Similar

**Positioning** - The Opposite of 2. Shift from a different position to a similar position.

**Speed** - Shift from resonating with different speeds to the same speed.

**Distance** - Start from a far distance and shift to a close distance.

4. Different to Different
Resonance in a completely different dimension. Just show the variation of different qualia from the subbody's qualia. Resonance by difference instead of by similarity. Actually, our universe is full of differences and they are resonating in so many rich ways. Resonate in multiple dimensions with each other. Once you grasp this way of resonance, the concept of handicapped will completely disappear. We can begin co-creating a new world that is full of life resonance.
6-5. Multi-dimensional resonance

What is resonance?
Our lives are resonating with everything through multiple channels. Subbodies can resonate together with life, and they can transform into a cobody. The cobody is a group of resonating subbodies. How can we master the resonance technique in multiple channels? We need to start by practicing single channel resonance and gradually increase the number of resonance channels until we reach the world=self channel.

1. Body channel resonance
Find a partner and choose your roles - A is the initiator and B is the resonator. Change roles freely. Person A starts rhizoming in the body channel by listening to gravity - for example, a part of the body becomes heavy and starts slowly melting down to the floor. Person B shares the same inner qualia as A and follows A’s movement through resonance.

Experiment resonating with following qualia - gravity (heavy qualia), anti-gravity (light qualia), fluidity (water, sol (??)), gel, rubber), solidity and various other somatic feelings).

A changes the shape of his/her body cavities and B resonates with A. A changes his/her hidden skin and B resonates with A. This practice is similar to the first step of the 'Similar to similar resonance'.

2. Body channel and movement channel resonance
A starts a subtle movement from a part of his/her body by feeling a specific qualia, following it and amplifying it. B shares the same qualia and follows A's movement by sharing A's timing, rhythm, speed and size. Try the following movement qualia - swaying, shaking, waving, shocking, collapsing and dying.

Practice the above exercises with different distance -10 meters, 3 meters, 1 meter, 1 foot, 1 inch, between touching and not touching, touching, pushing, pulling, pressing hard and so on. Next, try to resonate with the most different qualia as possible that contrast A’s qualia. Change distances and find the best timing for shifting from different to similar resonance. This is the second step of 'different to similar resonance'.

3. Body, movement and visual channel resonance
Continuing with the above exercise, A starts rhizoming in the visual
channel and B resonates while changing the distance. Explore resonating with the following visual qualia - swaying eyes between darkness and brightness, transparent eyes, edge eyes, one pointed eyes, lizard eyes, animal eyes, puppet eyes, humanoid eyes, dead eyes, other dimensional eyes and so on. B starts from similar resonance and finds the best timing to shift to a different resonance. This is the third step in 'Similar to different resonance'.

4. **Body, movement, visual and audio channel resonance**
   Integrating the audio channel with the above exercise, A opens the audio channel and B resonates with A. Explore the following audio qualia - breathing sounds, body cavity sounds, hidden cavity resonance sounds, Hegemogera (???) language (similar to normal language, but with broken meaning). Different spontaneous emotions and feelings will come up through this practice. Open the 'emotional channel' flexibly. Try this with similar and different resonance. Both sounds resonate between different dimensions. This is the fourth step in 'Different to different resonance'.

5. **Body, movement, visual, audio, emotion and human relationship channel resonance**
   Continuing with the above exercise, A and B invent strange relationship resonance. Start by following one relationship and freely change it. Experiment with the following relationship qualia - different genders, different ages, different characters, communicating in the same dimension to communicating between different dimensions, communicating between the dead and the alive, communicating with imaginary creatures and so on. Find the best timing to shift from your duet to group improvisational resonance. This is the fifth step resonance, 'Strange relationship resonance'.

6. **World=self image channel resonance**
   This channel is the biggest channel that includes all of the previous channels. At first, start by following one world image and self image, and then change it freely. Shift from partner to group improvisation. Explore the following world=self channel qualia - fetus and womb resonance as oneness, one celled creatures and ocean resonance, alien and human resonance, near death and near life resonance and so on. This is the last stage of resonance, 'Multi-channel, multi-dimensional resonance'.

   This practice will change from practice to improvisational theater. Invent freely and infect freely. You can become a rhizome with the most flexible capacity for resonating and transforming. Shift from one
resonance pattern to another. Find the best timing for opening new resonance channels and increasing the number of resonance channels. This is the general technique for all solo, duet, trio and group performance. When you reach the world=自我 channel, you will find your 'Kyu' in the 'Jo-Ha-Kyu' progression. Enjoy your whole self and your whole life resonance. Once you master this technique and dance the duet, you will be able to realize the 'transparent duet'.

6-6. The transparent duet

When we calm down our daily mind, ego and self and dance a duet, mysterious scenes comes to light. The physical shapes of dancers may be human, but they seem to be unknown non-human beings. The 'human' is only a momentary illusion supported by so many social and historical binds and limitations. Why do I call it momentary? Human history has lasted for millions of years and the concept of 'human' that we believe in was created over the past several hundred years in Western Europe. It is only a brief moment in the four billion years of life history.

There are so many different possibilities of how to be and how to live. When we become aware of the illusion of the concept of 'human' and remove the stereotypes of human limitations, the deep reality of life resonating with life through multiple kinds of subtle qualia appears. This is the 'transparent duet'. Once we have experienced it, we can never forget the deep and miraculous body sensations. It is as if we have been transformed into non-human beings. It is only possible by dancing with the body, not by thinking or watching. Still, describing this miracle ecstasy must have meaning for others. As you will learn how to stop thinking and take off your ego, you can actually experience it by yourself.

In the subbody method, we listen to subtle body sensations - gravity, warmth and so on - that each one of our cells feel. We can also catch subtle resonance between our neighboring cells. It gradually becomes possible to transparently feel our cells' resonance beyond the borders of self and other. The signs are very subtle, but they are resonating through the qualia of multiple channels - body, skin, movement, visual, audio and emotion channels.

The human relationship channel is a complex channel that contains many other channels. At first it just appears to be chaos, but when we
enter into very subtle levels of listening to qualia, it becomes possible
to feel and show the diversity of resonance that takes place between
life and life. Try to taste all these subtle, delicate and diverse
resonance while dancing with your partner. This is the 'transparent
duet'. Enjoy the miracle.

7. Rhizoming

7-1. Rhizoming I

What is rhizoming?
Rhizoming is the method for becoming a rhizome. It releases you from
the daily body which is bound by so many tree concepts and hierarchic
illusions. It allows you to transform into a rhizome subbody that can
stream and change with the flow of qualia and life. The daily body is
possessed by hierarchic illusions from head to toe. It is covered by a
thick and opaque platonic beliefs that there are good ideas above in
the head and bad impulses in the lower body.

When we take off all of the opaque covers, we discover an overflowing
rhizome world. A hope remains stuck under your butt, a desire
connects your neck with the soles of your feet. A storm enters into
your stomach from another country. Your skin turns inside out and
transforms into a flying anus. Rhizomes can connect everything and
anything and then immediately separate. There are no limitations, no
prejudices, no borders. When resonance takes place you become me,
a girl swims in your throat, your legs become a running forest, a dead
body lives in your pelvis.

Rhizoming means that such strange things happen at any place and
any time beyond the familiar spacetime. After training for a long time
in the rhizoming technique, your body transforms into a special body
in a multi-dimensional theater. In a wide sense, every technique that I
describe in this chapter is rhizoming. At first I recommend that you
start the body rhizoming technique with the following exercises.

1. A invisible transformation begins from the depths of your
body
Our daily body has forgotten so many of our body secrets. They have
all been hidden in the darkness of body. Dig up them, they are hidden
treasures for creation. We have many hidden cavities in our body, hidden joints and hidden channels.

2. A transformation starts from the edge of your body
It starts from the tip of a toe, finger, head, jaw, tongue, tail and so on, and gradually spreads to the your whole body until you transform into a completely different being. Show the whole process transparently.

3. A transformation begins in a hidden channel
We have many channels for interacting with the world. In the subbody realm, they are not separate. All qualia are connected and one in the non-dual world, but our consciousness cannot open multiple channels at the same time. When you show some body movement, the movement channel is the 'picture', and the other channels are hidden in the background. While your subbody is showing something in one channel, it can catch some subtle signals from another channel. Hide the signs and slowly shift from one channel to another by following the sub-signals, until you open another channel in another dimension. This is one of ways of 'unfolding another dimension' that I will describe later.

4. A transformation begins from a hidden part of space
You begin with body rhizoming, and after some time you can find a subtle entrance to another dimension somewhere in the space. You can invent your own way to open other dimensions of space by following your subbody.

5. Diversity of speed, direction and qualia
The subbody has such a wide variety of space and time qualities. You can use everything from a very slow world to another speed, other directions, other qualia - from underground, from a long time ago, from deep memories, from dissociated characters and so on. When you become familiar with your whole self, you will find such different qualia there. Just travel your whole self.

6. Following your subbody
Do not think about stories with your head. Our consciousness is bound by normal development, typical progression, archetypal stories, but in the subbody world such unique things are happening. Just follow them. This is the main way to open your subbody's creativity.

7-2. Transforming the body channel
We have the eight following main channels - body, movement, visual, audio, feeling, human relationship, world image= self image and thinking. Each channel has both an extrovert and introvert channel. Extrovert channels respond to physical objects and forces in the world. Introvert channels resonate with the inner qualia that are felt by life. Qualia are so subtle in comparison to the extrovert information. We receive subtle signals of specific qualia in the introvert channels. Introvert signals are thousands of times subtler than extrovert signals. Extrovert signals are thousands times stronger than introvert signals.

We can translate extrovert signals into information. Machines can process information, but they can neither feel nor use qualia. Only life can resonate with qualia. Only life can feel and use qualia in the universe.

When our extrovert channels are open, the introvert signals are masked by the strong extrovert signals. We need to rest our daily body and mind enough through swaying meditations, bottom breathing and the rhizoming technique in order to open the introvert channels.

a. Swaying meditation
b. Three dimensional conditioning at one hundred tandens of body
c. Bottom breathing from the first to the third stage
d. Listen to subtle signals in each channel from the bottom of the body while doing bottom breathing.

1. **Transformation method in the body channel**

Start with bottom breathing. Contract the bottom of body while exhaling. Catch the subtle signal of a qualia of body feeling, for example heavy, light, warm, cold, stiff, smooth, painful, easy and so on. At first you can just imagine a specific qualia and feel it in a certain point of the body. The body will already have started changing. The qualia are always resonating with each other, so when you think about a certain qualia, it is activated with instant resonance and you can catch it.

While releasing the bottom, imagine that the qualia are traveling up the body from the bottom. Gradually spread the qualia from the bottom to the whole body. You can recognize the changes from an introvert qualia to a real extrovert body feeling. When the body is filled with a specific qualia, then taste it and let it passing through your body while exhaling.
This is the miracle of transforming into any kind of being. In order to transform into another being you need to master the transformation process of calling up a qualia in the introvert body channel and spread it through your whole body using the extrovert body channel. This is the essence of the rhizoming technique. Taste this process deeply. Once you grasp this method you can become an advanced qualia user, able to use any kind of qualia and transform into any kind of being.

7-3. Rhizoming II

The second stage of the rhizoming technique
By investigating the dreambody, we can deepen the rhizoming technique in new realms.

1. Amplifying rhizome
A specific subtle qualia starts from a small part of the body and slowly infects the next part and the next, until the whole body transforms into another being. This is the most basic form of rhizoming. Now we have discovered much more variations by learning from our dreams.

2. Minimizing rhizome
This is opposite of basic rhizoming. The qualia that spread to the whole body start gradually reducing until they reach the minimum size at one point of the body. When the subtle swaying of the weakened body receive these unique and subtle qualia, the weakened body becomes full of secrets. We cannot distinguish the appearance of this subtle sway, only the dancer knows that these subtle qualia are the reduced qualia from his/her own proto dream qualia.

3. Focusing rhizome
A hidden qualia that has been reduced to the minimum size, suddenly appear in a part of the body and increases in strength. The small part of the body can show a strong and unique transformation. This strong transformation can become a unique flower in the butoh dance.

4. Merging rhizome
Sometimes in a dream one element connects to another. The self image can also appear as two different beings, for example I can be both the killer and the victim in my dreams. We can merge different elements into one body. One becomes two and two becomes one. This logic is the unique logic of the dreambody. We can also merge the
world image and the self image into one body movement. We cannot understand what is happening in these transformations. It is a hidden secret that only the dancer knows.

5. Connecting rhizome
When we amplify a connection between one part of our body and another part to the maximum, it can become a strange transformation. Qualia can be separate and still connect freely at any part of the body.

6. Becoming rhizome
By using these different types of rhizoming techniques, the butoh dancer can become another being who lives in different dimensions. One of the main keys of butoh is to transform another being that is not bound by human limitations.

7-4. Rhizoming III: Taking off human conditions

Taking off human conditions one by one
Our daily bodies are dressed up with human body through intense training and education. To become a butoh body is to undress our humanness step by step.

1. Taking off bones and muscles
Become a proto body. Transform from a human body to the most primitive one celled creature. Follow life's most primitive tendencies - lazy, slow, heavy, liquid, vaporizing, and so on. Become your own proto creature, a boneless creature, a liquid body. Become the proto body that your life has invented.

2. Taking off the nerves and heart
Become a humanoid. A demon approaches you from behind and steals your nerves. Feel the process of stolen nerves in each finger and toe, your face and your whole body. The demon also steals your heart, mind and soul. You lose your heart, feelings and emotions. Your eyes become glass ball eyes. Walk as a humanoid. Next a system error occurs in your humanoid body. Become a broken humanoid. Invent your own humanoid movement.

3. Taking off the individual
Become a creature's group body. Change the size of your subbody and imagine hundreds of birds, insects, fish, mice, snakes and worms in your hand, your arm or any part of your body. It is not you but this
group of creatures that moves your body. Follow the group of creatures movement in your body.

4. Taking off the human skin
Turn your inner hidden skin inside out. Imagine that your inner skin drops down from your bottom (anus or vagina) and covers your body until your whole body is covered by your hidden skin. Taste the world through your hidden inner skin. When your inner skin meet oxygen, it receives such a strong stimulus that it feels the qualia of almost dying.

5. Taking off human space and time
Release yourself from the human scale of space and time. Transform into a minimum size and scale. Open another time, speed and rhythm. Transform from a living bird to a fossil of the origin bird by opening the million year time scale. Upstream to different ages of life and the universe.

6. Taking off all human conditions
Take off all human conditions of human using these transformation processes that take off each human condition one by one. Finally you can become life. Release yourself from the human. Life can resonate with all kinds of qualia in the world. You are reborn and survive as another being in a different dimension. Dance as life. Dance life's sway between life and death. This is the essence of butoh.

7-5. Rhizoming IV: Infinite segmenting
The first step to the weakened body method is infinite segmenting. Our daily bodies are bound by large and rough movements, just like our daily minds are bound by rough and dualistic language thinking. When you are able to take off the coarse daily body and mind, the subtle subbody will appear and you will be able to contact the subtle signals from your darkness of body. Try segmenting your body into the most infinitely small part as possible while walking, rolling and crawling.

Walking
There are different methods and images for walking in butoh, such as Ash Walk, Size Walk and Bug's Walk, but all of them have the same basic principles:

Begin by standing on one point. Constantly shift the weight of your
body onto different parts of your feet - the joints of your toes, the inside and outside edges of your feet (Knife Edge), your heels. You may actually be standing on more than one point, but try to keep as much of your feet as possible lifted off the ground, as if you were standing on razor blades.

Now carry your body as slowly and quietly as possible, as if you are made of ash. Walk fragiley using your hidden muscles, which are twisted behind your daily muscles. Instead of walking as you normally do, shift your weight onto one foot in order to lift your other leg up slightly. Each step is a very subtle movement.

Feel a sway rising up from your feet as you change your point of contact with the ground. Each time you change your point of contact, your whole body constellation also changes. The resonance patterns of your body’s cells also change. Instead of walking, allow this subtly shifting sway to move you. Let this sway delicately twist your body in different directions and dimensions.

Imagine that your body is divided into an infinite number of segments. Begin by letting the movement travel from the bottom to the middle to the top (feet, torso, head) and back down. Then you can divide each segment into smaller parts (e.g. feet, knees, pelvis, stomach, chest, neck, head). You can continue this process of segmentation infinitely. If a subtle signal or life tendency comes up, follow it and amplify it to the maximum. Meet your edge. Then make a reverse twist. This is your new creation.

**Rolling**
While rolling on the ground, you can also follow the One-Point Stand technique by shifting your weight from one point of your body to another.

**Crawling**
Learn to crawl as if you are a newborn baby. Try putting weight onto different parts of your body without using the strength that you have developed in your muscles. Learn to move with the weakness of someone who has never moved before. Without any strength you will collapse. Even so, try to move. Try to lift yourself up, even if gravity is pulling you to the ground.

These are the most basic physical methods for weakened body butoh. Continue to deepen the practice of segmenting until you reach the level of the subtle cell's life.
7-6. Rhizoming V: Body sensations

Catch a specific qualia of body sensation. Taste it, follow it and amplify it from the minimum to the maximum level and scale. This is the rhizoming technique of transformation. Rhizoming is the method for becoming a rhizome. The rhizome is the most flexible form of being. It is able to connect, separate and resonate freely. The rhizome is free from all societal rules and limitations. The movements of the rhizome invent new rules themselves.

**Bottom rhizome**
A transformation starts from bottom of your body through resonance with a specific qualia and the change effects the next part of your body until it spreads to your whole body. At first we start by using typical body qualia - heavy, light, warm, cold, stiff, soft, flexible, melted, liquid, solid, sol (??), gel, air and so on. These typical qualia that have names represent only a small portion of qualia, most body sensation qualia are subtle and nameless. Most people do not even notice them. Showing these nameless, subtle qualia clearly is one of the roles of the butoh dancer. How to show them transparently, this is the technique.

**Top rhizome**
A transformation starts from the top of your head and spreads to the your whole body, all the way to the tips of your toes. This is top rhizoming. First practice with named qualia - light, vaporizing, melting amoeba, snake and so on. Advance to your own nameless qualia. Each qualia has its own speed and rhythm. Listen to it and follow it.

**Center rhizome**
A transformation starts from part of an inner organ or a body cavity and infects your whole body. This is center rhizoming. Your stomach starts rotting, melting, hardening, shrinking and so on. Here we can experience very deep qualia that are swaying between life and death. Taste them and become friends with them, until the time you are able to use and control them.

**Edge rhizome**
A transform starts from tip of your finger or toe. This is edge rhizoming. Shrinking, hardening, swaying and resonating with nameless qualia, taste the various qualia at the edge of your body and
follow them. Allow them to spread to your whole body. Sometimes the transformation progresses very slowly, other times very quickly. Find the most suitable speed. Expand your concept of time and space from the daily scale to the universe scale, from one moment to one billion years.

7-7. Hidden cavities

Rhizoming in hidden cavities
We have so many hidden cavities in our body. The deeper levels of body sensation are connected with these hidden cavities. Our daily body has completely forgotten them. When we remember them and use them freely, we have so many different possibilities for transforming into various kinds of creatures. After practicing the 'Upstream life meditation', 'Three dimensional body cavity' and 'Three dimensional oral cavity', proceed to the following method of transformation.

1. Transformations from the body cavity
Change the shape of your body cavity in various dimensions by following subtle signals from your body image and life. Ask your life, "What creature's body image do you remember today?" If you get a subtle melting tendency from your life, follow it and transform into your own amoeba or some other creature. If your subbody wants to flow, then follow the sub-signals and transform into a jellyfish or a sea anemone and so on.

Our life has spent such a long time in the water, so our subbody can remember the inner qualia of water life. Using various kinds of breathing, change the shape of your body cavity in various rhythms, speeds, and directions.

2. Transformations from the oral and nasal cavities
Your can also transform from the oral and nasal cavities using various ways of breathing. You can taste such new body sensations, emotions and world image streams.

3. Transformations from the eye cavity
Change your eyes by following your life memories. What have you seen in the deep sea, underground and in complete darkness without eyes?
4. **Transformations from the hidden cavities**
When you follow spontaneous body sounds with various types of breathing, you can unlock resonance with the above hidden cavities. We have many sinuses, cavities in the skull bones surrounding the nasal passage that warm and moisten the air before it enters into the delicate lung tissue. When body sounds resonate with these cavities, they become the Hoomee (????) sounds of Mongolian and Tuvin people. They taste these sounds as the voice of heaven. You can open other dimensions through the audio channel.

5. **Emotional rhizoming**
When you follow the stream of spontaneous body sounds, you also associate with different emotions and receive sub-signals. Follow the subtle emotional streams. Unfold the hidden emotions that have been folded in your darkness of body for a long time.

6. **Relational rhizoming**
Our subbodies are always streaming and changing channels. When you catch subtle signals from human relationship channel, follow them and enter another kind of relationship. Not only human relationships, but also open relationship with strange imaginary creatures. Enjoy playing with them.

7. **World image= self image rhizoming**
The final channel is the world=self image channel. When you catch a subtle signal of a shift in the world image, follow it and open another world image. Our life has experienced so many different circumstances and environmental changes - ice ages, storms, earthquakes, volcanoes and so on. Enjoy traveling in your proto creature's world. Through this travel you eventually became familiar with various life memories. Develop them until they grow into your own proto body. It is one of the ten bodies in subbody butoh.

7-8. **Hidden joints**

**Metamorphosing from the hidden joints** Our daily bodies have forgotten so many functions. We no longer use our tail, but we still have the nerves around it. When we imagine the tail it help us so much in our movement. The sternoclavicular joint (the joint between the chest bone and collarbone), and the sacroiliac joints (sacrum and pelvis) are also forgotten joints. We must slowly try to move these hidden joints in the three dimensional directions and taste their qualia.
Through these experiences we can meet our hidden characters and hidden bodies.

**The sternoclavicular joint**
Move both collarbones forward. The heart recedes in the chest just a little. Push them even more forward, the heart is excruciatingly closed. The constellation of the skeleton changes and the introverted self comes out. Close the chest even more. Then we can meet the stony self who is closed off to the outside world. Now move both collarbones backwards and the extroverted character comes out.

Move them upwards. We can remember what it is like to shrug our shoulders when we fail at something. Move your neck further down until it disappears like a tortoise shrinking its head. Next push both collarbones down to the bottom. Your neck becomes long. Move your neck like the birds and horses.

Stretch both collarbones out to the clavicle. The sternoclavicular joint spreads like the chest of a free bird. Then move both collarbones in a narrow position until the sternoclavicular joint becomes fixed. Move it even more until chest closes like a fish or a snake that does not have a chest. Swim like a fish, using only your spine.

**Sacroiliac joint**
Move both sides of the pelvis forward. Close both your pelvis and your chest. The basic constellation of your skeleton changes. You can metamorphose into a prudent character like an armadillo. Next move both sides of your pelvis backwards. The sternoclavicular joint also spreads and a diplomatic arrogant personality comes out.

Move the top of both sides of the pelvis closer together. Your knees becomes X shaped legs, your chest is closed and your arms twist to the limits. You will meet strange characters who were folded in your darkness of body.
Next move the bottom of the pelvis closer together. The top of the pelvis spreads to the position of a pregnant mother and you can experience the body feeling of pregnancy. Walk while taking care of your baby. You can a little something about what it is like for a pregnant mother. Then separate both sides of the pelvis away from the sacrum. When you reach the maximum distance between both sides of the pelvis, you are in delivery position. Remember the experiences that we have all gone through. Then move both sides of the pelvis closer to the sacrum. The pelvis becomes fixed and even your body becomes like a snake or a fish. Swim using only your spine.
like a snake or fish swimming.

**Hidden joints of the hands and feet**
Similarly, slowly move the hidden joints of your hands and feet in the three-dimensional directions.

Center/edge change: Move from the center of your body (sternoclavicular, sacroiliac), to the edge of your body (the tip of your finger or toe). Switch from the center to the edge, and then reverse.

Bottom/top change: Wave upwards from the bottom of body like a plant and move from the top of head like an animal. Switch from bottom wave to top wave and top wave to bottom wave.

**The jaw joint and hidden eye movement**
Move the jaw joint in three-dimensional directions and move your eyes in an oblique direction. You can meet various hidden characters depending on the degree of twisting - the jocular self, full of ideas, the cunning personality, the curious character and so on. When you meet a stranger, slowly become friends with him/her.

**7-9. Hidden muscles**

Opening our transparent anatomical eyes to the darkness of body helps us to transform into the weakened body. Our daily bodies are bound by rough and large movements that use the big surface muscles. In addition normal dance and sports are bound by the same rough and large movements. However, we have a deep layer of muscles under these large surface muscles. They are not straight, but spiral and connect the bones beyond the joints. They have been forgotten by our daily body and dissociated into the unconscious realm. I call them "Hidden muscles".

We need to first inhibit the gross daily body which is bound by the large surface muscles. Then we can listen to the subtle signals with teh subbody’s transparent eye, which is connected to hidden muscles and hidden qualia. Opening other dimensions that do not exist in our daily world by using hidden muscles and hidden qualia is one of the main techniques of butoh.

**Hidden muscles in spine and body**
**Middle layer back muscles**
When we remove the large surface muscles, like the large back, chest and stomach muscles, the long, straight spine muscle appear.  
(Fig.1***)

**Deep layer back muscles**
This muscle is used to keep the body straight together with the bottom muscles. When we change their degree of contraction, we can control the body’s flexibility. In meditation and Zen sitting we use a medium degree of contraction. For transforming into the stone or puppet body, we contract them to the maximum degree. As we release them little by little, we can transform from a solid body to a liquid body to a vaporized body, according to the degree. When we remove the longest spine muscle, we will find tiny muscles that connect each vertebra in different dimensions.  
(fig2***)

**Muscles between the skull and the neck**
We use these hidden muscles to transform into the weakened body. The skull and the vertebrae of the neck, collarbones and shoulder blades are connected by many tiny hidden muscles in different directions - straight, diagonal and spiral.  
(fig3***)

**Psoas major**
The spine, pelvis and leg bones are connected by psoas major, which is the biggest hidden muscle. Normally we use the psoas to bend the body and raise our legs forward. We inhibit these large movements of the psoas and just contract it a little to shorten the legs and start subtle swaying.  
(fig 4***)

**Hidden muscles of legs and arms**
Most of the hidden muscles run trans plural joints (???) and connect bones spirally. When we stop our surface muscles and use the hidden muscles, strange movement that do not exist in our daily human world come out. We cannot invent them with our head, only by following the subbodies that live in the darkness of body. Subbodies have their own qualia, images, timing, rhythm. We just need to follow them and sink down into another dimension.

**Lower leg**
(Fig. 5***)
The daily body can only control the large and rough muscles - big hip muscles, long thigh muscles, hamstrings and so on. We need them for daily movement and sports, all kinds of dance, etc., but for weakened butoh we start to inhibit their rough movements and then we can meet subtle signals from the darkness of body as well as hidden movements.

When we control them by contracting and releasing them independently, we can transform into a dead body, puppet body and humanoid body and finally weakened body which is swaying between death and life. Start to practice controlling each hidden muscle independently one by one, and taste each unique qualia. When the hidden qualia that are folded in each body part and the subtle hidden movements become oneness, weakened body butoh begins. Until then it is only movement or only just an image.

**Long process to becoming a butoh body**

In order to transform into the weakened body, we need both a long training of listening to the subtle qualia of the darkness of body and the ability to control the subtle swaying of each body part in different dimensions using our hidden muscles. It takes a long time. It even took Hijikata five years after his aggressive performance of "Nikutai no Hanran" (The rebellion of body, 1968, Japan), to complete the weakened body butoh, which cuts off all gross movement of dance he had learned.

Always be aware of the subtle hidden joints and hidden muscles by opening the transparent mind, then you can transform into another being who lives in different dimensions with subtle and strange swaying. Take off all human conditions. Become an unknown being swaying between this world and the dead world. Look at this living world with dead eyes from another world. Become a rhizome! Become a secret!

**7-10. Hidden fluid**

**The proto ocean of life**

Our human body has sixty trillion cells. Each cell has its own independent life. How do trillions of cells resonate together and
become one human life? They have so many kinds of resonance patterns that life has invented over the course of the last four billion years since the birth of origin life. They definitely need the water environment for resonance, because many important resonance patterns were invented in the ocean. Still now, our life needs the same environment in our bodies as the proto ocean for communication.

Origin life was born in the ocean. It needed the same environment for reproduction. The fluid environment of the vagina and womb, which is the same as the proto ocean, is needed for the process of cell fusion of the sperm and egg. The glia neuron networks (???) in the brain also need the proto ocean environment as cerebrospinal fluid. Six trillions cells need the proto ocean for resonance, it is our body fluid. Our consciousness completely ignores it, so we call it "Hidden fluid".

**Listening to the hidden fluid**

When we quiet down our consciousness, we can listen to the subtle changes in the condition of our body fluid. Around 60-70% of our body is made of water. There are four basic ways of cell communication:

1. Contact-dependent
2. Paracrine (???)
3. Synaptic
4. Endocrine

All of them require body fluid as their medium. Body fluid is the medium for cells resonance with different body systems. The endocrine system uses blood and lymph fluid for communicating hormones. The immune system also needs body fluid for activities of macrophage, T-cells, B-cells, and NK (natural killer) cells. They are moving beyond the blood, lymph and body cells. Neurons are connected by synapses to other neurons. For the synapses, body fluid is a necessary medium for neurotransmitters. Glia and neuron cells communicate at the synapses using various transmitters.

Listening to the hidden fluid is listening to life resonance between sixty trillion body cells. When the conditions of body fluid change, we receive qualia like emotions and desires. If the level of water in our blood decreases, we feel thirsty. If the level of sugar decreases, we feel hungry. If sexual hormones increase, we feel sexual desire. If blood pressure increases, we feel uncomfortable.

**Becoming a fluid body**

Sway with ocean. There are no borders between the inside and the outside. Just resonate with everything.
Transforming from the hidden fluid
When we are able to change the qualia of our body fluid, then we can transform our bodies into various conditions and beings - frozen, liquid, vaporized, stone and various creatures. Invent your own ways of transforming from the hidden fluid.

Continue listening to the subtle changes in the hidden fluid. It means listening to the conditions of life. Listen to the subtle resonance of life all day long. This is the way to be with life.

7-11-1. Hidden skin

The hidden skin is a sense that has remained since the beginning of life. Life has changed shapes and ways over the course of the four billion year history from one celled to multi-celled creatures, but all of the specific qualia are stored in the cells. The hidden skin has a long history from the one celled age through all of the different creatures' ages, and from fetus age to present. How can we remember all of their hidden qualia? I will explain the origin of each layer of hidden skin and how to awaken the sleeping senses.

The 1st layer: Placenta
The fetus of mammals is wrapped by a thin film that is called the placenta. The placenta protects the fetus against shocks from the outside world. The fetus recognizes the world through the subtle vibrations in the placenta. During that time, neither the five senses nor the eight main channels are separated. They are one, including the sense of pain, pressure, temperature, smell, taste, movement, light, sound and the world=self channel. Like single celled creatures, the fetus resonates with all qualia and recognizes the world totally through the placenta.

Even after birth the sense of the placenta remains throughout the whole life. The specific way of sensing remains even though the organ has disappeared, like with the tail, phantom limbs, etc. The sensing qualia of the placenta remain. Consciousness does not notice it, but the subconscious uses these non-dual and multiple qualia as the most sentient feelings about the world and self condition. The subbody’s main channel is this non-dual and multi-dimensional channel. Try to practice the subtle contact movement with a partner between touching and not touching. You will enjoy a comfortable resonance and fall into a state of dreaming.
The 2nd layer: Amniotic fluid
Around the placenta is the layer of amniotic fluid. We spend ten months in the ocean of womb and life had spend for four billion years in the real ocean. That is why the qualia of being moved by the outer waves is so dear to us. Practice moving with a partner from a proper distance (???) while sending imaginary waves to each other. You will enjoy it. Through the school of fish practice, you can also remember the fish's 2nd layer qualia.

The 3rd layer: Womb
The womb was the biggest shelter for the fetus. We need a nice small space like a bedroom, a bathroom and so on in order to relax and feel safe. If your house is invaded by unknown aliens, you will feel deep fear because your layer of safety and shelter has been shaken up and invaded.

The 4th layer: World
The mother’s body was the whole world for the fetus. We have all felt the world through resonance with our mother’s body. Our deepest nature before our ego and character, whose origin is not known, may come from the experience of resonance with our mother’s body during the fetus age.

The 5th layer: Out of the world
The "out of the world" layer is alien space. When we enter an alien land, our body automatically responds with the sympathetic nervous systems and adrenalin spreads through the body to prepare us for fight or flight. When you encounter unknown people of things, watch your body condition transparently and release your body from its natural responses. Otherwise you will be unconsciously bound by an uncomfortable mode.

The 0th layer: The skin
Each cell has many receptors in the cell membrane, and it resonates with all kinds of matter through them. It is the real layer of physical communication with the environment, compared to the placenta, which is the imaginary communication organ through qualia. The sense of touch also controls the resonance patterns with the environment. By sharing the same shape of skin, you can naturally resonate with the inner body qualia.

The -1st layer: Body fluid
Body fluid is streaming under the skin layer. It is the biggest medium for inner communication. Many kinds of transmitter substances are floating and control the resonance patterns between all cells. The signs
of change in body condition comes out as emotions. The qualia the emotions are the most important messengers between life, body and consciousness. When we are able to see the condition of the body fluid and control it using various techniques, we can transform into many different types of beings.

**The -2⁰ layer: Muscles**
Muscles are classified as surface muscles and deep layer muscles. Daily body consciousness controls the surface muscles according to habits and customs of modern human society. When we inhibit the large and rough habitual movements of the surface muscles, then many hidden movements come out from the darkness of body.

**The -3⁰ layer: Hidden muscles**
Hidden muscles are completely ignored by our daily consciousness. However they respond to the deeper resonance with the qualia of the hidden skin. Listen to the subtle resonance between the hidden skin and hidden muscles. Opening the hidden senses that are folded in the body is one of the most important aspects of training in butoh.

**The -4⁰ layer: Bones and joints**
Hidden muscles run in spirals under the straight surface muscles and connect the hidden joints beyond the many layers of bone. Become aware of them also.

**The -5⁰ layer: Hidden cavities**
There are so many different hidden cavities in our body. Make it a daily habit to listen to the subtle signals from your inner organs and hidden cavities. Invent your own original dance from your hidden cavities. It will become a flower of your butoh.

**7-11-2. Hidden skin II**

Our subbodies have hidden skin that is different from the physical skin of our daily bodies. I do not know where it is, but almost all of my butoh pieces were created by this hidden skin. It is an invisible layer of skin. In the hidden skin there are stored not only individual memories after birth, but also memories of the fetus age, of other creature ages and of the single celled creature’s age. I believe that life has stored deep memories for four billion years in our hidden skin. The subbody resonates with the world through the hidden skin.
We have already studied hidden joints, hidden muscles and hidden cavities. Each hidden part stores deep life memories, but the hidden skin is the deepest one for life. Life existed as a single celled creature for the first three billion years of life history. At that time, life did not have bones, joints or muscles at all. It only had a one celled body and skin. The oldest memories must have been stored in its body and skin. I believe that it has become the hidden skin of multi-celled creatures.

These hidden memories and the present qualia that our physical body feels right now resonate together at the same time. When we quiet down our consciousness enough, we can catch the subtle signals of our hidden skin resonating with the world. The hidden skin has several layers, though we cannot count the number of layers. We can open our hidden skin using the following method.

1. Calm down daily your consciousness using the swaying meditation, bottom breathing and so on, until you feel comfortable qualia streaming in your darkness of body. Taste it deeply.

2. Move with the imaginary ocean waves. Enjoy the qualia of being moved. The qualia of being moved is one of the most familiar for our life, because our life was moved by ocean waves for three billion years or more when life was just a single celled creature. Our hidden skin has much deeper history than our consciousness.

3. Find a partner. Feel life resonance between your cells and your partner's cells from a distance between touching and not touching. Move while tasting the subtle resonance in your hidden skin by changing places around your partner's body.

4. Move further apart - one centimeter, ten centimeters, one foot, one meter. Taste the different qualia that resonate at various distances.

5. Touch your partner's physical skin. Move the skin in different directions. The receiver's body is moved by following the direction that the hidden skin responds.

6. Gradually contact deeper levels of body. Move each layer in different directions, with different speeds and sizes - surface skin, tissue, muscles, deep layer muscles, joints and bones. The receiver is moved by awakening the hidden memories that are folded in each layer of the body.

7. Open the limitless creativity of the hidden skin as follows.
7-1. One person takes a pose and freezes. The other person touches the hidden skin of his/her partner's pose and recreates the same form in the space by moving both hands as if to make an imaginary space sculpture.
7-2 Create the same form with your hands, but reducing the size to one foot.
7-3 Create a tiny sized sculpture by moving the form freely.
7-4 Create an even tinier one in your mouth cavity.
7-5 Your partner becomes dust size. Breed him/her on your eyelash.

8. Separate from your partner. Dance with an imaginary partner by freely creating the shape, size, movement and changing the layer of your hidden skin. Your imaginary partner may break or invade a layer of your hidden skin, play with it. Open the limitless imagination of your hidden skin. It has extreme and infinite imagination beyond your expectations.

7-11-3. Depth of the hidden skin

???

7-12. Unfolding different dimensions

The strangest characteristic of the subbody world is unfolding different dimensions. It is not the familiar spacetime of three dimensional space and one dimensional time, but the non-dual and multi-dimensional world, where everything is always streaming and changing. Everything happens in an unknown way as something appears from an unknown spacetime. A subtle signal from another dimension is folded into the present dimension. You can catch the sub-signals and amplify them. A new dimension is unfolding from somewhere in the visible world in a different way.

There are so many variations of unfolding. Sometimes it starts like a strange liquid oozing out slowly, or you may suddenly fall down into another dimension, you may lose your way and wander into a strange place and so on. The variety of ways of unfolding is infinite. How can you learn it? All of the hints are folded in your darkness of body. Carefully watch how your dreams start and spread from one scene to the next. Not only your dreams, but also your daydreams, illusions, fantasies, visions and so on, also give you hints. All of the keys are
hidden in the night activities of your dreambody and the daytime activities of your subbody.

You should try to become a specialist in the method of unfolding different dimensions. It will guide you to become an original creator of your own subbody butoh, that is unique in the world.

8. Creating

8-1. What is choreography?

People generally understand choreography the score of physical movement in a dance piece. I also understood it this way for a long time, until I discovered that it is a complete misunderstand in subbody butoh dance. Our consciousness does not create subbody movement. Our subbody spontaneously creates it. Our consciousness just follows a sequence of movement in order to remember it.

A precise map of the darkness of body
In subbody butoh choreography means the process of bringing out a specific subbody from the darkness of body. It is like a precise map for summoning a subbody from the darkness. The whole process is important - from conditioning to researching to creating the subbody movement. Through these processes our body shifts into a specific subbody mode where hidden bodies can come out.

8-2. Jo-Ha-Kyu

Jo-Ha-Kyu is one of the most important creation methods of subbody method for discovering your essential dance. Jo-Ha-Kyu was found by Japanese Noh dance master Zeami seven hundred years ago.

Jo is the beginning
The key is to catch a subtle signal from your darkness of body and hide the sign. Only you know the subtle signal, but you keep it a secret. Wait for the best timing with only a subtle sway until it matures and is ready to come out from the non-dual realm of qualia to this three dimensional physical world. Everything has its own best timing
for appearing. When you find the best timing, the subtle signal comes out as the first movement. This is the “Ha” moment.

**Ha means change**
It breaks the Jo world and appears as another dimension of each subbody. Each subbody has their own world. Open it with the best Ha timing. Ha should have the proper timing. Normally, there are three Ha timings - Jo of Ha, Ha of Ha and Kyu of Ha. Each Ha should be different. Listen to your subbody, “Which timing do you want to come out by?” One Ha is very slow, while another has its own rhythm, some come as sudden changes. Invent your own unique Ha which you have never seen or done before. These different combinations of changes will create their own beauty.

**Kyu is the climax and ending**
Climax means that the qualia are amplified to their limit. This also includes the anti-climax which is quietness amplified to the limit. Kyu is the essence of your subbody dance. Kyu has some clear merkmars (???). The first one is necessity. When you feel that your dance is necessary for you to be reborn then it should be your Kyu dance. The second merkmal (???) is the world=self channel. When your subbody dance opens the world=self channel, then it may become your Kyu movement. It will show you what world your subbody wants to create. The third merkmal (???) is the possibility of repetition. When you find a potential Kyu movement, ask your life, “Do you want to dance this movement ten thousand times?” If your life replies, "Yes I do!", then it must be your Kyu dance. Dance it ten thousand times, it will become your lifelong friend.

**8-3. The Kyu of Jo-Ha-Kyu**
The Jo-Ha-Kyu method was founded by the Noh dance master Zeami (1363- 1443). Jo is the beginning. Ha is the break or change. Kyu is the climax and ending.

**1. Jo - Hiding the sign**
There is also a Jo-Ha-Kyu in each Jo, Ha, and Kyu. The essence of the Jo of Jo is hiding the sign which is going to come out. You simply feel the qualia without any movement. Qualia is everything which is felt by life.

The Ha of Jo is to make it an even deeper secret by swaying the body.
You show your body swaying between this world and another world. Different types of qualia are going to come out and sway back into various parts of your body. The moment when the first qualia appears is the Kyu of Jo.

2. **Ha - Opening another dimension**
   When you follow and amplify the first qualia to its maximum, you will catch a sign from another dimension. If you amplify the next qualia, you can open a different dimension from the first world which you created. This is the Ha. It breaks the first world. Invent your own timing for each Ha. This is the creation.

3. **Kyu - Several ways of Kyu**

   3.1 **“Momiyose” - condensed**
   Kyu is the climax and ending. You should show everything by using rich variations of all kinds movement techniques. You can end after showing everything in a short condensed time.

   3.2 **Reach the world image = self image channel**
   From Jo to Ha you travel along a single channel - body feeling, movement, visual, audio, feeling, human relationship, etc. - in order to explore your whole self world. Finally you encounter the world=self channel. This channel is the most complex channel, it contains the whole qualia beyond all of the single channels. You can show the whole qualia of your life swaying in the world=self channel.

   3.3 **Transforming into another dimension of the dead world**
   To transform as the dead is the alpha and omega of butoh. When you die as a human body it is possible to transform into other beings from other dimensions. You must practice the technique of the weakened body for a long time. Only then can you watch this world from the world of the dead.

   This living world is full of qualia, full of light, sound, etc, but the dead cannot resonate at all with these qualia. You can deliver the deep message to the audience that they can live as a creator by using these rich qualia. The audience always forget it. They feel bored with everyday life. They have lost the life. Your look as a dead body can make them aware of the real life.

   3.4 **Ask your life, “Can you repeat this dance ten thousand times?”**
   If your life answers “Of course, I can repeat it ten thousand times!”,
then the movement must be your Kyu dance. This is the simplest question to determine whether or not it is your Kyu. Dance it ten thousand times. It is your destiny.

8-4. The completion of Jo-Ha-Kyu

Noh master, Zeami (1363-1443) once said, "The acme of every dance depends on the completion of Jo-ha-Kyu. If a piece is not interesting, it is because the Jo-ha-Kyu is incomplete. How can we get to the essence of the acme? When we sink down to the bottom of the darkness of body and discover a transparent awareness of the wonder of life, then we may find it."

What is the completion of Jo-Ha-Kyu?
In the previous section I explained several methods for finding your Kyu.

1. "Momiyose" - condensed
2. Opening the world channel
3. Transforming into another dimension of the dead world
4. Asking your life, "Can you repeat this dance ten thousand times?"

These are necessary processes for arriving at the Kyu stage, but they are not enough for the completion of Jo-Ha-Kyu. What is the completion of Jo-ha-Kyu?

以下、書きかけ日本文参照のこと。

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"Without risking one's life, one can never find such a thing. It is Hijikata's last testament for you."

8-5. Bugs walk II: From Bugs walk to your own creation

As we continue researching which movements are the most appropriate for each sentence in the Bugs walk text, the whole
weakened body intended by Tatsumi Hijikata starts to emerge. We need to remove all of the conditions of the daily body that are imprinted in our bodies as modern humans. We also must become aware of the hidden parts of body that we have forgotten. They include the hidden joints, hidden muscles (deep layer muscles), hidden cavities and hidden skins. This text is part of Hijikata butoh’s cultural heritage. It reveals the most basic method of Jo-Ha-Kyu. Not only that, but there are also hidden so many hints for the original creation of your own butoh.

**Bugs walk**

1. A bug is crawling on the back of your right hand.
2. A second bug is creeping down from the left side of your neck to your back.
3. A third bug is wriggling up along your inner thigh.
4. A fourth bug is squirming down from your left shoulder to your chest,
5. A fifth bug... (Find it by yourself.)
6. You are so itchy here and there. You cannot stand still. You are pushed away from here by itchiness.
7. Itchiness under your chin, itchiness at the base of your ears, itchiness around your elbows, itchiness around your kneecaps, itchiness around your waist. Ah! There are five hundred of them!
8. Around your eyes, around your mouth, in your ears, between your fingers, in every mucous membrane. Five thousand bugs!
9. A bug on every hair.
10. A bug in every pore.
11. From there thirty thousand bugs are crawling down into your guts and eating them voraciously.
12. Having eaten them up the bugs are coming out of your body through the pores. Now they are eating the space around your body.
13. Now the bugs are full of your outer space and are eaten by another kind of bug.
14. The condition is being eaten up by another kind of bug.
15. (Half a billion bugs on a tree. The inside is all gone.)
16. It is your end. (Your will and sense of material belong to the bugs.)

**[ Jo ] Start from a subtle qualia**

1. **A bug is crawling on the back of your right hand.**
Listen to the subtle sensations of a bug on the back of your hand. It is
too subtle for your daily body to notice it, but as a butoh dancer you are aware of the subtle signal and hide it. This is the "hiding the sign" aspect, or the Jo of Jo. In Japanese traditional technique it is also known as “Tame” (???). When the subtle itchiness increases beyond a certain limit, an unbearable response spontaneously comes out. Control it and wait for the optimum timing. This is the Ha of Jo. It is best to start moving from the hidden joint of the ring finger, because it is one of the most forgotten parts of the daily body. Next the hidden joint of the index finger follows. These two hidden joints are the most basic in the butoh hand. Hijikata suggested that we train them.

2. A second bug is crawling down from the left side of your neck to your back.
Show the movement of the bug by moving the hidden joints and muscles one after another from your neck down to your back.

3. A third bug is crawling up along your inner thigh.
Show the bug crawling by moving the deep layer muscles of your inner thigh one after another from your knee to your inner thigh. Hijikata recommended training these hidden muscles for the basic butoh walk. It is necessary to use these hidden muscles in order to walk like a dead body without lifting the heels, like in the Ash walk.

4. A fourth bug is crawling down from your left shoulder to your chest.
Your left shoulder blade responds quickly to the bug. Show the bug crawling by moving each muscle one by one from your shoulder to your chest.

5. A fifth bug... Find it by yourself
Find your own unique body part and show the first small flower of your butoh. Invent your own strange movement. This is also a gift from Hijikata for you to invent your own movement. When you continue to sink into the darkness of your body, you will be able to invent your original butoh that has never performed before.

6. You are so itchy here and there. You cannot stand still. You are pushed away from here by itchiness.
Amplify the sensation of itchiness to the extreme. You cannot stand it anymore. The necessary response of your life guides you to your necessary movement. Up to this point is Jo, the beginning stage where the bugs increase their number on your skin. The next stage is Ha, the change where the bugs start invading your body and transform it from the inside.
**Ha: Transformation of the whole body**

7. **Itchiness under your chin, itchiness at the base of your ears, itchiness around your elbows, itchiness around your kneecaps, itchiness around your waist. Ah! There are five hundred of them!**

Move the root of your tongue to show the movement of your chin that is blocked, like when you want to say something but you cannot.

**Itchiness around your ears,**
Move your ears with an almost impossible feeling. It warps your face. Become an unconscious face.

**Itchiness behind your elbows,**
Your hidden muscles behind your upper arms shrink.

**Itchiness behind your kneecaps,**
Move the deep layer muscles behind your legs and shake your knees. The vibrating knees are also the point of fragility of ash walk. Keep the subtle shaking until the end.

**Itchiness around your waist. Ah! There are five hundred of them!**
Move the inner cavity of your stomach. This is only a foreshadowing of your inner organs collapsing in next stage.

8. **Around your eyes, around your mouth, in your ears, between your fingers, in every mucous membrane. Five thousand bugs!**

**Around your eyes,**
Slightly vibrate the small muscles around your eyes. Your eyes become rotten eyes. When you have lost your seeing eyes, then you can sense another hidden world. Keep your rotten eyes until the end.

**Around your mouth**
Shake the small muscles around your mouth. Your mouth also stops working.

**In your ears,**
Your ears are full of bugs and you have also lost your sense of sound. Your fingers also stop working. Show it by collapsing all of your hidden joints.

**In every mucous membrane. Five thousand bugs!**
The bugs starts to invade your mouth, nose, anus, vagina and so on. Your sensitive membranes start shouting silently.

9. **A bug on every hair.**
The skin on your head is collapsing. Your brain becomes muddy.
10. A bug in every pore.  
The pores store your body fluid. Your body fluid is invaded by alien substances. Image that your blood changes purple or green.

11. From there thirty thousand bugs are crawling down into your guts and eating them voraciously.  
At last your inner organs are eaten and lost. Find your own movement for the collapsing of your inner organs. This is a seed for the creation of your own unique butoh.

Kyu - Collapse of the world and opening of another dimension

12. Having eaten them up the bugs are coming out of your body through the pores. Now they are eating the space around your body.  
After losing your whole body, the world is invaded. We have many layers of hidden skin around our body. Each hidden layer is broken and the space is changed.

13. Now the bugs are full of the outer space and eaten by another kind of bug.  
Here you show many stages of world transformations. A specific dimension is invaded by another dimension. Remember your dreams. The dream world also changes from one world to another by the resonance of different qualia. The unconscious hidden world contains the hidden logic of transformation.

14. The condition is eaten up by another kind of bug.  
Here is the starting point of opening another dimension for your own butoh. Ask your life, “What world do you want to open and survive as?” Why do you need to dance? Real creation starts from here.

15. (Half a billion bugs on a tree. The inside is all gone.)  
The sentences in parentheses are additional explanations by Hijikata. Here he gives an example of a transformation process after the practice of Bugs walk. Actually, you can transform into anything freely in your creation. A bug is only symbol of a qualia of transformation. You can increase another qualia besides bugs. For example, amoeba, gravity, wind, coldness, warmth, laughing, fragility, melting, sound, voice and so on. You can transform into a stone, a mountain, an old woman, a fetus, a ghost, air, a girl, a creature, an imaginary being and so on.

16. It is your end. (You are not moved by your will, instead you
are moved by the bugs or the sense of material.)
To learn what kinds of logic function in another dimension before the separation of self and other is the main theme of the Bugs walk. In this dimension you are not subject of your behavior, but you are moved by resonance with another qualia. Hijikata said that butoh is the work of sinking down into the root of relationships. There are different types of relationship that follow the hidden logic of another world before the separation of self and other. Entering into the hidden world of life is the way of the Butoh of Life.

8-6. Bugs walk III: Opening each layer of the hidden skin

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8-7. Bugs walk IV: Jo-Ha-Kyu of Bugs walk

???

8-8. Jo - Bugs start crawling

Jo - Bugs start crawling on your body
1. A bug is crawling on the back of your right hand.
2. A second bug is creeping down from the left side of your neck to your back.
3. A third bug is wriggling up along your inner thigh.
4. A fourth bug is squirming down from your left shoulder to your chest,
5. A fifth bug... (Find it by yourself.)
6. You are so itchy here and there. You cannot stand still. You are pushed away from here by itchiness.

Jo - the beginning
Only one small bug starts crawling on the back of your hand. This is the beginning... and it is increasing. You do not move by your own will, but you are inevitably moved by someone else. This exemplifies the essence of Jo.
8-9. Ha 1: Bugs swarm

Ha 1 - the bugs increase in number and become a swarm
6. You are so itchy here and there. You cannot stand still. You are pushed away from here by itchiness.
7. Itchiness under your chin, itchiness at the base of your ears, itchiness around your elbows, itchiness around your kneecaps, itchiness around your waist. Ah! There are five hundred of them!
8. Around your eyes, around your mouth, in your ears, between your fingers, in every mucous membrane. Five thousand bugs!

Jo of Ha - the first stage of changing
The number of bug is increasing, and the change in number transforms the change in quality. When the bugs become a swarm, they transform into a terrible monster who can destroy everything and anything. Hijikata, who was from a farming area of Japan, knew very well about the terror of a swarm of bugs. Find the best moment of Ha from the change in quantity to the change in quality. This is the Hijikata’s message to you.

8-10. Ha 2: Bugs invasion

Ha 2 - Bugs invade your body
9. A bug on every hair.
10. A bug in every pore.
11. From there thirty thousand bugs are crawling down into your guts and eating them voraciously.

Ha of Ha - the second stage of changing
The bugs changes the direction of the invasion from the surface of your body to your inner body. In this moment, the bugs transform from mere bugs to a much more terrible being. You need to accept the process of the invasion as the inner layers of your hidden skin are invaded one by one. The greater the numbers of bugs, the less strength you have. Dance the process as a desperately standing dead body until your body becomes empty.

8-11. Ha 3 - Space invasion
Ha 3 - Bugs invade the space

**Bugs eating the space are eaten by other bugs**
12. Having eaten them up the bugs are coming out of your body through the pores. Now they are eating the space around your body.
13. Now the bugs are full of your outer space and are eaten by another kind of bug.

**Kyu of Ha: the 3rd stage of changing**
After going through the process of several changes the biggest change happens - the bugs start eating the space. Your world is vanishing. Dance the process of the end of the world as a standing dead body.

8-12. **Kyu: Opening another dimension**

**Kyu - the condition is eaten and another dimension is unfolded**
14. The condition is being eaten up by another kind of bug.
15. (Half a billion bugs on a tree. The inside is all gone.)
16. It is your end. (Your will and sense of material belong to the bugs.)

**Kyu: The climax and the ending**
The condition of the end of the world is eaten by another kind of bug and another dimension is unfolding. You must be reborn as another being in a different dimension. Show the process of the rebirth of life. Even though you may become a very strange and miserable being, show another way of life. It is the work of butoh dancer to create the butoh of life.

**Completion of Jo-Ha-Kyu**
This is the acme of the completion of Jo-Ha-Kyu. It is not only a mere technique for direction. What is the completion of Jo-Ha-Kyu? Without risking one's life, one cannot find such a thing. It is Hijikata’s last testament for you.

8-13. **Creating your own Jo-Ha-Kyu**

???
9. Transparency

9-1. Transparent body

Transparent body and mind

The transparent mind can see transparently what is happening in the body, the subconscious and the consciousness. The transparent body can show them transparently. This is the ultimate goal of the subbody method. It requires a long training process with various kinds and levels of practices to achieve the transparent body and mind. The following guidelines will help you to enter this process.

1. Become a quiet body
Try to become a quiet body with the swaying meditation. Using the first to the fourth stage of the bottom breathing technique, calm down your daily body and mind until you can listen to the most subtle signals in your darkness of body.

2. Listen to your life's sway
Breathe using the fourth stage bottom breathing method and listen to the subtle changes in your life's sway. Ask you life, "What do you want to do most?" Always keep this question floating in your darkness of body. Always resonate with this question.

3. Catch subtle signals from your darkness of body
Breathe using the third or fourth stage of bottom breathing and listen to the inner breathing of your cells. Taste the subtle changes in your blood. There are so many qualia are flowing in your body and in your blood stream. Try to directly taste the subtle shifts in your blood - oxygen, carbon dioxide, water, pH, sugars, fats, hormones, nerve communication substances, immune substances, blood pressure and so on.

4. Listen to the sway of life's desires
Listen to the subtle connection between the change in body conditions and the sway of life's desires - survival desire, comfort desire, safety desire, connection desire and individuation desire.

5. Listen to the messages of emotions
These subtle changes in the body condition are connected with psychological processes and feelings. Emotions are the messengers
between the body and the consciousness. Carefully watch the subtle
cconnections between the changes in body conditions, blood
ingredients, desires, sway of emotions, mood, atmosphere, feelings,
thinking, muscle tension, behavior and so on.

6. Listen to the signals in each channel
Listen to the subtle signals in the eight main channels from the body
and the subconscious realm. Signals in the body channel include subtle
changes in body feeling, release or tension, somatic symptoms,
addiction and so on. Examples of signals in the movement channel are
spontaneous movements, movement habits, tendencies, a sense of
being unable to move and so on. Signals in the visual channel are
dreams, fleeting visions, visual images and so on.

Audio channel signals include somatic rhythms, waves, vibrations,
whispers, the impulse to say something and so on. Signals in the
feeling channel can be emotions which suddenly well up, stuck
feelings, depression, unconsciously frozen face and so on. Signals in the
relationship channel include conflict in human relationship,
loneliness, waves of desire for connection and so on. Signals in world
image= self image channel can include subtle pain between the self
and the world, unknown discomfort and so on.

7. Knowing the characteristics of your own channels
Everyone is more developed in some channels and less developed in
other channels. You may be able to use one channel freely, but unable
to use another channel. When you are able transparently see the
connections between your life sway, body response, desire, blood
stream, emotions, mood and consciousness, then you will be able to
control everything in that channel. When you cannot notice the subtle
signals in the subconscious process and the subbody stream is not
transparent for you, then it seems to appear suddenly from the
darkness, attack and control you. Sometimes it may even possess you.
To be transparent means to release yourself from the possession of
these uncontrolled impulses.

8. Dance your subbody to solve the problem
Find a problem that unconsciously binds you. Become friends with the
problem or bind, get to know each other. When you are ready then try
to dance with them. Create a subbody dance to face your problem and
discover the solution through your dance.

If you can become friends with them, at least they will stop suddenly
attacking you. Now you know and affirm each other. Through this
process you can try to become a transparent body that shows what is happening between the body, the subconscious, and consciousness.

9. Long road to becoming a transparent body
One of the final aims is to become a transparent mind that can see the process between body, unconscious response, blood stream, desires, emotions, mood, subconscious, consciousness, feeling, thinking, human relationships, world image=self image streams. Then you can become a transparent body that is able to show all of these processes transparently. This is a long process which requires much training and practice. It is surely a continual process until we die. When you encounter some thick darkness and become transparent, even if only for a moment, you will feel such happiness. This can bring true bliss into our life.

9-2. Reduced body

Our daily human bodies are trained and educated by modern society and the nation-state. There are so many gross elements that disturb us from being life. We need to reduce all kinds of human conditions in order to become life, otherwise we are not able to listen to the subtle signals from life. They are too subtle for the gross human body to catch.

Try to reduce something from your daily human body in each channel. This is the true method for transforming into the weakened body and transparent body and mind. It takes long time. Continue these reduction practice everyday.

Reduction in the body channel
Reduce the strength, health, and youth from your body. You become a near dead body, swaying between death and life. You can feel the cells’ subtle sensations that are shivering with all of the qualia in the world.

Reduction in the movement channel
Reduce the daily, active human movement that uses surface muscles. Open your hidden muscles and joints and allow yourself to be moved by something else, including subtle signals from another invisible world.
Reduction in the visual channel
Reduce your active human eyes and become rotten eyes. When you close your daily physical eyes, you can open your hidden eyes, for example your third eye or riken eyes (eyes that watch you from outside or from another dimension).

Reduction in the audio channel
Reduce human talking, human voice and human words. Open your hidden skin and resonate with subtle vibrations from outside and from the behind world, like whispers of the dead.

Reduction in the emotion channel
Reduce your habitual gross human feelings and emotions. Listen to the subtle changes in your hidden fluid and follow them.

Reduction in the relationship channel
Reduce your daily relationships and take off all human roles like gender, age, family and society. Enter into strange relationships. You may encounter unbelievable ways of relating.

Reduction in the world= self channel
Reduce your ego and nationality. These are the two biggest barriers that disturb you from listening to the real resonance between the world and self. Open the subtle resonance between your life and all kinds of other dimensions, including the behind world, the dead world, the past world and so on.

Reduction in the thinking channel
Reduce language thinking, which is bound by dualistic judgment and the tree system (???). Just listen to the subtle qualia streaming in the darkness of body. Receive any kinds of subtle signals from your life as the most important insight, even signals that are extremely uncomfortable. Especially, you must face your edge. Important messages from life are always bitter.

When you reduce all kinds of human conditions, then you can become the weakened body and open full resonance ability of life.

9-3. Riken

Transparent Riken
Watch the resonating Jo-Ha-Kyu from outside. Riken means watching
yourself from outside during a performance, but it does not mean to watch with video camera eyes. Video camera eyes do not resonate with qualia. We need to learn to watch the resonance between the butoh dancer and the audience. Everything is always swaying. We need to control it very carefully to find the best timing for Jo-Ha-Kyu. This is the resonance Riken technique of subbody butoh. Everything is resonating. It is the very important to open the resonance Riken channel in subbody butoh.

10. **Ten bodies**

10-1. **Ash body**

???

10-2. **Proto body**

???

10-3. **Slime mold body**

???

10-4. **Animal body**

???

10-5. **Stone body**

???

10-6. **Hidden body**
Becoming an unknown self
Calm down your daily body and mind with the swaying conditioning
and open your hidden joints, muscles and cavities with conditioning
No. 5. Your can catch subtle qualia in the different hidden parts of your
body. Follow them and amplify them by riding out the tendencies with
your whole body. So many different hidden tendencies will come out -
shadows, not-me, inferior characters, dissociated personalities, proto
dreams, nightmares, daydreams, illusions, forbidden memories, life
memories, fetus, baby, inner child, pure boy and girl, old man, old
woman, opposite sex, near death body and dead bodies. They are
infinitely transforming beyond space and time. They are the true
residents of our darkness of body. Become the hidden bodies. We can
explore our whole self by becoming them.

Body and subbody - Surface muscle and hidden muscle
Our daily bodies are controlled by our consciousness using the surface
muscles. Our subbodies are controlled by our subconscious through
unconscious control of our hidden muscles. When we use our hidden
muscles and joints, our subbodies and cobodies are activated. We may
have forgotten them, but the cells in each one of our hidden parts
remembers the subtle hidden qualia that connects to our subbodies.

When we feel fear, it is buried in our hidden muscles. At the root of
our tongue, many unexpressed voices are imprinted. "I wanted to say
something, but I could not say anything at the time..." Many hidden
expressions are folded in the hidden muscles of our face. Dreams and
hopes that we were unable to realize. So many hidden tendencies are
folded in the smallest collapsed postures. Release them slowly, very
slowly. Explore your whole self world by becoming various hidden
bodies. We need to know all of them in order to become a transparent
body, otherwise they can attack us with sudden emergencies. We may
fall into panic, neurosis or other mental-somatic syndromes.

10-7. Kugutsu body
Kugutsu is a creature that has a human-like shape (See pictures ***).
Kugutsu is a dead thing, but it mediates between this living world and
another world, like the dead world, through various qualia. (????) It is
moved by a force from another world through resonance. It is similar
to a puppet or marionette that is manipulated by someone else. Of
course there is a traditional culture of manipulated puppet theater in Japan. It is called Bunraku or Ningyou Joruri and the puppet is called Kugutsu or Deku. However, the essence of Kugutsu is a medium between this living world and another world. It is quite difficult to explain in English, but I can give some of the essential characteristics of the Kugutsu body.

1. **Become a quiet body using the breath of life.**
2. **Resonate with another world behind the Kugutsu.**
3. **Become a medium between this world and multiple other worlds.**

This is all that I can say. It may seem rough and vague, but it is impossible for me to explain the multi-dimensional resonance world with my limited English vocabulary, because there is neither subject nor object in the resonance world. For now, I am unable to describe resonance with English grammar, because each and every word is divided into subject and object. I need to invent another logic to describe the non-dual and multi-resonance world, but it will take a long time.

**Tightrope walk**
When you carry the Kugutsu body, there are some specific techniques for keeping still. One is the tightrope walk, in which you walk on a line between the big toe and the heel. Imagine that you are walking on a tightrope in space.

**Sinking feet**
Do not lift your foot up at all. Imagine that your foot is sinking into the ground by pressing your feet down.

**Nijiri walk**
Carry your Kugutsu body using only your toes. Repeatedly bend and stretch your toes. (???)

**Oriental walk**
Slide your Kugutsu body to the side by shifting between the balls of your feet and your heels, one after the other.

**10-8. Humanoid body**

???
10-9. Vaporized body

???

10-10. Possessed body

???

10-11. Weakened body

I investigated the "weakened body" for many years, but I could not understand the essence. It is not only a physical technique, but a technique for opening a new way of life far beyond the human. Both aspects of it are oneness. This is the hidden secret. Gradually the process for transforming into the weakened body has become more and more transparent. I will present the keys for how to transform into the weakened body.

Life shivering
The weakened body is a body that can resonate with the most proto shivering of life. We need to dance from this place. The daily body cannot listen to the subtle shivering of life at all. The shivering of life is so subtle that it is completely missed by the daily body that is bound by the rough and large stimulus of language information. Taking off the human binds is the entrance to the weakened body. Only then does it become possible to contact life, which is swaying and shivering between life and death. Once we grasp it, everything changes.

Taking off the "Human body"
The concept of human is our strongest bind. As long as we are limited by the concept that we are human and stand up straight on two healthy legs, we cannot contact life, which is subtly shivering and swaying between death and life. At first we must take off our straight and healthy legs and stable, flat feet. Bend both knees slightly. Keep fragile feet by contacting the floor with only one or two points of your feet at a time. Your whole body will sway in different directions unstably. Continue to train your body until this walk becomes second nature for you.
When you are used to this walk, it will be a kind of standing meditating state in which your whole body is filled with comfortable swaying. During the process you will slowly understand that this comfort is swaying between life and death. Then your body will change into a subtle body that can sense and taste the subtlest qualia that are desperately shivering between life and death. You will meet Hijikata's secret - that butoh is a dead body desperately trying to stand.

**Warped sway**
Some parts of your body are moved in a warped sway by someone else. Not a straight sway, but a twisted sway. This is an extremely important, yet subtle, point. It took me fifteen years to grasp this point. Until then, I was not able to transform my body into a warped body between this world and another world with the normal sway.

**Infinite segmenting**
Segment your body into smaller and smaller pieces until you reach the cellular level. Then we can take off the gross human body. We can become a rhizome that is resonating with everything beyond space and time.

**Walk carrying the world**
When you become the weakened body you are not alone, but you dance with all the unhappiness in the world. They approach your body from another dimension. Do not drive them away, but offer your body, "Please use my body freely." Hijikata named his butoh group "Hangi-daitoh-kan". "Hangi" means to become "the sacrificial body on the fire". Carry all kinds of misery, suffering and unhappiness in the world, and try to walk with the weakest body.

**Invent another way of life far from human**
Become dead, become a fetus, become a collapsed body. Become a group, become far from an individual. Become another sex, become another creature, become another being far from human. Survive in another dimension as another being far from the daily human body.

**Watch this world from dead world**
Watch the living world from another world as a dead body. I call this "the look of near life". It is the opposite of "near death". When we become a dead body and look at the living world, we can see that this living world is full of resonating qualia - light, sound, wind, feeling and so on. How full of brilliant resonance it is here! How special life is! We show another side to the daily consensus world through "the look of
near life”. It opens another art of human living. This is the essence of butoh.

10-12. Nest body

???

10-13. Transparent body

???

11. Midwife method

11-1. Midwife method

This chapter is for students who intend to become a facilitator of the subbody method. We call the facilitator a 'midwife', not a 'teacher', because his/her role is to help with the birth of the subbody like a fetus. We must train ourselves to throw out our ego, only then can we resonate with the subbody that is going to be born. There are such subtle signals, that the midwife can only catch it with an egoless mind and body.

The midwife also has to understand how to organize the everyday practice contents for students. You need to learn following methods for organizing them. The first stage is guidance to enter into the subbody world - how to guide students from the daily mode into the subbody mode. How to calm down and die down the daily mind and daily body. There are no specific techniques for this. You have to practice by yourself everyday in order to enter into subbody mode and invent your own way by practicing the subbody process everyday. You have to find various ways to enter into the subbody world according to the group of students. You will meet so many difficulties on the way. You need to be able to overcome them all by yourself. When you grasp this, then you have the potential for becoming a subbody midwife.

There are so many types of ego and self on this planet according to
the culture, education and individual character. In Europe, people are forced to maintain strong egos and normal intelligence. In Asia, people have another type of ego and self. It is important to investigate them in order to learn the variations of human types on the planet.

There are two specific methods for organizing the practice programs for your students smoothly (? ? ?). The second method is following the 'Tree rhizome' method. The third method is the 'Ripple' method.

### 11-2. Tree rhizome method

**What is a tree rhizome?**

Our daily world is bound by dualism thinking - good/bad, in/out, up/down, me/others, subject/object, high/low, positive/negative, center/edge and so on. It is called a 'Tree'. A 'Tree' system has roots, a trunk, branches and leaves as a hierarchy, like the directory system (???) in computer. When we think using language we are bound by this 'tree' thinking.

Subbody and life belong to the non-dual and multi-dimensional world where there is only resonance. Resonance has no subject and no object. It is happening in multi-dimensional and non-dual world. It is called a 'rhizome'. A rhizome has no center, no edge, no subject, no object. It can freely connect and separate. It changes shape, number, and qualia flexibly. The consciousness of daily mind cannot understand this at all. We need a translation technique between the lower dimensional 'tree' world and the multi-dimensional 'rhizome' world. For this, you need to be able to come and go between both worlds freely. This is the 'Tree-rhizome' method.

**'Jo-Ha-Kyu' of the tree-rhizome process**

Jo: Start from a single channel, a single qualia
Ha: Increase the number of channels and qualia
Kyu: Enter into the multi-dimensional, non-dual world

These are the general principles for practice and performance. At first we cannot enter into the rhizome world directly, because it is too complicated and unknown for the daily body. We first need to open the most simple entrance. Below I will describe the practice process.

1. **Jo: opening a single channel, a single qualia**

We start from the body channel because it is life's most primitive channel. Origin life only has the body channel. Single celled creatures
do not have eyes, ears, noses, tongues, arms, legs or tails, but they can still feel all kinds of qualia - gravity, light, waves, wind, tastes and so on. They can feel them through their bodies. So many qualia are folded in their bodies as inner qualia over the course of four billion years of life history. The first practice should start from this most basic channel. Feel the gravity, light, warmth, air, sound, fluidity, solidity, and so on. Find a specific point of your body to start feeling the qualia. Catch the subtle signals from the body and follow them and amplify them to the limit. Then proceed on to next stage.

The next basic channel is the movement channel. Amoeba move in their own way. Follow them. Become each kind of lower creature. Hydra has an inner cavity. They change the shape of their body cavity and move flexibly. Sea anemone and jellyfish also move from their body cavity. We can learn the secret transformation way of hidden cavity from them. The next development in the body channel was the spine. Fish can swim by spine movements. Follow them and learn. Each kind of animal has their own way of movement. Learn from them how to move the hidden joints using unique timing, rhythm, speed, direction, and so on.

2. Gradually increase the number of channels and qualia
Primitive creatures do not have eye. They feel the qualia of light through their skin. Imagine how the skin feels light. The proto qualia are folded in our hidden skin as inner life memories. Imagine the first moment that a creature used eyes. Remember your first experience when you transformed from a fetus to a baby. Each creature slowly develops how to use eyes. Practice the transparent eye, edge eye, half eye, lizard eye, animal eye, bird eye, human eye, humanoid eye, dead eye and so on.

Next, open the audio channel. Amoeba catch the vibration of air through their whole skin. Fish have ears on the side skin line of their bodies. They catch changes of vibration and pressure in water. Practice using body sounds by resonating with the body cavity, oral cavity, nose cavity and hidden cavities. By opening these channels, we will discover that strange changes happen in our body unconsciously. These unconscious body feelings come out as emotional signals and we can recognize a specific feeling. Amplify it by changing your voice, face and whole body.

Open the human relationship channel next. Feel another creature through your hidden skin. Connect with your friend's subbody movement from different distances, using different channels - five
meters, one meter, one foot, one inch, between touching and not touching, direct skin contact, deep tissue, deep muscle, bone. Resonate with the inner qualia stream of your friend's body. Open various ways of strange relationship. This is the subbody-cobody theater. Through these practices we can discover how to transform from subbody to cobody. Through this process, you can increase the number of channels and dimensions of your subbody butoh.

3. Enter into the multi-dimensional, non-dual world
The biggest channel is the world image=self image channel. The world image and self image are always resonating together. When you were a fetus, your mother's womb was your world. Your self image and world image were one. After becoming a baby, your world was your mother, and you gradually increased your world=self images. In your dream world you experience the shift from one world=self image to another world=self image. We have so many different kinds of them. Taste the resonance between the world image and self image. It is resonating in the multi-channel, multi-dimensional world.

Finally, you will realize that the biggest world=self image channel and the most primitive body channel are the same. They are resonating together in the non-dual and multi-dimensional world. You will come to understand that this is the real rhizome world of life. In the practice and in the creation of your subbody butoh dance, the final Kyu stage of whole process will be when you reach the world image=self image channel. Enjoy these travels in your whole self world. It has infinite richness.

11-3. Variations of life resonance
(same as 11-2)
8. The beggar meditation
9. Transformation: The miracle of the introvert qualia channel
10. Transforming into a single celled organism
11. The constellation and the pinecone
12. Listening to echoes between constellations and archetypes
13. Diversity in the world of subbodies
14. Listening to the subtlest qualia
15. Opening life resonance in the field
16. Variations of life resonance
17. When you meet an edge
18. Viewpoint of 'Superlative'
19. Opening the World=Self channel
20. Towards the transparent duet
21. Finding your bottom body
22. The depth of the hidden skin
23. The hidden skin
24. Reverse twist
25. Increasing the number of dimensions
26. Involving and being involved
27. Vaporized body
28. Kugutsu body
29. Awareness is amplification
30. The secret places where your hidden selves live
31. The inner necessity for the weakened body
32. Rhizoming technique for the weakened body
33. The second stage of the weakened body
34. How to keep listening
35. Swaying meditation
36. How to deepen your research
37. Orientation to the subbody method
38. Entrance guide to the subbody world
39. Qualia of being unable to move
40. What is the Kyu of Jo-Ha-Kyu?
41. The second stage of the rhizoming technique
42. The third stage of rhizoming
43. Entering the dreambody
44. Hidden muscles
45. Bug walk
46. “Sen” to “Shin” process: Facing your edges
47. Meeting the hidden self
48. The passive body
49. What is resonance?
50. The audio stream in the darkness of body
51. The “Sen-Shin-Hitsu” method of research
1. Stop the ego!
Stop the ego! Only then can you resonate with the whole. This is the most important thing. Everything starts from here. The ego does not resonate. The ego is bound by the delusion that I am me and you are you. It is a prisoner of the prejudice of separation. But when you stop the ego and listen to the darkness of body, you can listen to the resonance between your subbody and the other’s life or world.

Search the weakest, almost collapsing qualia. The weaker the qualia are, the stronger are their ability to resonate. Sway the qualia in your body. While breathing in, try to amplify a specific qualia and listen to the fading away process while breathing out. If you catch any new qualia coming out, then amplify them. In this way you can taste so many rich kinds of qualia arising from your darkness of body.

2. Opening your creative subconscious

The key to opening the full potential of our creative subconscious is finding our subbodies. When the subconscious merges with the body, we can open our full range of creativity. The subbody method guides you to open the eight channels - visual, audio, body, movement, feeling, human relationship, world image=self image, and thinking.

Psychologists and philosophers have mistakenly concluded that they can treat the subconscious by thinking and the brain. However no one has succeeded in seeing it transparently because no one can see the subconscious directly. It becomes visible when the subconscious merges with the body and movement channels as a subbody.

We can observe the movement of the subconscious in subbody butoh. We must learn to move while opening all of the channels if we want to open our subconscious creativity. The subbody butoh school is one of the most creative places on the planet.

3. Stopping the gross body

How can we stop the gross body state of our daily body and mind? In order to concentrate and listen to the subtle signals from our subbody, we must start by swaying from the bottom of our bodies in sitting
position and find the most comfortable speed and size. Once we find it, we slow down the speed of our sway to a minimum and then it is easy to transform into the subconscious mode.

When we enter into the subconscious mode, we suddenly start to feel so many subtle qualia and body feelings coming up. We can taste very sweet body qualia in specific parts of our body. When we move it spreads to another part of the body with the most subtle sway and the sweet qualia spread throughout our whole body. These are the signals that we have shifted into the subconscious mode.

4. Opening the 8 introvert channels

We must try to open the eight introvert channels. We have eight channels - visual, audio, body, movement, feeling, human relationship, world image=self image and thinking. Each channel has both an extrovert and introvert channel.

Extrovert channels respond to the real world outside, whereas introvert channels resonate with the inner imaginary qualia. The extrovert channel is strong and belongs to the gross body of our daily body and mind. The introvert channel is subtle and weak. It belongs to the subtle body in our darkness of body.

Opening the introvert visual channel
Catch an imaginary eye which is watching your eyes from somewhere in front of you. Try to watch yourself with this imaginary eye, sometimes using forward facing eyes, sometimes with side eyes or edge eyes. Enjoy imaginary vision by using the white eyes which turn backwards towards the darkness. Watch somewhere between forward and the darkness of backwards by using diagonal eyes. Then you will find your shadow characters coming out with cunning faces, black humor, jealousy and many other strange characteristics. You will taste various kinds of subtle qualia which cannot be described by words.

Opening the introvert audio channel
While breathing, listen to the various delicate and deep nuances of our body sounds before they become human language or music, influenced by our social sophistication. Taste them and amplify them by twisting your mouth, changing the shape of your face and curving your body. When you make breathing sounds while changing the shape of body, you can feel the connections with your emotions and feelings.
Opening the introvert feeling channel
When you open the introvert audio channel you notice that it is resonating with a very delicate flow of feelings. Our daily consciousness only recognizes rough feelings like joy, sadness, anger, fun, ease, love, hatred, etc. On the contrary, the introvert feelings have such diverse and subtle nuances that we cannot explain the difference with language. Taste the rich variation of introvert feelings that flow in your darkness of body.

Opening the introvert human relationship channel
Play with imaginary interactions between you and an imaginary person or strange creatures. They appear in front of you and tease you, mock you and touch you in various unexpected ways. They may force your arm to move in a strange way. They may enter into your body and make it move like a snake or a rat. Your body is possessed by them. Enjoy it.

Opening the introvert world image=self image channel
Imagine that you are a fetus in your mother’s womb. This is your first world and self, they are not separate. Imagine that you are a child in your playroom. You are the king of this world. Imagine your school, society, country and planet while feeling the shifts in your self image. Imagine that you are in a imaginary world, a desert, tropical forest, deep sea, on the moon, in heaven and here on earth. You are free to create any world image and self image.

Opening the introvert thinking channel
Do not open the normal extrovert thinking channel that you learned at school. Instead listen to the subtle signals of awareness that arise from the depths of your body. This awareness will communicate deep truths to you. You will feel a strong light from it, like when the dense fog disperses.

Ancient people used to call this enlightenment. When you continue to listen to the darkness of body it can happen quite often. Just receive it naturally as a little reward. After practicing opening our introvert channels, try to catch the original qualia of your own subbodies.

I learned the basic concept of channels from C.G. Jung and Arnold Mindell. Jung’s distinguishes four types and Mindell has six channels. I arranged them into eight channels through my own experience. For more information take a look at “The Process Science of the Dream Body” by Arnold Mindell.
5. How does the subbody find such interesting timing?

How does the subbody find such interesting timing? For a long time I have asked myself this question. Only now am I finding the answer. The reason is because the subbody is not bound by stereotypes like consciousness. Our consciousness is bound by stereotypes of dualism, like strength and weakness, slow and fast, etc. Conscious judgment is always so poor.

However the subbody is completely free from all stereotypes, so it can find the best timing of Ha (changing, breaking) from among millions of possibilities. When many interesting Ha movements come out from your subbody, it is proof that you have entered into the subconscious mode.

6. Opening the creative potential of the subconscious

Few people know that creativity is not a product of consciousness but that it is folded in the subconscious. When we understand the method of opening our subconscious creativity, we discover that it is an infinite fountain of creativity. Now we will practice how to open it in the visual channel.

Extrovert channels and introvert channels
Each channel has an extrovert channel and an introvert channel - body, movement, visual, audio, feeling, relationship, world image=self image and thinking. The extrovert channel interacts with physical things and energy. The introvert channel resonates with inner qualia.

Inner qualia are so subtle compared to the outer information which we receive through our extrovert channels. It may be billions of times smaller than the information of our extrovert channels. At first we have to calm down our consciousness using various conditioning methods - swaying meditations, bottom breathing, inner breathing and so on. Once our consciousness dies down, we can start to notice subtle signals of qualia from our subconscious.

Opening the introvert visual channel
Try opening your introvert visual channel using the following method:
1. Calm down your consciousness with the swaying meditations and bottom breathing and enter into the subconscious mode.
2. Close your eyes and watch the subtle sways or streams of light in the darkness. They have much subtler qualia of light than the qualia of real light. Normally our daily eyes do not perceive them.
3. If you catch a subtle qualia of light, just follow it and amplify it. Qualia are always resonating. Immediately some visual qualia streams will come up and guide you into a rich world where various visual qualia are dancing. That's it. The key is to catch the first moment of the subtle signals of visual qualia.
4. After enjoying this process for 20 minutes, draw them on paper. Try to put down everything that you saw in your introvert visual travels.

At first you may be surprised at the richness of the creativity which is folded in the subconscious. Very few people know how to release it. No schools teach it. Once you discover how to release creativity in your subbody, you will be fascinated by it. The taste of life will be completely changed. Everybody has this creativity in his/her subconscious world. Try this method and you will find that you are a unique artist. It is important to throw out all dualistic judgments of good and bad. What is essential is the process of entering into the subbody mode.

7. Investigating hidden qualia

Once you find a rough sequence of your own subbody dance, the next step is to polish each moment of movement. Investigate even more subtle qualia in each moment of subbody movement while developing your own choreography.

Finding hidden qualia in hidden joints
Try to find hidden qualia by opening your hidden joints and hidden muscles. Hidden joint means, for example, the fourth joint of each finger, which is hidden in the hand, the joints between the eight small bones of the wrist, the joint between the collar bone and chest bone, the joint between the sacrum and pelvis, the joint between each vertebra and so on.

In order to move these hidden joints we also have many hidden muscles which our daily body has forgotten. When you try to move
these hidden joints, you will find hidden qualia that are connected with other creature ages which our life has experienced over the course of its long history. It may be a kind of life memory. Our daily bodies have forgotten them, but they are folded in the hidden qualia in our darkness of body.

**Swaying between the living world and the dead world**
When you find hidden qualia in specific parts of the body, sway with them between this living world and another world using the most subtle size. You may meet another creature's qualia of life. Your subbody may remember the hidden characters of your whole self. Your life may recall the hidden qualia of another creature, another being. Sway each body part using the most subtle sway between life and the death.

**Becoming the collapsed body**
Once you find the hidden qualia and sway each part of your body between this dimension and another dimension, then you can transform into the weakened body or collapsed body. Every particle of your body is swaying in multiple dimensions with different qualia through different channels. These weakened subbodies will guide you into deeper levels of the darkness of your whole self.

**8. The beggar meditation**
When a traveler enters India, he meets so many handicapped people begging on the streets. Their bodies are limited in different ways. At first our ego refuses to receive these impressions. It dissociates them as “not-me” and tries to forget them. But our life cannot forget them and after a while the handicapped qualia come out leaving deep impressions. Why?

Meditate while upstreaming (???) life history. Try to become the origin life that was born on this planet four billions years ago. The first life forms could not move at all. It simply struggled to live. One day life invented how to move, but it was still a very limited movement like amoeba or flagellate. It was continually moved by gravity, waves, wind and so on.

This condition continued for many billions of years. This is the reason why the qualia of being unable to move, or the qualia of limited movement have such a deep taste for life. These qualia were the first experiences of life for many billions years. This is also the reason why
we are deeply affected by handicapped movement and limited movement. Although our ego may try to ignore them, our life cannot forget them.

**Qualia of being unable to move**
After the beggar meditation and upstream life meditation, we can try to research the deepest qualia in our body.

**One hundred tanden block and release**
Using the eight shapes of movement in each part of the body, try to restrict a specific body part while keeping it bent and listening to your body. So many qualia are folded in each body part over the long history of life. Simply recall the life memories and find the deepest qualia for each subbody.

**Find your subbody’s bottom qualia**
Ask your life “Which qualia is the deepest for you?” Become proto life and try to feel the qualia of being unable to move. Become a lower creature with limited movement and taste the qualia of limited movement. According to your subbody's condition, you may transform into a proto creature or become your own creature. Experience moving with a limited body. Using these practices, we try to explore the bottom qualia for each subbody and bottom body and discover new subbody movement. It makes such a deep impression on us.

**9. Transformation: The miracle of the introvert qualia channel**

We have the eight following main channels - body, movement, visual, audio, feeling, human relationship, world image=self image and thinking. Each channel has both an extrovert and introvert channel. Extrovert channels respond to physical objects and forces in the world. Introvert channels resonate with the inner qualia that are felt by life. Qualia are so subtle in comparison to the extrovert information. We receive subtle signals of specific qualia in the introvert channels. Introvert signals are thousands of times subtler than extrovert signals. Extrovert signals are thousands times stronger than introvert signals.

We can translate extrovert signals into information. Machines can process information, but they can neither feel nor use qualia. Only life can resonate with qualia. Only life can feel and use qualia in the universe.
When our extrovert channels are open, the introvert signals are masked by the strong extrovert signals. We need to rest our daily body and mind enough through swaying meditations, bottom breathing and the rhizoming technique in order to open the introvert channels.

- Swaying meditation
- Three dimensional conditioning at one hundred tandens of body
- Bottom breathing from the first to the third stage
- Listen to subtle signals in each channel from the bottom of the body while doing bottom breathing.

1. **Transformation method in the body channel**

Start with bottom breathing. Contract the bottom of body while exhaling. Catch the subtle signal of a qualia of body feeling, for example heavy, light, warm, cold, stiff, smooth, painful, easy and so on. At first you can just imagine a specific qualia and feel it in a certain point of the body. The body will already have started changing. The qualia are always resonating with each other, so when you think about a certain qualia, it is activated with instant resonance and you can catch it.

While releasing the bottom, imagine that the qualia are traveling up the body from the bottom. Gradually spread the qualia from the bottom to the whole body. You can recognize the changes from an introvert qualia to a real extrovert body feeling. When the body is filled with a specific qualia, then taste it and let it passing through your body while exhaling.

This is the miracle of transforming into any kind of being. In order to transform into another being you need to master the transformation process of calling up a qualia in the introvert body channel and spread it through your whole body using the extrovert body channel. This is the essence of the rhizoming technique. Taste this process deeply. Once you grasp this method you can become an advanced qualia user, able to use any kind of qualia and transform into any kind of being.

10. **Transforming into a single celled organism**

1. **Swaying meditation**

Rotate your pelvis, finding the most comfortable speed and size.
2. *Inner breathing*
Send fresh air to all your cells. Become aware of the subtle changes in the sensation of the cells.

3. *Remember the fetus dream*
When we were a fetus in our mother's womb, we did not even know that we were human. We simply floated in the amniotic fluid for ten months. Our consciousness has forgotten all about this age, but our subconscious remembers our body feelings from this time. Everyone feels spatial comfort when they find their most comfortable sway in the swaying meditation. This sense of comfort is an imprint from when we swayed as a fetus. We may have various dreams of non-human creatures.

4. *Remember the single celled age*
Our individual life started when our father's sperm met our mother's egg cell. We were just a tiny single cell.

5. *Upstream to the origin life*
Go further upstream. Imagine our life repeating the single celled and multi celled forms for so many years. Imagine yourself as the origin cells that were born on this planet four billions years ago.

6. *Qualia resonating between the origin life and the universe*
Imagine the qualia that the original life felt from the environment. Even single celled organisms could feel the qualia of gravity, sunshine, air, wind, waves, and taste of food molecules.

7. *Moving as a single celled creature*
Find the most primitive movement as a single cell creature. Short movements are okay. Ask your life "What do you want to do most?"

11. *The constellation and the pinecone*
Pinecone seeds are carried by the wind and some fortunate seeds which land in the tiny gaps between the rocks are able to survive. We cannot know how they will land, some may land upside down, while others will end up in another position by chance. Their first position will determine their very first constellation in life. The rocks are to the pinecone seeds what our parents to us. We did not choose them, but our first position between these huge rocks deeply effects our inner constellation for our whole lives.
If possible, it is clearly better for us to initialize the very first accidental condition. This way we can live our new life freely without the binds of accidental conditions. It is clear, but it is not so easy. We need to dance the first constellation of life again and again until we will feel that it is stupid to be bound by accidental conditions. Only then can we be released from our own accidental conditions of life.

The term "constellation" comes from C.G. Jung. It signifies a condition of the inner qualia stream that resonates with the outer qualia stream. These two are always resonating together. It often appears as a synchronicity between two different things happening together at the same time without any real contact. It is true that there is no physical contact, but our life is always resonating with everything. There are neither mysteries nor supernatural powers like telepathy, clairvoyance, prescience, extrasensory phenomena and so on. All of them come from life resonance.

When we do not notice the life resonance, then these mysterious archetypes bind us. We just need to stop our thinking mind and listen to the subtle signals of life’s sway. When we are able to listen to it, then very real movements come out from our bodies spontaneously. There may still however be a few fake movements that are bound by stereotypes of dance or butoh.

At first, we are tightly bound by our preconceived ideas about butoh or dance. But little by little we become able to listen to the subtle differences between the real movements of life and the fake movements of consciousness or archetypes. The real movements that connect us to our own constellations are feel so strong and real to us. When we face the biggest problems which have affected us for a long time, we have to dance on the edge of life. There is no room for conscious judgment or thinking. We must continue only those necessary dances which emerge from the constellation of the darkness of body in order to reach our life. For this process the technique of the weakened body is necessary.

**12. Listening to echoes between constellations and archetypes**

When we walk in the darkness blindfolded, we encounter many subtle signs of 'someone'. It usually appears as a sign suggesting enemy,
food, or sex partner, in case of animals as instinct. But for humans, the signs are more complex and mixed with various types of archetypes.

At first it appears just as a simple sign of someone like a body without eyes, mouth, or nose, depending on the inner constellation the sign of someone gets a specific face or expression. These two which are inner constellations and archetypes which we meet are resonating simultaneously. Then the archetypes will appear depending on our inner constellations. This is the secret phenomena of synchronicity. The constellation is inner composition among conscious processes, subconscious processes, body conditions, and life's sway.

Today we tried to walk blindfolded, concentrating on listening to the multi-dimensional resonance among constellations, body conditions, archetypes, emotions, and so on. Listen to the echoes among them at the same time. Then try to find the subtlest movement by resonating with all of them.

Very subtle subbodies have come out. Some students break through emotional edges the first time. Slowly we separate from the subbody dance world, and enter the subbody butoh world. What is different? Subbody dance belongs in human realm. Subbody butoh belongs in another being's dimension. "Butoh is desperately standing as a dead body," Hijikata often said. We will try to become desperately standing dead bodies step by step.

13. Diversity in the world of subbodies

At the Subbody cobody theater so many superlative strange relationships have happened. When we calm down the conscious mind and enter the subbody world, at first we are surprised by the big gap between subconscious and consciousness. When we meet a small noise from outside in the subconscious mode, sometimes it sounds as if it were a million times bigger against the subconscious body. This was a big question for me for a long time.

When I entered the class in subbody mode after my morning meditation, I was hurt by a subtle noise of conscious mind or language so many times. Also last year's long term students complained to me about the same phenomena. Now I understand the reason for these phenomena, it occurs between different degrees of the calming down process and depends on the different sensitivities of subbodies.
Some subbodies come up through resonance with fetus qualia, other one resonates with the baby age, or hidden characters. There are such vast degrees of sensitivity and weakness among different type of subbodies. I thought that subconsciousness was one million times subtler than consciousness. But it is not true, it may be one trillion times or even more.

When a subbody in a subtler level receives only small noise, it sounds as if it were a million times bigger, then felt to be hurt. I have experienced this phenomena so many times. When I have not aware of this, my subbody was attacked by deep neurosis. There are generated so many different process among students. The subtler subbody is millions of times weaker and sensitive.

Some students felt disturbed, while other students might receive another feeling. So everything happens at the subbody cobody theater through such diverse resonance. We need to understand about these huge diversities. The difference is a trillion times bigger than we expected.

We practiced listening to the subtlest qualia. But a beginner student said that she could not understand what is happening at all. It is also a natural process for beginners. Through these gaps, we can learn much more variations of multiple processes. It is such a difficult for everybody, including myself. How is it possible to find the most rich things from this superlative chaos?

Yes, I will try it. I created this school for creating a real rhizome and for solving it. From these experiences, we will find a completely new way of resonance among completely multi-dimensional diversities. When we succeed in finding it, it should be called "rhizocracy". My subbody suggested this new term to me in this morning’s dream. It could be the next system for human beings, instead of the fake political system of "democracy".

How can we create a new alternative system for human beings, without a center, without meeting by words, without decisions by congress, without government, without violence, without war, and without nation state? We will invent it only through these diverse chaotic experiences. Subbody cobody theater is a completely new experimental field for finding a way of co-creation of the world.
14. Listen to the subtlest qualia

After training to calm down daily consciousness, then students are ready to listen to the subtle qualia. Actually, qualia are so subtle. They are millions of times subtler than consciousness. Momentary feelings, something which passes through us, memories which sway between being able and unable to remember, unnamed body feelings which appear and immediately disappear.

Our subconsciousness is always swaying with these qualia stream, but our daily consciousness cannot notice them and passes over them with big steps. When we live in the city, there are such strong noises and information, qualia are masked by them then we cannot notice them.

We are able to catch them only after our daily consciousness dies down. I call this sentient sense 'subtle sense'. As soon as we calm down consciousness, we notice that there are subtler qualia. There are three main way to catch them.

1. Listen to the subtlest somatic qualia
Research the limit to which you can listen to the body channel.

- Subtle shrinking at the finger tip
- Shivering of back skin
- Small change in blood pressure
- Unknown momentary cold feeling
- Little shoulder releasing
- Etc...

Our hidden skin is always resonating with subtle change in the world. At this subtle level, the borders between the body channel and the world=self channel disappear, they become oneness. Taste them carefully, follow, amplify, and become them.

2. Qualia of being moved
Listen to the smallest stimulus from outside.

- A rain drop which falls on the skin
- An ant which crawl up your body
- Dust which brushes against your eyelash
- A group of bacteria growing up in the body
- A particle which gives subtle stimulus in the air
- Being moved by a weak wind
- A subtle wave from an earthquake on the opposite side of the earth
- Etc...

3. Become a subtle being
The stimulus of the same rain drop is completely different depending on the size of the being, between human and bacteria. When we want to be the most sentient being able to listen to the subtlest qualia, the best way is to become subtle being ourselves.

- Become dust
- Become a drop of water
- Become plankton
- Become an amoeba
- Become the origin life
- Become a molecule
- Become a resonance of strings

When we repeat these experiments of becoming tiny beings, the real qualia of life sinks into our body slowly, slowly.

15. Opening life resonance in the field
We went to Kangra fort which is a monument from middle age India. Hindu temple, prison, old stone which was made by hand stone craftsmen, and which have been collapsing over its long history. We can feel so many diverse qualia in these places.

How can we dance here transparently?

1. When you find a place where you receive specific signal, become a quiet body just like the stone or tree of that place.

2. Approach the place as slowly as possible with ash walk speed. According to the distance, slowly your life will start resonating under the hidden skin or bottom of body. At first, they appear to be only stones or trees, but according to the approach the details will become more precise, and your life will start subtle vibrations by resonating with them.

3. Taste the subtle resonance between the field and your life as delicately as possible. Your inner qualia will be activated by the
resonance with its long history. Deep forgotten memories may come out. Subtle life tendencies may flow out. You may feel some archetypes between life and death. Receive each and every qualia.

4. If you remember your subbodies which you have found before, listen to them - how, where, and with what timing do they wish to come out?

5. Find the best Jo-Ha-Kyu which all of your subbodies can come out with the best timing by passing through the field in various patterns.

6. Sway between the light and shadow of the place. That place is where the most rich qualia are streaming and changing.

7. If passengers, birds, animals enter your place, improvise with them as well.

8. Listen to the subtle qualia of wind, cloud, smell, and resonate with them.

9. Dance with all of these qualia, and find the most rich Jo-Ha-Kyu for your dance.

In the field, the border between choreography and improvisation vanish and they become oneness. They become the real time theater of life resonance. The essence is the same at in the inside hall of the theater. However, you can feel it more clearly in the field, which is surrounded by so many unexpected happenings and diverse qualia.

16. Variations of life resonance

Our life is resonating through various forms and distances with all kinds of qualia in the universe. I will describe the variations in resonance of qualia. We must train ourselves to be familiar with all kinds of variations of resonance. You can become a superlative transforming rhizome. Normally we can start to feel subtle sub-signals from our darkness of body.

1. Far-off passing
Through long distances, life can resonate with any qualia. We can resonate with far past qualia such as the life memory of origin life or other stages of creatures, and also qualia of fetus age, baby age, and various ages of our human life. Also our life can resonate with far-off
qualia of distant place. When a war happens on the opposite side of the planet, our life cannot stop from resonating with them even by subtle vibrations. They are such subtle and momentary signals. We must die down our consciousness enough in order to catch it. Sometimes we can start our subbody dance from these far-off qualia. We can also start from the hidden qualia of life memories which are folded in our cells.

2. Subtle contact
Sometimes some qualia come close to us and pass through momentarily. One moment we remember a familiar qualia and the immediately forget it. Our consciousness does not pay attention to this, but our life always resonates with them across various distances and time. Normally we start by catching these subtle signals, because they happen so often and are easy to catch. Sometimes they are felt as very primitive tendencies - slow, lazy, stone, flow, stillness, etc. - they are felt as exceptions to human tendencies. Then we can resonate and amplify them by changing our hidden skin, hidden cavities, hidden joints and so on. Through this process we can find our proto-body.

3. Encounter
When we encounter a strange unknown qualia, it is felt as an edge. Especially, in case of tendencies that are opposed to our familiar qualia, it is felt as an unpleasant qualia, as an enemy. We feel as if we are being attacked by a stranger. Sometimes it appears from the darkness of body where hidden characters are folded. They are called 'shadow', 'inferior character', 'not-me', 'dissociated self'. They are named by negative words. When we are able to recognize them as our friends, or members of our whole self, then they become our hidden body. We can mature them through our subbody dance. When you feel a hard block against the edge, follow the stages of 'Edge work'.

4. Entering
Sometimes it feels as if strange qualia are entering into our body. Through this qualia we can create our own original creature. This is the proto-body. Sometimes it feels as if another creature or other person's qualia are entering our body. When we are open to life resonance we can play with them, but if we are blocked against unknown qualia then it feels as if we are possessed and controlled by others.

It depends on the degree of openness of resonation. When we can open the resonation enough then we can dance with possessed body freely. We can feel, “Any qualia are welcome to enter my subbody.
Please use it freely.” The shaman are well trained in this phenomena in animistic or shamanistic community. My grandmother was a shaman in Japan. She could freely transform into dead people. Now after fifty years of investigation I have finally solved the secret of possessed body. It is just the normal phenomena of life resonance.

17. When you meet an edge

When we enter the subbody world and travel through various states, we often encounter edges which block and bind us with unpleasant body feelings or strange emotions. We become confused and feel that we cannot proceed anymore. If we meet these edges or blocked feelings, we have several behaviors (???) to the edges. Using the following the steps, we can gradually proceed the behavior (???) to the edge.

1. Recognizing
We can just recognize it and leave it there, we don't need to force ourselves to overcome it. There are so many different subbodies in our darkness of body, we can find another subbody and follow it. There is a multi-dimensional labyrinth in the darkness, someday we will again meet the edge behind you, “Oh! You are here!”. 

2. Listening
Listen to the unpleasant feeling of the edge with respect because the edge feeling is always a deep message from our life. After a while, we will surely uncover a big awareness.

According to Arnold Mindell, when the first process, which is one's daily self identity, and the second process, which is not belonging identity, meet, the first process wants to drive away the second process from its territory, because the second process seems to attack the first process from outside. When we enter the subbody world, the relationship between the first process and second process is changed, and the first process can become deeply frustrated with the second process. The second process seems to change the first process like a revolution.

Actually, both tendencies belong to our whole self. One tendency is to maintain familiar states, another tendency is to explore new worlds.
Always these two different tendencies are streaming in our whole self. Our life is always trying to invent new possibilities to live. Listen to the voice of life. Ask your life “What do you want to do?” Through the unpleasant feelings, someday we will discover the new possibilities that life is exploring.

3. Becoming
Try to become both sides of the edge. Find a partner, and try to become one side of the tendency of the edge. Give the unpleasant feeling to your partner. If you feel unpleasant pressure in your chest, try to press your partner’s chest to produce the same feeling. Next your partner gives the same pressure to you. Taste the blocked feeling from both sides of the edge. You will slowly begin to notice what is happening.

4. Dancing the edge
You need to wait for the right moment when you are ready to grasp what the edge is. When you feel the time has come, try to dance the edge. One possibility is to dance it from your side, another possibility is to dance the edge's side. Or you can try to dance it from both sides of the edge.

First become your side and dance it, next try to dance from the opposite side of the edge. For example, if you are afraid of an unpleasant feeling, try to escape from it. Next become the pursuer and try to run after yourself as the pursuer. Through experiencing both sides of the edge, you can eventually grasp the whole. You can succeed in becoming friends with both tendencies.

In my life history, I was tormented by the memory of my dead friends who died in activities against the Vietnam War between the USA and Vietnamese people during the 1960's to 1970's. I was an organizer of the anti-war movement. I agitated people to fight against the Japan government which supported the US army, and many of my intimate friends were killed in the movement.

“Why couldn't I die? Why did my friends have to die instead?” I was troubled by nightmares of them, many times my dead friends appeared in my dreams. It was the biggest edge for me. I could not escape from the nightmare for many years. Then finally I started to dance them. I became my dead friends and danced. No, it is not exactly right. Actually, I just gave my body over to my dead friends and they danced using my body. We continued the dance for many years at various places on the planet. Finally I could be released from
the nightmare.

It has been over ten years since I started to dance the edge unconsciously. After several years, I learned the way of 'Edge work' from Arnold Mindell who created 'process orientated psychology'. I found it very helpful in releasing ourselves from our deep blockages. I have developed the edge work in the subbody butoh method and I am very grateful to Arnold Mindell.

18. View point of 'Superlative'

We try to open 'Superlative' view point in order to understand multi-dimensional self images. We need to throw out the fixed view of self identity which is bound by the daily world. 'Superlative' means released from 'Relativity', which is bound by dualistic thinking. In our darkness of body, so many hidden characters and images of creatures, life memories and inner qualia are streaming. There are such rich and diverse ways of living and time frameworks, from the most primitive one celled creature, like ameba and bacteria, to fetus dreams, not-me, shadows, inferior characters, ego, personas, and so on. All of them are quite ugly and seem not beautiful from the view point of daily judgment.

But, to affirm all of them is so important. They are bound by the illusion of dualistic relationships, such as mother/me, father/me, society/membership, me/others, and so on. Our so called 'identities' are bound by them so strongly. In the three dimensional world, the concept of 'relationship between two things' works, but in order to understand the multi-dimensional reality, it does not work. We need to change it.

In the multi-dimensional world everything is connected together by such complex forms and is continually changing by multi-dimensional resonance. They are not the 'relationships between two things' with which we are familiar in daily world. We need to receive them as they are transparently. When we are bound by the dualistic viewpoint of 'relationship', we will misunderstand the deep reality of the whole self. This is the reason why we need the new concept of 'Superlative'. This concept is too difficult to explain with words, because the word is bound by dualism, however we need it anyway. It will release us from dualistic illusions and binds and guide us to understanding how rich the multi-dimensional whole self world is.
The Zu-Ji-Cho method is also connected with the 'Superlativity'.

19. Opening the World=Self channel

We will try to open the World Image=Self Image channel. It is the most complex channel in which all the other channels are mixed. But on the other hand, it is similar to the body channel which is the most simple channel for life. One celled creatures only have the body channel and they feel all kinds of qualia - gravity, pressure, warmth, vibration, waves, wind, taste of air, and so on. Through the body channel they resonate with the world.

There are two approaches to opening the world channel - one is to feel all kinds of qualia through the body channel as a one celled creature, the other way is to amplify the relationship channel.

First try to listen to qualia through the body channel without movement. When we amplify the body feelings toward movement, it will guide us to opening the movement channel, but if we inhibit the movement and just feel the body feelings, it guide us to opening the world channel as the most proto channel. Try to become a one celled creature and feel the world through somatic feeling. We can catch various kinds of qualia from the world.

Next try the 'Blind Guide'. One person walks blindfolded while a partner guides him/her around various places for thirty minutes, and then change roles. By walking blindfolded we can encounter such strange qualia, unknown feelings, spontaneous visions, imaginations, archetypes, and so on, without visual qualia. Instead of using the eyes, the sensitivity of the other channels are heightened and we can feel interesting world images flow.

After this practice, try to find the most interesting place and create subbody movement by opening the inner world images. One subbody may meet new subbodies digging in the field or on the stone, in the hole, by the tree, rolling down the steps, and in the cloth. Slowly we will open various world images and self images through these practices, and unify all of subbodies in all the various channels. We meet such a rich world of whole self in the darkness of body.

20. Toward the transparent duet
Butoh is not self expression at all. It is a dance which follows the resonance of life, that’s all. There is nothing to deny in our subbody and life world. It is our daily ego which denies us some elements of our whole self by daily judgment - right and wrong, good and bad, beautiful and ugly, and so on. Even the most ugly subbody can become beautiful when it finds the best timing to appear. We must meditate and ask our life to find the best timing for them.

Especially for duets, resonance is everything. If the ego comes out, it destroys everything. When we throw away our ego and our self, a transparent resonance between life and life can emerge. Butoh is not self expression. When we throw out our ego, a transparency comes out. This is the transparent duet. We need only to follow the life resonance without ego. Our subbody knows very well when, where and how to best move. It is the transparent mind and body. Our consciousness cannot plan or calculate them at all.

We can enter this transparent world, even just the entrance of the tunnels, but we must find the entrance. If we continue life meditation everyday for several weeks, it will gradually help to change our daily bodies and minds.

(For deeper learning :Practice Guide 'Multi-dimensional resonance' and 'Transparent duet')

**21. Finding your bottom body**

Find your bottom body, the position in which your subbody can be the most calm. It is like a home position which you can use to come back to yourself. It is important for your subbody to find the posture of being itself. When you find it, it will become an infinite fountain of creation.

Release all tensions and intentions completely using drop down breathing. With each breath release and melt down into the most comfortable body posture. Research which posture is the most familiar for your subbody. Find your bottom body with a fixed posture which allows you to open all of the channels’ qualia - Body, Movement, Visual, Audio, Emotion, Relationship, World=Self, and Thinking.

From your bottom body, listen to life and your subbody. What do you
want to do? Sometimes, your hidden skin may respond or spontaneous movement may come out. Follow the subtle tendencies and amplify the movement until you transform into a hidden body, proto body, or any other being.

When a subbody appears and spreads to its maximum, fade down and come back to the same bottom body. Try this several times. Each time open different channels, using different timing, scales and speed. Ask your bottom body, “Who are you?” and “Where are you from?”. Once you meet a bottom body which is the most familiar with your subbody, keep it for a long time.

The bottom body will become one of your intimate friends, as well as an infinite fountain of creation. So many subbodies will easily come out of the bottom body and return there. It is one of the unknown secrets of the subbody.

Research the subbody's channels by yourself, “Which channels were open today?” You will find that your subbody used several channels today, and it didn’t use other specific channels. Always be aware of the channels which your subbody opens and the ones which are blocked. Sometimes a subbody may use non-dual and multiple channels like the hidden skin, and so on. When you have found a specific bottom body, you can easily check the opening and blocked channels everyday.

22. Depth of hidden skin

What is the hidden skin? It is a proto method for recognizing the world, something that we used even when we didn’t know that we were human. When we were a fetus, the womb and fetus was oneness, the world and self were not separated. We recognize the world and self as oneness.

We have two way of recognition. The first is by the dualistic language thinking. The second one is qualia thinking, which is non-dual and multi-dimensional. It is the way of thinking through our hidden skin. It has the same logic as our dreams. The hidden skin is deeply connected with the four proto patterns of experience during fetus period, which was discovered by Stanislav Grof. This is why the qualia which are imprinted in our hidden skin are extremely deep. What are Grof’s four proto patterns of the fetus period?
The first realm: Ecstasy in the proto ocean
These are the qualia we experienced when we were swaying in the ocean of womb. It is also deeply connected with the proto experience when our life was a single celled creature swaying in the ocean. The swaying qualia is one of the most familiar for all life.

The second realm: The end of paradise
We did not know that our paradise would come to an end, but one day the womb suddenly started shrinking. Our paradise was going to end. “Stop it! Stop it! I want to sway here forever!” But the shrinking does not stop.

The third realm: No exit
Our fetus tries to search for the exit, but we could not find it. The womb is shrinking more and more. We are caught by deep fear in the no exit panic.

The fourth realm: Conflict between life and death
Our fetus gets angry as a creature. “If you will kill me, I will kill you! I will destroy this world!” The fetus tries to push its head through the entrance of vagina. Without breathing, our fetus struggles for survival between life and death. This is the deepest experience for all of us, though we have completely forgotten it.

The qualia imprinted in the hidden skin are strongly connected with these four kinds of proto experiences.

1. The sway in the proto ocean is one of the most comfortable experiences for all creatures. We can share this sway with all kinds of animals.
2. The qualia of the end of paradise is imprinted in the hidden skin as the change of the world. The change of crimination (???), temperature, earthquakes, storms, wars and so on.
3. The qualia of no exit attacks us when an uncomfortable experience continues for a long time. It turns into the deep fear that the condition will continue endlessly. Neurosis occurs when we are bound by these kinds of endless unhappy accidents.
4. We experience the qualia of the conflict between life and death when the world image and the self image come into conflict with each other. The world seems to press upon us as if it will kill us. When we are under the pressure of the world, some of us turn into killers. Everybody has the potential to turn into a killer. This is the reason why most of us desperately dissociate the murderer who lives in the darkness of body. We can overcome all kinds of unhappy experiences,
not by cutting off the unhappiness, but by converting it into creation with the following method:
1. Recognize the existence of unhappiness within us.
2. Find the proper distance to accept its existence.
3. Gradually become friends with it.
4. Dance with it someday. The creation of dance transforms the unhappiness and sadness into another thing.

When we dissociate unhappiness, it must not succeed (???). It sinks into the unconscious realm, and someday it will definitely attack us. It is the reason why we are attacked by neurosis and mind-somatic syndromes. Not by dissociating them, but by accepting them and finding the appropriate relationship with them is important. This is the reason why living as a subbody brings about radical healing. Life’s creation has the magical power for solving all problems.

23. The hidden skin

Our subbodies have a hidden skin which is different from the physical skin of our daily bodies. I don't know exactly where it is, but almost all of my butoh pieces were created in the hidden skin. It is invisible skin. Our life has been storing deep life memories for four billions years. The subbody resonates with the world through the hidden skin. Not only individual memories after birth, but also memories of fetus age, other creature's age and single celled creature's age are stored in the hidden skin.

We have already studied the hidden joints, hidden muscles and hidden cavities. Each hidden part guards deep life memories, but the hidden skin is the deepest one because life was single celled creatures for the first three billion years of the history of life. At that time they did not have anything like bones, joints or muscles. They only had a one celled body and skin. The oldest memories must have been imprinted in the body and skin. It could become the hidden skin of multi-celled creatures.

These hidden memories and present qualia which our physical body feels right now resonate together at the same time. When we die down our consciousness enough, we can catch the subtle signals of our hidden skin resonating with the world. The hidden skin has several layers, though we cannot count the number of layers.
We can open the hidden skin through the following method:

1. Calm down the daily consciousness with the swaying meditation, bottom breathing and so on, until we can feel a comfortable qualia stream in our darkness of body. Taste it deeply.

2. Move and feel the imaginary waves of the ocean. Enjoy the qualia of being moved. The qualia of being moved is one of the most familiar qualia for our life, because our life was moved by the ocean waves for three billion years or more when our life was just a single celled creature. Our hidden skin has deeper history than our consciousness.

3. Find a partner. Feel the life resonance between you and your partner’s cells from a distance between touching and not touching. Move and taste the subtle resonance of your hidden skin while exploring different places around your partner's body.

4. Take more distance - one centimeter, ten centimeters, one foot, one meter. Taste the different qualia which are resonating at various distances.

5. Touch your partner’s physical skin. Move the skin in various directions. The receiver is moved by following the direction of the hidden skin’s responses.

6. Gradually contact deeper level of your partner’s body. Move each layer in different directions, with different speeds and sizes, from surface skin, tissue, muscle, deep layer muscle, joints and bone. The receiver is also moved by awakening the hidden memories which are folded in each layer of the body.

7. Open the limitless creativity of hidden skin as follows:
   7-1 One person fixes a pose. The other person touches his/her hidden skin according to the partner’s position. Create the same form with same size in the empty space by moving both hands as if shaping an imaginary space sculpture.
   7-2 Create the same form with the hands, but reduce its size to one foot.
   7-3 Create a tiny sized one and move the form freely.
   7-4 Create an even more tiny one in your mouth cavity.
   7-5 Your partner becomes dust size. Breed it on your eye lash.

8. Become alone. Dance with your imaginary partner by freely creating the shape, size, movement and freely changing the layer of your
hidden skin. Your imaginary partner may invade or break a layer of
your hidden skin, play with it.
Open the limitless imagination of your hidden skin. It has infinite and
extreme imagination beyond your expectations.

24. Reverse twist

When we calm down enough, we can listen to the resonance of life.
Life is always resonating with everything and changing resonance
patterns in various ways. When life receives pressure, restriction and
influences, life just accepts them for long time. Even if the shape of life
is twisted by the pressure, life accepts it. After acceptance, life invents
a new resonance pattern which reverses the twisted shape. This is the
creativity of life.

All creation is a “reverse twist”. Life can create a novel pattern of
resonance, a new way of life, even with a twisted body. Butoh is an
acceptance of all kinds of negativity which life has received and an
attempt to find a new way of life. Dancers will show that we can live in
this way, in another way, in many ways, even with collapsed bodies,
twisted bodies, pressed bodies and weakened bodies. Little by little our
dances approach the real butoh.

Invent a reverse twist against the world, it will become necessary
dance for you and for your life.

25. Increasing the number of dimensions

One of the secrets of Hijikata’s butoh is to increase the number of
dimensions. His precise choreography does not belong to the three or
four dimensional world which we are used to. It exists in the non-dual
and multi-dimensional world. The weakened body method is his last
testament. It is hidden in the ash walk, size walk, three size walk,
numberless bodies walk and nest walk. When we practice these
methods deeply, we eventually come to experience Hijikata’s secret
world.

1. Ash walk
The essence of the ash walk is to become a dead body standing
desperately. After the physical body is burnt out, the ash body
continues to stand with fragile swaying. It is empty without the strength, heart, mind, soul and spirit of life. They have already been drained away. Dancing with a dead and empty body, this is butoh. It is not at all a form of self expression, because you are not human anymore. Do not misunderstand this point.

2. A size walk
Not walking but shifting space between heaven and earth while keeping a fixed size body. Some new dimensions are added to the ash walk - razor blades under the soles, a water vase on the head, glass ball eyes, spider’s threads in all the joints, a forest in the back of the teeth, spider’s threads in the empty cavity of the body, traces of walking in front of you and behind, etc. These conditions guide us to open new dimensions of time and space.

3. Three sizes walk
In addition to the size walk, a tiny hidden body is walking in front of you. You control it using a string which is connected to the top of your head. You must take care of the tiny you, but don’t worry about yourself. Behind you, a huge you is walking and controlling the string which is connected to the top of your head. The huge you is your whole self. It is always watching you. Walk with these three sized bodies.

4. Multiple bodies walk
The tiny hidden body increases the number of bodies - one is crawling on your skin, on your body, another one is floating in the space around you, another one is sitting on your shoulder, another is digging under the ground, and so on. You have to walk with all the members of your hidden bodies. Each hidden body has its own dimension. Naturally we enter into a much more multi-dimensional world.

5. Nest walk
Nests, bushes, forests - in Hijikata’s terminology these are used as a metaphor for complexes of many qualia. Walk with keeping many nests at various parts of the body. Many hidden bodies are going to come out of a nest, but we walk with them using the subtle signals of swaying. It seems the same as ash walk, but the number of inner qualia becomes infinite. We hide the signals of hidden bodies in our minimum sway.

Increasing is decreasing
There is a paradox. When we increase the number of dimensions, it means we must decrease the number of dimensions, because the
multi-dimensional world where life lives is also the non-dual world where nothing is separate. There are no borders between self and others, inside and outside, body and mind, one and group, now here and no where, high and low, good and bad and so on.

The nest walk includes the following nests in each part of the body:

**Bushes of legs**
- *Stepping down the stairs*
- *Sliding on ice*
- *Chicken’s legs*
- *Bushes of various legs*
- *Running away but unable to escape*

**Nest of eyes**
- *Glass ball eyes*
- *Becoming a big eye*
- *Melting caramel eyes with many tiny flies stuck the surface*
- *Fishing a big fish with the eyes*
- *Watching eyes being watched*

**Nests of voices**
- *Child’s voice*
- *A whisper from the dead*
- *Super ego’s direction*

### 26. Involving and being involved

Involving others in your qualia and movement. Be involved in other's qualia and movement. The latter is the main point. Being moved is one of the main characteristics of butoh. You are not dancing but someone is moving you, this is butoh. Actually, this is the resonance. There is no active or passive in resonance. No subject and no object, this is the resonance. First we must practice active involvement and passive involvement.

**Involving by six kinds of sway**
Involving and being involved by swaying, shaking, waving, shocking, collapsing and dying qualia. When we continue this, the group condition becomes chaos. The distinction between one’s own movement and others’ movement disappears. Nobody can understand what am I involving or being involved. It is a chaos rhizome condition.
The Individual and group become double oneness.

Continue self research and group research in the chaos condition. One moment you notice that you are creating a subbody solo, and another time you are inventing group resonance. Slowly the group condition shifts to the transparent resonating group.

**Transparent superconductor**
The highest ideal of group improvisation, where we only see the transparent transformations of qualia, can be realized through this process. It is like the condition of “superconductivity” which is when everything can transform freely and without resistance beyond the borders of subbody and cobody, me and you, individual and group.

27. **Vaporized body**

Become a vaporized body. Take off your physical body, ego and self. Become an invisible, egoless, selfless being. Become air, wind, spirit, fairy, angel, ghost, atmosphere and any kind of invisible being. Enter into your friend’s butoh world as a vaporized body. You can add a numinous dimension into the world. The vaporized body is necessary to increase the number of dimensions in the butoh world.

**Conditioning for vaporized body**

1. **Nyoro (Fluidity)**
Release your solid body by drop breathing using following relationship with gravity. Shift from resisting against gravity to accepting gravity.

2. **Liquid to vapor**
Amplify fluidity by shifting from liquid qualia to gas. Become air, wind, smoke, cloud.

3. **Vaporized cobody**
Resonate with your partner by accepting subtle influences from your partner's movement. Become an egoless air stream together. Become an invisible being, like a spirit, fairy, ghost or any kind of archetype.

4. **Imaginary partnering**
Dance with your imaginary partner. Imagine that your partner is rapidly transform from one being to another - wind, stone, creature, character, ghost, fairy and so on.
5. Entering as a vaporized body
Enter into other's subbody world as various kinds of vaporized body.

Hijikata used the vaporized body very often in his choreographs. It is necessary to add another invisible dimension to the butoh world. Increasing the number of dimensions is one of the main hidden techniques in Hijikata’s butoh. Life is resonating in the non-dual and multi-dimensional realm. Your butoh world has to approach it gradually.

5. Transparency
The vaporized body is the entrance to the transparent body. It is necessary to take off your ego, your self and all kinds of human binds. Just become the egoless and selfless life. Transform flexibly from one being to another being in a moment without any binds or restrictions. The transparent body is one of the final stages of being.

28. Kugutsu body
Kugutsu is not a physical doll or puppet, it is a special being that sways between this world and another world in Animist cultures. It has a human form and is composed of various material - stone, clay, wood, paper, etc. The human shapes that ancient people made were not symbols, but the modern Western civilization has misunderstood. It is resonating between this world and another world.

Become a medium between the living world and the dead world. Watch this world from the dead world with glass ball eyes, or rotten eyes. The video above is Hans Bellmer's work. His dolls are a special kind of Kugutsu, which are very rare in the modern Western culture. Hijikata Tatsumi often used Bellmer's images in his butoh scores and choreographies.

29. Awareness is amplification
What is amplification? I show a rhizoming movement that I noticed a subtle qualia in one part of the body, and it influences a neighboring part of the body, until the whole body is influenced by that qualia. But, after that, I suddenly noticed that the awareness itself become an amplification.
Our lives are always resonating with everything. For example, all of our six trillion cells are resonating with gravity and when we become aware of gravity at any specific part of the body, we feel that part becomes heavier. It is very subtle change, but when we enter into subbody mode we can recognize the subtle difference.

Awareness itself has the effect of amplifying qualia. It becomes clearer when you understand something about String theory. According to String theory, everything is resonating together.

30. The secret places where your hidden selves live

So many hidden selves are folded in our darkness of body. We have found several approaches to opening them.

1. Open your hidden joints
In our daily body, we have several hidden joints which we forget to use. Our tail joint, sacrum joint, chest bone, collar bone joint, the fourth joint in our hands and feet, the joints between each spine, and so on. So many hidden characters and hidden creatures are folded in these hidden joints. Before we have used these joints and shown strange movements, but it was ignored by our parents and teachers and these qualia were folded there as "Hidden selves". Psychologists have named them the sub-character, shadow, not-me and so on.

Try to open or close these joints, changing positions from the daily condition, and then you may catch a subtle qualia from the hidden self. When you meet a subtle qualia, just follow it and amplify it until you meet a hidden character.

2. Open the edge eyes
Move your eyes quickly on the diagonal axis. You may feel some unknown characters, strange inventions, humorous characters and so on. Watch the world using the edge of your eyes. Show the whites of your eyes. Watch through the upper edge or the lower edge of your eyes. You may meet a cunning one, a quick one, a character who looks down on everything from another world.

Use the floating eyes, which are called 'nagashi-me'. Turn both eyes
up and allow them to float in the darkness. Become white eyes. Invent your own dead eyes. Watch this living world as a dead body. You may meet another self. Enter and become another being.

3. Change breathing, tongue, and face
Try different rhythms of breathing than daily breathing. Try strange ways of using your tongue, mouse, and face as another creature. Find different body sounds and breathing from your daily human voice. Enjoy the subbody voices. Find another self, another creature.

4. Open your hidden skin
Imagine that your anus or vagina are open and stretched to the maximum and turned inside out to cover your entire body. Now your body is covered by your stretched anus or vagina. Finally your body is hidden by your stretched anus or vagina. By opening all the parts of your hidden joints, become a extremely flexible body like an octopus or alien of the deep sea. Dance as an inside out body.

There are so many hidden selves in your darkness of body. How many hidden selves can you meet? Dance with them. This is the subbody way to travel through your whole self world.

31. The inner necessity for the weakened body
We can practice the weakened body through physical practices like infinite segmenting, rhizoming technique and so on, and at the same time researching the darkness of body through the upstream life meditation, beggar meditation, fetus meditation, proto dream work and so on. If you find the inner necessity to transform into the weakened body through these inner travels and continue practicing it, one day you will get. But until then, it is impossible to understand. This is the reason why the weakened body technique disappeared from the world.
Yoko Ashikawa, who was the main butoh dancer in Hijikata's last Butoh Troupe, recently confessed, "I could not understand death at all because I was too young." She was the only person who was taught the weakened body technique from Hijikata directly, but even she could not get it. She confessed so honestly. She did it in the performance of "Quiet House (1973)", but she could not continue it because of the absence of inner necessity.

It is much more difficult to meet the inner necessity for weakened
body than to practice the physical methods for transforming into the weakened body. Hijikata did not teach it. He just showed it. We must dig deeper tunnels in our darkness of body in order to meet the inner necessity for the weakened body. This is the reason why we need to continue such intensive meditation training for dying down our ego process.

32. Rhizoming technique for the weakened body

Segmenting rhizome

1. Infinite segmenting in warped sway walk

1.1 Body
Segment the body into three pieces: legs, trunk and head. Stand with fragile feet, in which a few points of your soles come in contact with the floor. Bend your knees slightly and release all tension. A sway rises up from the feet, through the body and to the head. Sway back down from the head to the feet. At one point in each segment of the body the sway is warped by an unknown power from another dimension.

For example:
Upstream 1) foot 2) spine 3) head
Downstream 4) neck 5) pelvis 6) knee

Continue this warped sway walk until it becomes a comfortable meditation mode, second nature.

1.2 Legs, torso and arms

Segment your leg into three pieces: pelvis/thigh, lower leg and feet. Like the exercise in 1.1, the warped sway passes through the three parts moving up and down. Explore it with your arms and torso as well.

1.3 Feet, hands and head
Same as above, segment the feet, hands and head into three parts. The warped sway passes up and down through the three parts.

1.4 Fingers, toes and face
Same as above, segment the fingers, toes and face in three and practice the warped sway.
2. Infinite segmenting using the six movements
Practice the warped sway walk but not only swaying, but with all six kinds of movement - swaying, shaking, waving, shocking, collapsing and dying. Each qualia is passing through the three parts of body and warping them.

3. Infinite segmenting in eight channels
Practice the warped sway walk in each one of the eight channels.

4. Infinite segmenting in your subbody butoh
Try to segment your choreography and reduce it to the minimum chunk using the infinite segmenting technique. Practice this until you get the most delicate choreography transformations using the weakened body.

33. Second stage of the weakened body
I have investigated the "Weakened body" through Ash walk, Hundred tanden weakened sway, Size walk, Bugs walk, etc. for a long time. Gradually the process for transforming into the weakened body has become more transparent than before. Below I present the essential characteristics of the weakened body.

Life shivering
The weakened body is a body which can resonate with the most proto shivering of life. The daily body cannot listen at all to the subtle shivering of life. The shivering of life is so subtle that it cannot be perceived by the daily body, which is bound by the rough and large stimulus of language information. Removing the human binds is the essence of the weakened body. Then it becomes possible to contact the life which is swaying and shivering between life and death.

Taking off the "Human body"
The concept of human is our strongest bind. When we are bound by the concept that we are human and stand up straight on two healthy legs, we cannot contact the life that is subtly shivering and swaying between life and death. At first we need to take off our healthy straight legs and stable flat feet.

Bend both knees slightly. Inhibit stable flat feet, keep fragile feet by only contacting the floor with one or two points of the feet. Your whole
body will be swaying in different directions unstably. Continue to train your body until this walk becomes second nature. When you become used to this walk, it will be a standing meditation state in which your whole body is filled by a comfortable sway. Then your body will change into a subtle body which can delicately sense and taste the subtlest qualia flow.

**Twisted sway**
Some parts of your body are moved in a twisted sway by someone. Not a straight sway but a twisted sway. This is an important point, but extremely subtle. It took me fifteen years to grasp this. Until then, by only the normal sway it could not transform my body to be warped body between this world and another world.

**Carry the darkness of the world**
When you become the weakened body you are not alone, but dance with all the unhappiness in the world. They approach your body from another dimension. Do not drive them away, but offer them your body, "Please use my body freely." Hijikata named his butoh group "Hangedaitoh-kan". "Hangi" means to become "the sacrificed body on the fire".

**Look at this world from the dead world**
Look at the living world from another world as a dead body. I call this "the look of near life". It is the opposite of "near death". When we become a dead body and look to the living world as the dead, we can see that this living world is full of qualia resonance - light, sound, wind, feeling and so on. How full of brilliant resonance it is here! How special life is! We can show another viewpoint to the daily consensus world through "the look of near life". It opens another art of human living. This is the essence of butoh.

**34. How to keep listening**
A student once asked me, "When I don't move, I can listen to the subtle qualia of the body, but when I move I cannot. What should I do?" This is a very important question. When we enter into a deeper listening mode, we begin to notice this problem. The most important thing in dance is to keep listening to the subtle qualia stream. If the listening is cut, then we have lost the real spirit of the dance. How can we keep listening to the subtle qualia while moving? This is an
important technique for the advanced butoh dancer.

1. Extremely slow movement
Without moving, listen to your life breathing and feel the most comfortable rhythm. Notice how your whole body spreads very slowly when you breathe in for around 12 seconds and relaxes when you breathe out for 12 seconds. This breath of life is not directly connected to the rhythm of your lung breathing in a one-to-one correspondence. When you breathe in, you can accumulate air two or three times from the mouth or nose. When you are able to grasp the rhythm of the breath of life, you will feel deep comfort and ease.

When you get this feeling, keep listening to it and try to start moving at an extremely slow speed. You can open both channels of body feeling and movement. Slowly release the limitations of size and speed. If you notice that you have lost the listening, stop moving, become quiet again and start over again.

2. Carry walk
Freeze your upper body in a specific posture and carry that posture while keeping the same shape. You can move your lower body to carry your upper body in various ways - ash walk, noh walk, oriental walk, human walk, swaying walk, stone walk and so on.

3. Slow and precise transitions
Start a slow transformation from a point on your body. Metaphorically speaking, begin with one cell and a specific kind of qualia, and this qualia influences the neighboring parts of your body. Then slowly your body transforms from one kind of body into another kind body. In the transition your body become a chmera (???) which one part is lion and the other part stone.

These three exercises are used to train the transition between stillness and movement. Always keep listening to the subtle qualia of the body. This is the most important thing. Slowly expand the limitations of movement in size and speed, while trying to open various channels - visual, audio, emotion, relationship and world=self. Never be in a hurry.

35. Swaying meditation

1. Losing strength breathing
Find a quiet comfortable place. Sit down with your legs in a relaxed
position. Breathe in through your nose or your mouth, try both ways. When you inhale, imagine that someone is pulling your head and spine up with a string from the sky. Your spine will be comfortably stretched to the sky. Breathe out through your nose or mouth.

When you exhale, imagine that your head and spine keep hanging from the sky while all the other cells drop down into the center of the earth. Listen to the changing body feelings in each part of your body. You will feel a deep sense of relaxation. Repeat this losing breath meditation several times until your body and mind calm down with deep relaxation.

2. Clock swaying
Imagine that you are sitting on a boat. Your boat starts swaying towards the front and the back, and your body is moved by its sway. Try to be moved by various part of the body - pelvis, stomach, chest and head.

Imagine that you are sitting at the center of big horizontal clock. First start swaying in the 12 to 6 o'clock direction. When you notice a shift, the direction of swaying changes to 1 to 7 o'clock. Repeat each direction two or three times, and then shift to the next direction by following the clock, 2 to 8, 3 to 9, 4 to 10, 5 to 11, 6 to 12, 1 to 7, 2 to 8, 3 to 9, 4 to 10, 5 to 11, and 6 to 12 o'clock. Try to change the part of body which is initiating the movement (pelvis, stomach, chest, head, etc.) until a comfortable stream of body feelings fills your whole body.

3. Random swaying
When you become tired of counting the clock numbers, shift to random swaying. Not only horizontal swaying, but also vertical. Enjoy the passive feeling of being swayed. If you feel any pain or stiffness in some part of your body, send air and stretch that part. Continue it until the uncomfortable feelings disappear and the comfortable body feelings start streaming in your body.

4. Subtle swaying
When you feel a sense of comfort in your whole body, suddenly slow down and size down to the minimum speed and size. You will catch a much more subtle body feeling in each cell of your body, which are streaming and changing with various qualia. Taste them deeply and follow them flexibly. You will be surprised how many different body feelings are hidden in the darkness of body! Just enjoy the diversity and richness of the hidden body feelings.
5. Segmenting and amplifying
If you feel that some part of your body has a tendency to move, just follow the body and move freely while tasting the various subtle feelings and movements - swaying, shaking, waving, shocking, being moved, being touched, becoming stiff or flexible. Sometimes you segment the feelings. Sometimes you amplify the movement to the maximum. Try both flexibly.

Enjoy the spontaneous movement and let the whole body and mind ride it without thinking and judging. When you become [???] enjoy it. Congratulations! It is your own subbody. Continue the swaying meditation everyday for as long as possible until you fall in love with your subbody.

36. How to deepen your research

1. Continue listening for 24 hours
The subbody works for 24-hours without sleeping. To receive all the messages from your subbody, listen to your dreams immediately upon awaking. Some people say that they do not dream at all. Even in this case, you can listen to the subtle bodily qualia in your body without visual images. All dreams have their own bodily qualia. They are the most important messages from your subbody and your life, because bodily qualia are their main language.

Sometimes they transform into other channels - movement, visual, audio, emotion, relationship, world= self and thinking - but the bodily qualia is the main channel. It is non-dual qualia. Through meditation and practice during the day you can concentrate on it for 24 hours. Become good friends with your dream body and subbody. They are oneness.

2. Listen to the subtler and subtlest qualia
When you get used to listening, practice listening to more and more subtler qualia. Try infinitely segmenting them every day - from body size to cell level - become the cell’s life. Eventually you can enter the String level. Qualia are streaming with the resonance of String in multiple invisible dimensions.

3. Towards the non-dual realm
You will find that the more subtle the realm you enter, the more multi-
dimensional and non-dual qualia are streaming beyond time and space. That place is the very place you must research, though it is full of strange, unknown and uncomfortable qualia. After overcoming them, you can reach the treasures of infinite creativity and originality of life.

4. Open more diverse dimensions
Try to research even more different worlds than before, stranger, more unknown, uglier, fainter, more complicated, weaker and so on. Travel as many diverse dimensions as possible. Become a skilled and flexible traveler in the darkness of body between life and death.

5. Deepen the transparency
Try to see and feel everything that is happening between consciousness, sub-consciousness and the body transparently. Open the "Riken eye" in deeper realms. The beginning of Riken is simply to see yourself from outside. But the advanced "Riken" is to see the resonance between yourself, others and the world from multiple dimensions transparently. Feel the resonance between the lives and worlds transparently and share your awareness with your friends immediately. Never stop maturing as a resonator.

37. Orientation to the subbody method

1. Calm down
Calm down your daily body by breathing and swaying meditations. When you feel a relaxed and comfortable sway in your body, gradually your thinking will stop. Become as quiet as possible. To become a quiet body is the entrance to the subbody world.

2. Listen to subtle bodily feelings
Transform from thinking mode to listening mode in the darkness of body. You can feel subtle bodily feelings streaming in your body. Taste them, enjoy them. Slowly you will notice that they are streaming and changing every moment in various parts of your body and mind. Feel each one of your cells resonating with gravity, air, temperature, light, sound and so on.

Listen to them carefully. These physical feelings are resonating with inner memories beyond time and space. Dreams, images, inner rhythms and visions are also streaming in your darkness of body. They are so tiny and delicate. They are millions of times subtler than your
daily senses. Listen to them as delicately as possible. We call them "Qualia". Qualia are everything which is felt by life. Not only human, but all kinds of life feel qualia. Life is resonating with everything in the world through qualia.

3. Become a subbody
While you feel various subtle qualia streaming in your darkness of body, if you catch a novel qualia follow it and taste it deeply. Amplify it with your whole body movement and your mind. Become it with your whole being. Welcome! It is one of your subbodies.

Feelings are always changing and streaming. You can become various beings or creatures. Sometimes you may become air, wind, water, stream, stone and so on. At other times you may become an amoeba, bacteria, jellyfish, lizard, bird, animal, plant and so on. Or your hidden characters, which are hidden in your darkness of body, may come out. Become every kind of subbody. By becoming subbodies you can travel through your whole self world.

In the subbody technique you learn the following specific methods for traveling in the subbody world:

Sen-Shin-Hitsu (Novel-Numinous-Necessary) - research method
Jo-Ha-Kyu (Beginning-Changing-Ending) - creation method
Ka-Hi-Mei (Flower-Secret-Mystery) - secret method

These cannot be explained by words, they can only be experienced through real time life resonance.

4. Open resonance
Life is resonating with everything through qualia. The resonance of qualia is so subtle, but when you become a quiet body you can catch them. Open your resonativity to the maximum. Taste the subtle resonance beyond time and space. Your present qualia are resonating with your hidden memories like your mother's voice, skin and so on. They are even resonating with the memories of the dead. Your qualia are resonating with the different qualia that your friends are feeling.

Resonance is happening beyond time and space, beyond all kinds of borders - self and other, inside and outside, body and mind, now here and nowhere, individual and group and so on. You can also become a cobody. Cobody is a group of resonating subbodies. Taste the flexible transformations between subbodies and cobodies.
5. Transparency
The subbody world is full of creativity and originality. You do not need any effort to create something. It is not you but your subbody that will create various novel movements. You can just give your body over to your subbodies and cobodies and follow them by emptying your ego and self. It will become a novel, numinous and necessary creation without any restrictions. Creation is the biggest gift from your life to the world. Taste the whole process transparently and share it with the world transparently.

38. Entrance guide to the subbody world
The subbody is a subconscious body. In the eastern tradition of meditation there is a similar concept. It is called the “subtle body”. It is almost the same as stopping the "gross body", or “daily body”. In the subconscious realm, the subconsciousness and body are merging into oneness. This realm is completely different from our daily world. It is full of creativity and originality without any human limitations. To reach this level of fertility, we need to learn how to shift from daily life to subbody life. Please practice the following method for becoming a subbody and change your way of everyday life.

1. Calm down
Find a quiet place where you can be alone and sit down with your legs relaxed. Calm down your daily body and mind. Stop your thinking, judgment and inner voices. These are your human habits. Become a quiet body until you can remove all human conditions - social roles, gender, persona, judgment, common illusions and so on. This is the first step to becoming a subbody.

2. Listen to the body
When you become a quiet body, gradually you are able to listen to the subtle tendencies of your life. It is so subtle. It is millions of times subtler than daily sensations of your human gross body. When you become a quiet body, you can feel that there are so many subtle tendencies streaming in the darkness of your body. There are many methods for entering into subbody mode. Below are two methods for beginning the conditioning:

Subtle breathing
Breathe in only one cc air from your nose or mouth. You will notice
that the cells of the mucous membrane behind the tip of your nostril are resonating with the oxygen in the air. Taste it. Slowly shift to deep breathing from your whole nose or mouth to your lungs. Notice how the cells of each part of your body are resonating with the oxygen. The life of the cells are resonating with everything in the environment - gravity, air, light, sound and so on.

**Swaying meditation**
If you continue listening, you will notice that your body is swaying with subtle sways. Your life is always resonating with the outer environment and inner memories. You will notice that your life resonates with hidden memories, dreams, desires, imagination, visions, bodily sensations and so on. Accept all of them without judgment, taste them deeply and enjoy them.

Feel your life. Ask your life, “What do you want to do most?” Continually ask yourself this question.

**39. Qualia of being unable to move**

There are qualia of movement and qualia of being unable to move. Which ones are deeper? Why we are so deeply moved when we see handicapped people’s movements? The reason is because our life has such a long history of being unable to move. Our origin life began on this planet 4 billions years ago. Up until 1 billion years ago only single celled organisms lived on this planet.

After 3 billion years of experience as a creature being unable to move, some multi-celled creatures started to appear. Our origin life experienced this qualia of being unable to move or barely able to move for such a long period of time. This is the reason why the qualia of being unable to move affects us so deeply. In the world of contemporary dance people are researching how to move and how to invent new movements, but they do not know that the deepest qualia is the qualia of being unable to move. Explore the following practice.

**Qualia of being unable to move, qualia of being moved**

1. Become the origin creature which was born 4 billion years ago on the earth by connecting with the image of the first single celled creature when our life began in our mother’s womb.
2. Taste the qualia of this origin creature that is completely incapable of moving. It is only able to maintain its life by digesting some food
through its skin and discharging some excretions. Taste the qualia of the completely passive life.

3. This creature grew up as a moving creature, like an amoeba. It can only move a little bit. It is still almost completely passive and only a little bit more active.

4. Find a partner. One person lays down and the other person gives him/her some stimulus from outside, for example swaying, shaking, waving, shocking, pressing and so on. The receiver just tries to taste every stimulus as a passive body.

40. What is the Kyu of Jo-Ha-Kyu?

The Jo-Ha-Kyu method was founded by the Noh dance master Zeami (1363-1443). Jo is the beginning. Ha is the break or change. Kyu is the climax and ending.

1. Jo - Hiding the sign
   There is also a Jo-Ha-Kyu in each Jo, Ha, and Kyu. The essence of the Jo of Jo is hiding the sign which is going to come out. You simply feel the qualia without any movement. Qualia is everything which is felt by life.

   The Ha of Jo is to make it an even deeper secret by swaying the body. You show your body swaying between this world and another world. Different types of qualia are going to come out and sway back into various parts of your body. The moment when the first qualia appears is the Kyu of Jo.

2. Ha - Opening another dimension
   When you follow and amplify the first qualia to its maximum, you will catch a sign from another dimension. If you amplify the next qualia, you can open a different dimension from the first world which you created. This is the Ha. It breaks the first world. Invent your own timing for each Ha. This is the creation.

3. Kyu - Several ways of Kyu

3.1 “Momiyose” - condensed
   Kyu is the climax and ending. You should show everything by using rich variations of all kinds movement techniques. You can end after showing everything in a short condensed time.
3.2 Reach the world image = self image channel
From Jo to Ha you travel along a single channel - body feeling, movement, visual, audio, feeling, human relationship, etc. - in order to explore your whole self world. Finally you encounter the world= self channel. This channel is the most complex channel, it contains the whole qualia beyond all of the single channels. You can show the whole qualia of your life swaying in the world= self channel.

3.3 Transforming into another dimension of the dead world
To transform as the dead is the alpha and omega of butoh. When you die as a human body it is possible to transform into other beings from other dimensions. You must practice the technique of the weakened body for a long time. Only then can you watch this world from the world of the dead.

This living world is full of qualia, full of light, sound, etc, but the dead cannot resonate at all with these qualia. You can deliver the deep message to the audience that they can live as a creator by using these rich qualia. The audience always forget it. They feel bored with everyday life. They have lost the life. Your look as a dead body can make them aware of the real life.

3.4 Ask your life, “Can you repeat this dance ten thousand times?”
If your life answers “Of course, I can repeat it ten thousand times!”, then the movement must be your Kyu dance. This is the simplest question to determine whether or not it is your Kyu. Dance it ten thousand times. It is your destiny.

41. The second stage of the rhizoming technique
1. Progressing rhizome
Subtle specific qualia begin from a small part of the body and slowly infect one part and the next, until the whole body is transformed into another being. This is the most basic form of rhizoming.

2. Reducing rhizome
This is the opposite of basic rhizoming. The qualia which spreads to whole body begins to shrink until it is reduced to the minimum size at a single point of body. When the subtle swaying of the weakened body catches these subtle unique qualia, the weakened body becomes full of secrets. From the outside we cannot distinguish this subtle sway,
only the dancer knows that these subtle qualia are the reduced qualia from his/her own qualia of proto dreaming.

3. Focusing rhizome
Hidden qualia which have been reduced to the minimum size, appear in a specific part of the body and increase in strength. This smallest part of the body can show a strong and unique transformation. This strong transformation is able to become an unique flower of butoh dance.

4. Merging rhizome
Sometimes it happen in a dream that one element connects to another. The self image can appear as two different beings, for example in a dream I can be both the killer and the victim. Then we can merge the different elements into one body. One becomes two, two becomes one. This logic is the unique logic of the dream body. We can merge the world image and self image into one body movement. We are not able to understand these transformations, it is a hidden secret known only by the dancer.

5. Connecting rhizome
We can amplify to the maximum a self contact, when one body part connects to another body part. It can become a strange transformation. Qualia can be separate and connect freely at any part.

6. Becoming rhizome
Using these different types of rhizoming technique, the butoh dancer can become another being which lives in different dimensions. Transforming into another being which is not bound by human limitations is one of the essential characteristics of butoh.

42. The third stage of rhizoming
When we want to investigate the proto dream world and dive into a much deeper realm, we need to take off our humanistic interpretation (???). Dreams appear through our visual channel, but the visual channel is bound by our daily human images. Our proto life has no eyes. Remove all visual images from your proto dream, only then can you meet the proto qualia of life.

Life is always swaying between life and death. Most of the images from
our proto dream are shivering between life and death. The essence of most of our nightmares is the fear of death. Everyone’s proto dream contains this element to a greater or lesser degree. We must attempt to remove all human conditions from our proto dream and find deeper subbodies. We can enter the third stage of rhizoming as the follows:

**Removing human conditions one by one**

1. **Taking off bones and muscles** - Becoming a proto body

Transform from your human body to the most primitive one celled creature. Follow the most primitive tendencies of life such as lazy, slow, heavy, liquid, vapor, etc. and become your proto creature. Become a boneless creature. Become a liquid body. Become the proto body which your life has invented.

2. **Taking off the nerves and heart** - Becoming humanoid

A demon approaches you from behind and steals your nerves. Feel the process of stolen nerves in each finger and toe, in your face, and throughout your whole body. The demon steals your heart, mind and soul. You have lost your heart, feelings and emotions. Your eyes have become glass ball eyes. Walk as a humanoid. A system error occurs in your humanoid body. Become a broken humanoid and invent your own humanoid movement.

3. **Taking off the individual** - Becoming a creature's group body

Change the size of your subbody and imagine that hundreds of birds, insects, fish, mice, snakes or worms are on your hand, arm or any part of your body. It is not you but this group of creatures that moves your body. Follow the creatures’ group movement in your body.

4. **Taking off the human skin** - Reversing the inner hidden skin

Imagine your inner skin drops out from your bottom (anus or vagina) and covers your body until entire body is covered by your hidden skin. Taste the world through your hidden inner skin. When the inner skin meets oxygen it receives too strong of a stimulus. It feels the qualia of dying.

5. **Taking off human space and time** - Releasing from the human scale of space and time
Transform into a minimum size and scale. Open another time, speed and rhythm. Transform from living bird to fossil of origin bird by opening the one million year time scale. Upstream to different ages of life and the universe.

**6. Taking off all human conditions**

Take off all human conditions using these transformation processes. Finally you can become life and release from the human. Life can resonate with all kinds of qualia in the world. You are reborn and survive as another being in a different dimension. Dance as life. Dance the life swaying between life and death. This is butoh.

**43. Entering the dreambody**

The dreambody and the subbody are brothers. They have come up from same world. There is only one subtle difference. The subbody has all the channels while the dreambody mainly uses the visual channel, although sometimes it also has another channel. When we dream the movement channel is closed because we are asleep during the dream. We can exchange between the dreambody and the subbody using following method:

1. Lay down with a calm mind and meditate with a half asleep and half awake body/mind.
2. Remember the proto dream which you have dreamt over and over or the most impressive nightmare of your life.
3. Write down the dream paying special attention to the body feeling qualia in the proto dream.

(You can omit steps 4 through 8 if you do not have enough time.)

4. Roll on the floor to release the body. It is not you rolling, but someone rolling your body and you are following.
5. Roll together with two other people. One body rolls over onto another person's body.
6. All bodies roll together and the bodies contact like a human ocean. The last person rolls over the human ocean. While being carried by the human ocean, move freely like in a dream.
7. Become a human mountain. The bottom person climbs on top of the others and rolls down from the top. Each person goes up and
down at random.
8. Find a comfortable position to rest as human mountain.

9. One person start talking about his/her proto dream and moves as dreambody.
10. The other people become the dream world or follow the dreambody's movement. For example when dreambody swims in the stormy ocean, the other people become big waves or swimming dreambodies.
11. When one person finishes, the next person starts talking and move as a dreambody.
12. When everybody finishes, begin self research for 30 minutes. Remember the others’ impressive dreams and find connections from one dream to another.
13. Show your dreambody dances to one another.
14. Meditate on your dream world and your dreambody dance. Ask your dream, “Where are you from? Who are you?” and taste the qualia of your proto dream.
15. The next day look for connections between yesterday’s dreambody and another day's subbody movement.
16. Using this process, slowly you can taste your whole self world, becoming aware of the multiple connections between the dream world and the subbody world.

Transformation method

There are some special methods for transforming from the dreambody to the subbody.

1. Translating visual qualia to body feeling qualia
Dreams come out of the subconscious world through the visual channel. Change from the visual channel to the body feeling or world=skill channel. This is the key to transforming from the dreambody to the subbody.

2. Becoming both world image and self image channels
Try to dance the dream world from both sides of world image and self image channel. At first sometimes you become the self image in your dream and next you become the world image. Another way is to become both of them at the same time. One part of your body transforms into the world and another part becomes the self. Taste the all the qualia of your proto dream.
3. Merging
Merge several elements of your dream into your body. If you dream of a struggle between killing and being killed then become both of them, the killer and the victim. You can sink into the non-dual realm which is hidden under the dualistic appearance of the dream.

4. Rhizoming
A kind of qualia sinks into your body from one body part and gradually spreads to your whole body. Show the transformation process precisely while tasting the whole qualia.

5. Opening different dimensions
Learn the process of changing from one scene to another in your dream. How does it happen? It starts from the subtlest scale which you do not even notice and slowly your world is filled by the qualia until you eventually reach transformation of dimensions.

6. Search the weakened qualia
You can find many unknown weakened qualia in your dream world. They are swaying between appearing and fading away. Dance these fragile qualia.

44. Hidden muscles
Opening our anatomical transparent eye to the darkness of body helps us to transform into the weakened body. Our daily bodies are bound by rough and large movements using the surface muscles. However we have a deep layer of muscle under these large surface muscles. They are not straight but spiral and connect with each hidden joint in a different and unique way. They have been forgotten by our daily bodies and dissociated into the unconscious realm. I call this “hidden muscle”. We must first inhibit the gross body which is bound by large surface muscles. Then we can open the transparent eye to the subbody which is connected to the hidden muscles and hidden qualia.

Hidden muscles in the spine and the body
When we remove large surface muscles, like the large back muscles, chest muscles and stomach muscles, the longest straight spine muscle appears. This muscle is used to keep the body straight along with the bottom muscle. By changing the way we contract them, we can control the flexibility of the body. In meditation and Zen sitting we control them with a medium degree of contraction. In order to transform into
stone body, we contract them strongly. We are able to transform from solid body to liquid body to vaporized body by varying the degree of contraction.

When we remove the longest spine muscle, we find tiny muscles which connect each vertebra with different dimensions. We use these hidden muscles to transform into the weakened body. The skull, neck bones, collar bones and shoulder blades are connected to many tiny hidden muscles in different directions, some straight, some diagonal and some spiral.

The spine, pelvis and leg bones are connected by the psoas, which is the largest hidden muscle. Usually we use psoas to bend the body to life the leg forward. We inhibit these big movements of the psoas and contract it just a little bit for shortening the leg and subtle swaying.

**Hidden muscles of the legs and arms**
The daily body can only control the large and rough muscles - big hip muscles, long thigh muscles, hamstrings and so on. We need them for daily movement and sports, all kinds of dance, etc., but for weakened butoh we start to inhibit their rough movements and then we can meet subtle signals from the darkness of body as well as hidden movements.

When we control them by contracting and releasing them independently, we can transform into a dead body, puppet body and humanoid body and finally weakened body which is swaying between death and life. Start to practice controlling each hidden muscle independently one by one, and taste each unique qualia. When the hidden qualia that are folded in each body part and the subtle hidden movements become oneness, weakened body butoh begins. Until then it is only movement or only just an image.

**Long process to becoming a butoh body**
In order to transform into the weakened body, we need both a long training of listening to the subtle qualia of the darkness of body and the ability to control the subtle swaying of each body part in different dimensions using our hidden muscles. It takes a long time. It even took Hijikata five years after his aggressive performance of "Nikutai no Hanran" (The rebellion of body, 1968, Japan), to complete the weakened body butoh, which cuts off all gross movement of dance he had learned.

Always be aware of the subtle hidden joints and hidden muscles by
opening the transparent mind, then you can transform into another being who lives in different dimensions with subtle and strange swaying. Take off all human conditions. Become an unknown being swaying between this world and the dead world. Look at this living world with dead eyes from another world. Become a rhizome! Become a secret!

45. Bugs walk

There are so many secrets hidden in Hijikata's "Bugs walk". It is one of the most important basic methods for transforming into the weakened body, along with the "Size walk". But that is not all. It is a treasure chest of transformation methods.

"Bugs walk"

1. A bug is crawling on the back of your right hand.
2. A second bug is creeping down from the left side of your neck to your back.
3. A third bug is wriggling up along your inner thigh.
4. A fourth bug is squirming down from your left shoulder to your chest,
5. A fifth bug... (Find out by yourself.)
6. You are so itchy here and there. You cannot stand still. You are pushed away from here by itchiness.
7. Itchiness under your chin, itchiness at the base of your ears, itchiness around your elbows, itchiness around your kneecaps, itchiness around your waist. Ah! There are five hundred of them!
8. Around your eyes, around your mouth, in your ears, between your fingers, in every mucous membrane. Five thousand bugs!
9. A bug on every hair.
10. A bug in every pore.
11. From there thirty thousand bugs are crawling down into your guts and eating them voraciously.
12. Having eaten them up the bugs are coming out of your body through the pores. Now they are eating the space around your body.
13. Now the bugs are full of your outer space and are eaten by another kind of bug.
14. The condition is being eaten up by another kind of bug.
15. (Half a billion bugs on a tree. The inside is all gone.)
16. It is your end. (Your will and sense of material belong to the
Let's examine it part by part.

**Key 1: The movement of being moved**

1. A bug is crawling on the back of your right hand.
2. A second bug is creeping down from the left side of your neck to your back.
3. A third bug is wriggling up along your inner thigh.
4. A fourth bug is squirming down from your left shoulder to your chest.
5. A fifth bug... (Find out by yourself.)
6. You are so itchy here and there. You cannot stand still. You are pushed away from here by itchiness.

Butoh is not movement by one's own will, it is not self expression. It is not you who moves, but someone moves you. When you calm down your daily mind and body and die down your consciousness, ego and self, then you can empty your body. Only then is it able to catch the subtle qualia beyond the borders of inside and outside, self and other, mind and body. Just follow these subtle qualia of being moved or forced. Then you can find the necessary movement for your life.

In Hijikata’s words: “You begin to move not because you would like to move, but because some parts of your body itch you and irritate you. You walk not being led by your will but being forced by something else.” Much like the “spider's threads” that move you in the “Size walk”, you are pushed away from here by “itchiness”. They are just samples of the qualia of someone moving you. From here we can transform with such a rich diversity of inevitable movement.

**Key 2: Rhizoming**

7. Itchiness under your chin, itchiness at the base of your ears, itchiness around your elbows, itchiness around your kneecaps, itchiness around your waist. Ah! There are five hundred of them!
8. Around your eyes, around your mouth, in your ears, between your fingers, in every mucous membrane. Five thousand bugs!

In subconscious movement the consciousness does not give directions...
like first I will move my right leg forward and next I will move my left arm to the right. These are rough and large like tree movements. Unlike this rough tree movement, the subtle tendencies initiate from one body part and gradually effects another part until the whole body transforms into a different being.

**Key 3: Hidden skin, Hidden joints, Hidden cavities**

9. A bug on every hair.
10. A bug in every pore.
11. From there thirty thousand bugs are crawling down into your guts and eating them voraciously.

The daily body ignores these hidden body parts and they sink down into the unconscious world. But when we enter into the transparent body/mind condition, which is balanced at the same subtle level between consciousness and subconsciousness, we can feel the subtle qualia in these hidden body part of body and can learn to control them.

In lines 9 to 11 we find guidelines for becoming aware of the transparent mind/body. In Butoh we do not start from the rough and large movement that are controlled by consciousness. We must start from these subtle qualia which are folded in our darkness of body.

**Key 4: Opening different dimensions**

12. Having eaten them up the bugs are coming out of your body through the pores. Now they are eating the space around your body.
13. Now the bugs are full of your outer space and are eaten by another kind of bug.
14. The condition is being eaten up by another kind of bug.
15. (Half a billion bugs on a tree. The inside is all gone.)
16. It is your end. (Your will and sense of material belong to the bugs.)

Here not only the body but the space also starts transforming into another dimension. We open different dimensions. We enter there and transform into non-human beings. As a weakened body swaying between life and death, we can show such rich possibilities of life. For this we must put an end to the age bound by modern human concepts, ego, nation-state and so on.

Hijikata said: “Butoh is expanding the concept of human.” We can put
an end to the human age and open the next stage of possibility for our life. The butoh dancer is a being who foreshadows the future of the human, released from our modern and narrow human concepts, ego, self, nation-state, dissonance (no resonance, no empathy for the weakened beings), war and so on.

46. “Sen” to “Shin” process: Facing our edges

When we calm down the daily mind/body we are able to catch subtle sub-signals in our darkness of body. At first we try to follow novel qualia which we feel are “New!” and “Interesting!” and to amplify them into movement. This is the “Sen”, or novel, process of self research. The next step is “Shin”, or deep, process. When we meet a qualia and feel something connected to our depths, we follow it and amplify it to a subbody dance even though we cannot know the reason why. We mature them to “proto bodies” or “hidden bodies” in subbody butoh.

When we find them, the constellation of our darkness of body shifts from its normal condition to a strange condition. This is because the elements which are folded into the “shadow”, the “not-me”, “dissociated characters” and “primitive life tendencies” come up to the surface of this world. According to this process, we have to face many strange and uncomfortable body feelings and unknown emotions that arise. The ego system interprets them as aliens who are invading the ego’s territory. Though so many diverse qualia are resonating together seamlessly in our darkness of body, the ego has its own illusory territory. It is like a king who has the delusional belief that he can control everything in the self. The ego feels a strong discomfort.

These uncomfortable emotions are the “edges” between the first process (familiar qualia for the daily ego) and the second process (elements unlike the ego) in Arnold Mindell’s system. Face our edges is an unavoidable process for releasing all of the subbodies that have been folded in our darkness of body for a long time and accepting our whole self. These uncomfortable emotions are so bitter, even after many years of experience. We have to face these edges everyday, yet somehow manage the crisis by sharing our tears and fears with others.

47. Meeting our hidden self
So many hidden selves are folded in our darkness of body. How can we come into contact with and allow them express themselves?

1. Opening your hidden joints
We have several hidden joints in our daily body that we have forgotten how to use - sacrum, chest bone, collar bone, the fourth joint in our hands and feet, the joint between each vertebra and so on. So many hidden characters and hidden creatures are folded in these hidden joints. At one time we used those joints, but since they were ignored by our parents and teachers, these qualia have been dissociated as not-me.

Try to open and close these joints by changing position from our daily position and then you may catch a subtle qualia from the hidden self. When you meet a subtle qualia, just follow it and amplify it until you meet a hidden character.

2. Opening edge eyes
Move your eyes quickly in a diagonal direction. You may feel some unknown characters, a strange inventor, humorous character and so on. Look using only the edge of your eyes. Show the white of your eyes. Look through the upper or lower edge of your eyes. You may meet a cunning character, a quick one, one who looks down upon everything from another world and so on.

Use floating eyes, which are called 'nagashi-me'. Shift both eyes upwards and allow your eyes to float in the darkness. Become white eyes. Invent your own dead eyes and watch this world as a dead body. You may meet another self. Enter inside and become this other self.

3. Changing face and breathing
Try breathing in a different rhythm from your daily breathing. Try breathing strangely as another creature. Twist your mouth, change to another face. Explore different body sounds from your daily human voice. Once you have found them, they will continue for a long time. Enjoy your subbody voices. Find another self, another creature.

There are so many hidden selves in your darkness body. How many hidden selves can you meet? Dance with them. This is the way to travel as a subbody through your whole self world.
48. The passive body

The qualia of being moved is one of life's deepest qualia, like the qualia of being unable to move. Our origin life, which was born four billion years ago, could not move at all during its first period. For a long time life was only moved by other forces, for example gravity, waves, wind earthquakes, thunder, storms and so on. So many kinds of qualia of being moved and being unable to move are folded in our life's memory. Our consciousness has forgotten them, but our life remembers them. They are recorded in our genomes and we all have access to them.

Being moved at one hundred tandens
Like the three dimensional hundred tanden practice, from sacrum to head, at all one hundred tandens of body, try to be moved by another being in random directions, with different timings, in different directions, with different strength and speeds.

Forget that you are human. Throw away the concept of being the subject. Just become a passive body. It is not you that moves, but another being moves your body. You just become the medium which is possessed by another strength, by another spirit. This practice is an important step towards becoming a possessed body. Butoh is not at all self expression. You do not dance by your own impulse, but by allowing someone to move your body. Another being from an unknown dimension possess your body and mind.

This is completely different from western dance that is bound by the modern concept that dance is self expression with the body. They believe that I can possess my body and control it. It is a great misunderstanding about life and the body. They do not know anything about the subconscious. Even most butoh dancers are bound by the concept of self expression. Real butoh is the art of living in a completely different multi-dimensional world, released from the narrow concepts of the modern human.

49. What is resonance?
Resonance happens spontaneously. It is not caused by the ego or subject to intentionality or consciousness. When the consciousness dies down, you will notice that life resonates with everything naturally.
When we enter subbody mode over and over again, we can resonate in each and every channel. We can resonate in the body feeling channel, movement channel, visual channel, audio channel, emotional channel, relationship channel, world image=self image channel and thinking channel.

There are some basic principles. I will describe the resonance method in the movement channel as an example. One subbody starts moving and then another subbody finds the best timing to enter by following the resonance method.

**1. Similar to Similar**

The first principle is sharing qualia and following similar qualia in each channel. Just throw out your ego and you can follow another subbody’s qualia, with same posture, same speed and same timing. You can shift from a very close distance to medium and then far distance. You can also become a cobody by sharing qualia. This is the basic principle of resonance.

**2. Similar to Different**

*<Positioning>*
Start from similar position, and shift to a different position. For example standing-standing resonance shifts to standing-rolling resonance.

*<Speed>*
Shift from resonating with the same speed to resonating with different speeds.

*<Distance>*
Start from resonating at a close distance to resonance from a far distance.

**3. Different to Similar**

*<Positioning>*
The Opposite of 2. Shift from a different position to a similar position.

*<Speed>*
Shift from resonating with different speeds to the same speed.

*<Distance>*
Start from a far distance and shift to a close distance.
4. Different to Different
Resonance in a completely different dimension. Just show the variation of different qualia from the subbody's qualia. Resonance by difference instead of by similarity. Actually, our universe is full of differences and they are resonating in so many rich ways. Resonate in multiple dimensions with each other. Once you grasp this way of resonance, the concept of handicapped will completely disappear. We can begin co-creating a new world that is full of life resonance.

50. The audio stream in the darkness of body
There are so many rich and free audio streams in our darkness of body. Now we will learn how to open them. It is a completely different music world from the modern western music which is bound by the theory musical scales and so on. How can we open it?

1. Release your throat from the tension and illusion of the human voice
Our throats are always bound by the tension and illusion that they must produce a human voice. With deep bottom breathing, breath out deeply while completely releasing the throat, as if you just escaped from a big crisis, "Hoooooooh!" When our body notices that our throat can produce sounds other than our habitual human sounds, such diverse kinds of voices come out of our body. Enjoy it.

2. Simply follow the spontaneous audio stream
Listen to the natural resonance between your breathing and your body’s vibration. Simply follow the spontaneous sound streams that come out from your darkness of body. Follow them, ride them and amplify them. You can just enjoy it. When you move your body, the body sounds also change. Enjoy the different variations of your life song. If you try it with your friends, you will notice that the body sounds are all resonating together naturally.

When I continued listening to world music, for example Siberian shaman songs, African Pigmy songs, Solomon Island songs and so on, I discovered such rich world music with different principles from modern western music. The principle is natural resonance between life and life. It should be called the life song. It is a completely different
We can also open it. Just follow the natural life resonance without any theories. There is such an amazing world awaiting you. The subbody dance and the life song are so similar. They are both daughters of the same mother, which is the darkness of subconscious body.

51. The “Sen-Shin-Hitsu” method of research

How is it possible to find your true dance?
I have investigated for many years, but I could not find the best method. Finally I found a method for researching the darkness of body. I named it "Sen-Shin-Hitsu".

"Sen" is the first step of researching subbodies. Sen means "Novel!", "New!", "Fresh!", "Interesting!" and "Precious!". Calm down your daily body/mind and listen to the darkness of body by moving our hidden joints, hidden cavities and hidden skin in various ways. If you meet a novel body feeling, just follow and amplify it to the limit. You can create your "Sen" subbodies.

The second stage is "Shin". "Shin" means "Deep!". If you find a curious movement and feel "I don't know why, but I feel this is connected to my depths", this is a “Shin” sub-signal from your life. Our inner qualia are resonating with one another beyond time and space in our darkness of body. The new qualia that you meet may resonate with the experiences of your child age, maybe dreams of the fetus age or even deeper life memories that are folded in your cells.

The constellation of inner qualia resonate together in multiple dimensions. They may connect to the "shadow" which Jung discovered as the inferior character, the "not-me" that Salivan found as a disappeared character from the infant age through being ignored by our parents, the "trauma" that you have forgotten and the "dissociated character" that your ego has cut away. They can become your "hidden subbodies". Sometimes it may connect to deeper life tendencies that were folded in your cells as life memories. They can become your "proto subbodies".

If you find the "Deep!" sub-signals, you will encounter many edges that bring unknown uncomfortable body feelings. We need to learn Shiatsu techniques for overcoming these unknown difficulties at the
edge and get the proto vitality which we can use to cure and heal ourselves. We must proceed very slowly and listen to the timing of life.

The third step is "Hitsu" which means "Necessary!". When you are ready to proceed to the next stage, we will begin the deepest research to find the necessary movements for our life. We have to face our own problems and blockages that have bound us up until now. It is a truly difficult inner struggle, but it is worth the struggle to find a new way of living. Real creation is always a "reverse twist" of our lives that tries to turn ourselves in the opposite direction of our twisted, pressed and warped lives.

You do not need to force yourself to confront the deepest problems at the first stage. We have so many binds folded into our darkness of body. You should start by tackling the easiest problems, the ones that you can overcome with little effort. Using the reverse twist, you can reframe your constellation from those binds. To live as a subbody is to continue this infinite process step by step, continually spiraling deeper. Subbody butoh is a method for continuing the investigation into the necessary dances of life.

Pacing yourself is of utmost importance. If you go too deep too quickly, the strong pressure of the edges may overwhelm you. The subbody midwife must be able to listen to the best timing of the life by throwing away his/her self and ego. To become a subbody midwife one must pass through the difficult training of surrendering one's self. It is the hardest way of life, but it is also the most valuable.

**51*. The non-dual realm of creation**

Radical creation occurs in the non-dual realm of the darkness of body. That is the reason why we experience so many strange things that we have never met except in the creation process. In the non-dual realm there are no borders between ego and life, past and present, self and other, individual and group and so on. It is at the same time a non-dual and multi-dimensional resonance world.

We must try to integrate all of our subbodies and cobodies by traveling in the darkness of body. Over the course of our research we explore different ways of integration. Each trial lets us face many edges from the different tendencies of our subbodies and cobodies in the darkness of body. When we overcome those edges, we continue traveling. In the total integration process, all of our edges come up at once like a
storm, a flood, an earthquake, and change the constellation of our whole self.

Each subbody finds new connections and separates again. It continues the process of cutting and trying, cutting and trying... In the radical creation process we feel as if one day were one month because the constellation of our whole self changes so drastically. Through the radical changes in the relationships between all of the elements, our life can find the most novel creation for life itself. Our consciousness cannot do such a extreme thing. We simply need to continue listening to what is happening in the whole self and the whole world.

Through this gradual process, the last necessary sequence comes up naturally and we find the best Jo-Ha-Kyu by the resocracy established between all the subbodies and cobodies of our whole self. The whole self world is a non-dual realm. Ego, self, others and world dissolved into oneness, they are not separate. All radical creations only occur in the non-dual realm. Even ego can learn resonance through resocracy. The most important thing in creation is to believe in the creativity of our life, and continue to listen to the non-dual realm.

52. Labor pains and the birth of resocracy

Every time we meet a new subbody it involves many edges that bring us such strange and uncomfortable feelings. Every time we have to overcome them. But in the process of integration, all of edges come together at the same time, like a storm or an earthquake. Strange bodily sensations and unknown emotions continue to arise and cause us such deep pain and confusion. Strange body feelings and dreams come up every night, because the subbody doesn’t sleep. They are working to find connections between the different subbodies twenty four hours a day to complete the creation.

Almost all students experience labor pains. Sometimes they are not even able to sleep. Why is this happening? It is not something to worry about, it is proof that you are in the real creation process of whole self. It is a necessary and inevitable part of the process of creation. We are going to give birth to a newly integrated subbody and cobody and be reborn as a new body. These are the labor pains for the birth of real creation. Our bodies must experience the pain of the fetus and womb at the same time, like in cell division. I have also experienced this process so many times. In this process one day is equal to one month or even one year.
In this process we do not need to do anything. Just listen to your body while moving in different ways. Everything is okay. Stop your ego from working too hard, because each cell is going to find a new resonance pattern. Just let it be. They can find the best solution through resonance. It is the natural system of the resocracy of life. It is different from democracy, because democracy is a system of egos with argument. Life does not need to discuss with words, it can find what it needs in the silence with resonance. This is the most beautiful system for our future world. We can experience it ahead of the times.

53. Become weak, become life

I showed my butoh pieces that I had danced ten years ago. I performed those pieces countless times for five years at different places on the planet. I remember feeling a subtle sense of incongruity about my dances. These pieces were something different from what I really wanted to dance, but at the time I could not recognize what was different. That is the reason why I had to stop performing and retreat into the Himalayas.

I have been investigating Hijikata’s weakened method in the Himalayas for almost ten years. I especially concentrated on his necessity for the weakened body and the reason why I felt some incongruity. I discovered that it was too strong. It took me ten years to become aware of that. I was already too strong of a man and my performance was to show myself much stronger than I was. I was unconsciously bound by ego. Ego is always bound by the unconscious tendency to show itself stronger and greater. I myself did not create those pieces, it was my subbody possessed by my dead friends who died in the anti-war movement in 1960s and 1970s. The subbody has a small ego because it is hidden it was young. I could not control the ego. That is the reason why I felt something wrong.

From "performance" to "resonance"

We are bound by the concept of "performance". The word "perform" implies "per=perfect" and "form". We need to release ourselves from the binds of the concept of performance. I have decided to use "resonance" instead of "performance". When we use the word performance, we cannot escape the tendencies of the ego. We must inhibit the ego’s tendency to always show itself stronger and greater.
We need to become weak like life. Life is always shivering between death and life. We can notice it when we stop the ego. The most important thing is to become life. The essence of the weakened body method is to become the weakest sway in the darkness of body. We have restrain ourselves from being human. Otherwise we cannot resonate with the weakest beings in the world like the dead, the sick, the handicapped, the mad, small creatures, plants and so on.

54. Co-creating new worlds

There are three types of roles in cobody improvisation. The first role is the initiator, the second is the promoter and the third is the follower. These three roles are resonating. When an initiator starts a new movement, the promoter resonates with it in specific resonance patterns. When the followers follow the initiator and promoter by listening to the resonance pattern, a specific group movement emerges.

The promoter can create various kinds of group movement. When the promoter follows the initiator using the same movement and speed, the cobody group becomes a swarm, like a bee swarm. If the promoter chooses a different way of following, another kind of group appears. For example, if the promoter follows with a slight delay, then the followers also follow with delayed timing. If the promoter resonates in different directions then the group spreads. If the promoter resonates in the opposite direction, a new group movement appears. We can experiment creating various types of group movement by changing the way the promoter creates movements in the cobody group. With training, we can mature as co-creators of new worlds.

55. Experiments in resocracy

When we sink down into the deeper realms of subbody, we notice that all the borders disappear. There are no borders between me and you, inside and outside, here and there, past and present, etc. This is the non-dual and multi-dimensional realm. Such strange and interesting things happen there. Subbodies resonate together and transform into a cobody swarm. Cobodies can open new worlds together without even speaking. Everything is created through resonance. This is an
experiment in resocracy, which is a way of co-creating new worlds. Though it has just begun, we can already see the possibility for the future transparently through these experiments of resocracy.

56. Making friends with the edge

In the process of becoming a subbody/cobody, we all experience edges that are bound by some unknown and strange feelings, unpleasant emotions and blocked states. Meeting the edges is a necessary and unavoidable part of the process. They appear as unknown and unpleasant phenomena, but they are really the most precious phenomena in our life. Though they appear so grotesque, they are actually important hidden messages from our life. Life’s signals are always bitter. This is a principle of life that we must learn.

We will try to do some edge work. I will guide the whole process of edge work for advanced students. The following is the second stage of edge work. For the first stage see “Edge work” in the Practice Guide. When we enter into the subbody world and continue to travel through various states, we often encounter edges that are bound by unpleasant body feelings or strange emotions. We may fall into confusion and feel that we cannot proceed any further. If we encounter these edges or blocked feelings, there are several ways to proceed.

1. Recognition
First just recognize it. “Oh, you are there.”

2. Keep a proper distance
Until you are ready to face it, keep a safe distance from which you are free from attack. When you are going to be trapped by it, release yourself by breathing, swaying, walking and moving. Change your condition from bound mode to released mode. Be careful of a sudden attack! Find a safe distance, but do not forget it.

3. Listen
Continue to listen to the edge. Ask the edge, “Who are you?” and “Where are you from?” “What do you want to tell me?”

4. Becoming
When you feel that you are ready to face it, become the edge. For this process you need a partner. Give the same edge feeling that are
feeling to your partner’s body. If you feel like you are being pressed by a certain feeling, give the same pressure to your partner. Try to feel the edge. Ask yourself, “What is this?” You may notice what the edge is by becoming the edge. Next ask to your partner to press your body with the same pressure that you gave him/her. Taste the feeling of being pressed by your partner. You can experience the edge from both sides. Through this experience you may gradually notice what the edge wants to tell you. After this comes the second stage of edge work.

5. Dance the edge
If you want to know more about the edge, dance the edge from both sides. At first dance the process of being attacked by the edge. Next, dance by becoming the edge that is attacking you. You will become aware of what the edge wants to communicate. It will certainly be a wonderful gift of awareness, because you finally can receive this important message from your life.

6. Become a friend
If you want to become a subbody midwife, try to make friends with your edges. I know that the feeling of the edge is so terrible, and it is natural that your first response is to escape from it. However when you continue to encounter the edges time after time, you discover that life’s messages are always bitter. When we endure the painful and unpleasant feelings, we can receive important messages from our life. I strongly recommend becoming friends with the edges.

7. Become a universal resonator
When we become friends with the edges, we notice that the edges are resonating with others’ edges. When we become familiar with the barriers against the weakest subbody in the darkness of our body, we can resonate with all kinds of edges like the ones handicapped, weakened and dead people feel. We can resonate with all kinds of unhappiness in the world. Only by resonating with the edge feeling can we become a universal resonator. It is one of the noblest ways of life.

57. Archetypes in each and every channel
Try walking blindfolded and barefoot outside while a partner guides you and guards you from dangers by giving subtle touch. In the process you will contact so many qualia in the darkness. In the darkness, our proto senses open and subconscious imagination starts
working. In this condition, many archetypes visit and influence our imagination.

Archetypes were found by C.G. Jung. They come up from the collective unconscious, which is imprinted in our human genomes. We share them beyond the differences of culture and nation. This is why we find similar patterns in our myths, folklore and religious symbols. Jung mainly researched archetypes in the self image channel, for example the Shadow, which is a hidden inferior character, the Divine child, the Great mother, the Wise old man, the Trickster and the Anima/Animus, which is an archetype in human relation channel.

I discovered that archetypes not only appear in these channels, but in all the other channels as well. Almost all cultures have the archetype of heaven and hell, which is an archetype of the world image channel. In the body feeling channel, we have the common archetype of being unable to move, of spirits separated from the physical body. In the movement channel we share the struggling movement and the flying dream archetypes. In the visual channel we find the beaming light, the lost light, the Mandala shape archetypes, and so on.

In the audio channel, we have the archetypes of the whisper from another dimension, the voice of God, the advice of the wise, the whisper from the dead and so on. In the emotional channel, we have the typical feelings of sadness, joy, anger, ease, hatred and so on. In the human relationship channel there are so many types of Anima/Animus, the Hero/Heroine, the Prince on the white horse, the archetype of love stories. Hollywood movies often use these archetypes. In the thinking channel, we have the archetypes of the common concept of 'Human' and 'Dualism' which divide everything into Inside/Outside, Me/You, Up/Down, Enemy/Friend, Right/Wrong, Beautiful/Ugly and so on. These are the strongest archetypes in our contemporary age.

They all are the heritage of our human history. Sometimes archetypes encourage us and sometimes they possess us, limiting our creativity to the same patterns. In our subbody travels to release the potential creativity and originality of our subconscious, we have to confront these archetypes and struggle against their power. When we meet our own archetypes while traveling in the darkness, we have to find new solutions by confronting these archetypes.
58. Upstream life meditation

We will now explore the upstream life meditation. We live life as individual human beings, but we are bound by such complicated daily common illusions which make it so difficult to feel life. We need to remember that we are just simple lives.

1. Rotate your pelvis until you find the most comfortable rhythm and size. Find the most comfortable sway and listen to it. We always start from this swaying meditation and enter into the subconscious mode by calming down our daily mind/body.

2. Imagine that you are the first origin life that was born on this planet four billion years ago.

3. Think about the fact that our life has continued from this very first moment to the present moment without any break in the sequence of life. Our life is four billion years old. Not only us, but all creatures share the same four billion year history. We all share the same exact length of life.

4. Image what qualia this origin creature experienced. It could not move at all. It simply tried to continue living. Taste this most fundamental tendency of life. Our life has the same tendencies.

5. Also taste the proto qualia of life. For a long time they could not move at all. After a while, some creatures invented movement via cilia, flagellum, or amoeba-like movement. Their ability was quite weak, they could hardly move. They were almost always moved by some outside force like gravity, waves, wind and so on. These qualia of hardly moving and being moved are so deep for our life, because our single celled age continued for three billion years.

6. Another proto qualia of life is to invent new ways of living. At first life could not breath. They got oxygen by eating iron oxide or sulfur dioxide. One day proto bacteria invented breathing and then they could get fresh oxygen directly from the air. Proto bacteria were eaten by another kind of bigger bacteria, but they were able to keep living inside the other bacteria because they were able to breathe. Then they started living together. Proto bacteria changed to mitochondria. This is one of the biggest inventions in our life’s history.

7. Another big invention was photosynthesis by cyanobacteria. They
started to get energy from sunlight and build their bodies with carbon from carbon dioxide. Cyanobacteria also found a new way to live together in another cell. They became chlorophyll and developed into many different species of plants.

8. The third biggest invention was the symbiosis between single celled creatures and another single cell. This happened one billion years ago. From here our life spread into many different kinds of shapes and ways of living. Become your own original creature.

9. Each creature found its own world - floating in the water, attaching to rocks, sinking underground and so on. Each way of life has its own set of world images and self images. Taste these various world images and self images.

10. Find the most familiar and the most strange image for your life. Taste them deeply and become them by experiencing their world image and self image. Follow and amplify it until you find your own original creature.

11. Become your own original creature by finding your own movement - how to move, how to eat, how to carry and so on.

59. Welcome to the subbody world

Try to calm down your daily mind and body. Keep quiet as much as possible. Shift from your daily thinking mode to listening mode to the darkness of body, using the swaying meditation and other conditioning methods in the 'Practice Guide'. Stop reading newspapers, magazines, books, separate yourself from the TV, radio, and all kinds of informational noises. Calm down your language brain and judgments. Remove yourself from human relationships that cause emotional waves and turmoil. Just listen carefully to what is happening in your darkness of body. Open your subtle sense which is able to catch the most faint sub-signals from your darkness of body. Try to catch subtle signals from your life and your subbody. The signal is so subtle and sentient. It is millions of times weaker than the conscious signals in your brain and body.

When our language brain acts, millions of neuron cells have to fire together in a network of synchronized electric excitement. However the qualia change conditions by subtle chemical signal in our glia cells
of our brain. The energy level is millions of times subtler than the
electric signals of our neurons. The condition of glia is changing
infinitely every nano second. The moment for catching a signal is
extremely short. You can only feel it for several nano seconds and
then it immediately disappears. We need to become super sentient
hunters in order to catch them.

Moreover, they are streaming beyond channels of consciousness. They
shift from subtle body feelings to tiny spontaneous movements - a
fleeting vision, a delicate whispering from another dimension, a very
small shift in emotions, a human relationship feeling, a sign of a
shifting world image, a self image stream and so on. Try to catch them
and notice how subtle they are compared to the daily mind and body.
This is the reason why you need to stop your consciousness and
become a quiet body. The main key of the subbody process is to
become a super sentient body that is able to catch the sub-signals
from a extremely subtle invisible signs before it appears in a visible
form. No need to hurry, take your time and proceed as slowly as
possible. “Slowly, slowly”, this is the subbody speed.

60. Learning from the roots: How to resonate with
obstacles

A root meets so many obstacles in its life - stones, sand, worms, lack
of water and so on. Roots must find ways to resonate with each
obstacle. Sometimes they have to wait, turn, bend, collapse and so on.
Each curve is the life history inventing new patterns of resonance.
Meet the root as your teacher and enter into the roots by tasting each
curve and twist. Open up full resonance with this teacher and feel the
qualia each time it met an obstacle. Life cannot live by following a
plan. We meet so many obstacles and need to change our way of life.
The obstacle are always stronger than us. Parents, teachers, society,
roles, laws, morals, nations, common sense, we meet them and feel
oppressed. The ways we invent new ways of resonance against these
obstacles determine who we are.

Dance your life for five minutes
Remember the three deepest obstacles in your life and dance your life
for five minutes by resonating with these obstacles. It will guide you
into deeper realms. The qualia of being oppressed, bound, twisted,
stopped, taste these painful and difficult qualia and dance them again
and again. Each time we can find something new and reedit our life
through creation. We can learn from our teacher the roots that life is always resonating with the obstacles and inventing new ways of resonance.

61. Candlelight and incense - teachers of sway

What is movement for life? When we become origin life, we understand that our origin life could not move. It could only subtly sway or vibrate when it resonated with something in the environment. The origin life had to invent so many resonance patterns with the various elements such as gravity, light, sound, electricity, air, water, food and so on. The vibration was so subtle, that it was not separate from bodily sensations. At first, the body and movement channels were not separate, they were oneness. We need to begin our movement research from this point. Only then can we discover how this minimum vibration matured into various kinds of movement, like swaying, shaking, waving, shocking, collapsing and dying.

Candlelight - the first teacher of sway
Light a candle and sit facing the candlelight. This is our teacher of sway. Watch the sway of candlelight. It will guide you into the meditation state. Imagine that you are a one celled creature. Resonate with the sway of flame, using your body, spine, hands, feet and various parts of your body. Open your hidden joints and then you can resonate with the subtle sway of your teacher. Walk as ash and become the subtle sway. Resonate in multiple dimensions with everything, the candle, your friends, the environment and so on.

Incense smoke - the second teacher of sway
Sit facing the incense smoke. Resonate with the sway of the smoke. Open your transparent eyes by opening them 50 outside and 50 percent inside. Listen to the resonance between the inner and outer qualia, half and half. Continue this resonance until you forget that you are human. Take off your human binds until your ego disappears. Just become the sway. If some inner qualia come up, follow them and amplify them into a subbody movement.

From subtle vibration to six sways
Watch the sway of incense smoke and candlelight, there are so many different qualities of vibration. Amplify and reduce the size and speed of the vibration into different ways. Then let the vibration change to waving, shaking, shocking, collapsing and dying. Taste the various
Open multi-dimensional resonance
Through this practice, slowly start to open the inner qualia – memories, dreams, visions, inner rhythms and so on. Gradually the borders between inside and outside disappear. Smoke enters into your body and your body stream moves out freely. Become a transparent body, resonating equally with inner and outer qualia beyond time and space.

62. The rhizome of body feeling
Stop your daily mind and catch subtle changing signals of body feeling in your darkness of body. So many body feeling qualia are streaming and changing. They do not have names. Nameless qualia are changing in nameless ways and nameless resonance are happening. Taste all of these qualia deeply and enjoy them. At first we need to become friends with them.

Once we become familiar with the subtle body feeling qualia, the next step is to control them from the minimum level to the maximum level. This is the rhizoming technique. Rhizoming is to become a rhizome. The rhizome is the most flexible form of being, capable of connecting and separating freely, resonating freely. The rhizome is free from all social binds and rules. The very movements of the rhizome create new rules.

Bottom rhizoming
A transformation starts from the bottom of body by resonating with a specific qualia and the change effects the next body part until it gradually spreads to the whole body. At first begin by using typical body qualia like heavy, light, warm, cold, stiff, soft, flexible, melting, liquid, solid, gel, air and so on. These typical qualia with names only represent a small number. Most body feeling qualia are subtle and nameless. Most common people do not even know they exist. Showing these subtle nameless qualia clearly is the role of the butoh dancer. How can we show them transparently - this is the technique. We must investigate the transparent method more deeply.

Top rhizoming
A transformation starts from the top of the head and spreads through
the whole body until it reaches the tips of your toes. This is top rhizoming. First practice with named, such as light, vaporizing, melting, amoeba, snake and so on. Then move on to your own nameless qualia. Each qualia has its own speed and rhythm. Listen to it, follow it.

**Center rhizoming**
A transformation starts from a part of an inner organ or some part of your body cavity and slowly infects your whole body. This is center rhizoming. Your stomach starts rotting, melting, hardening, shrinking and so on. Here we can experience such deep qualia swaying between death and life. Taste them and become friends with them until you are able to use them and control them.

**Edge rhizoming**
A transform starts from tip of your finger or toe. This is edge rhizoming. Shrinking, hardening, swaying, and resonating with nameless qualia, taste various qualia at the edge of your body and follow them, allowing them to spread to your whole body. Sometimes the transformation progresses very slowly, other times very quickly. Find the most suitable speed. Expand your concept of space and time from the daily scale to the universe scale, from one moment to billions of years.

### 63. Opening the body channel

The body feeling (bodily sensation) channel is the main channel for life and butoh. Body feeling is life’s most proto qualia and at the most important channel for butoh. There are so many rich qualia in the body feeling channel. We can distinguish two kinds of them. One is the body qualia that can be explained by words - heavy/light, warm/cold, soft/hard, solid/liquid, sol(??)/gel and so on. This type is limited, but there are so many body qualia that cannot be explained by words, because they do not even have names. This type is infinite. Perhaps only the sensitive butoh dancer know them. The butoh dancer must become a specialist of these infinite body qualia.

When we stop our daily body, we notice so many subtle qualia swaying in the darkness of body. Feel them and taste these infinite nameless qualia. They are swaying in the non-dual and multi-dimensional world. So many strange things happen in this world. At first try to catch only one qualia. Follow it and amplify it to the maximum. It will become
If you want to be a dancer, you need to train your body to control all kinds of movement. However, if you want to be a butoh dancer, movement itself is not enough. You need to be able to control all the qualia in all of the channels - body channel, movement channel, visual channel, audio channel, emotion channel, human relationship channel, world=self channel and thinking channel. Of all these channels, the body channel is the most important because it is life's most proto channel. Every transformation begins from the body channel. Become a specialist of the body feeling qualia. Most of them do not have names. Just taste them and enjoy their infinitely rich world in each moment.

64. Infinite segmentation and amplification

Listen to more and more subtle qualia in the darkness of body and try to catch a subtle signal from your subbody. It is so short and subtle. We need to open our super sensitivity to perceive it. We need to completely stop thinking and talking, otherwise we cannot catch any subtle signals.

Controlling the whole dynamic range of qualia from the subtlest level to the maximum scale is one of the most important techniques of butoh. It allows us to travel the darkness of body, which is multi-dimensional world. There are such diverse realms from the minimum super string size to the human scale up to the universal scale. We need to learn to control all kinds of scales of time and space in multiple dimensions. Catch the subtlest sway of qualia and amplify it to the maximum size. This is the key to traveling in multiple dimensions, including the dead realm, different creatures' worlds and other time dimensions.

65. Calm down and become a subtle body

Calm down and become as quiet as possible, this is the first thing you need to do. When we stop the gross size and strength of our daily body, we can feel the subtle qualia in the darkness of body. Qualia are everything that our life feels. They are so subtle that our consciousness just filters them out as noise. Our consciousness does
not even notice them. Far from it! Our consciousness distracts us from listening to the subtle qualia. Not just our consciousness, but our thinking, talking and judgment, which are normal things for daily body, all of them keep us from listening to subtle feelings. We need to stop all of them. This is the first thing which you learn in the subbody method. After that, we try to become a resonating subtle cobody. Subtle body and subbody are the same thing. A subtle cobody is a group of resonating subbodies. We try to become a body capable of resonating with the subtlest qualia in the world. I call it the "transparent resonance body".

There are no borders between consciousness, subconsciousness and body. You can move and dance freely between inside and outside - this is the condition of the "transparent body". When you move with the most subtle resonance between them, yourself and the world, this is "resonance body". However, these things cannot really be explained with words. In addition these words disturb you and make it more difficult to calm down. I have to give up writing about them with English words. You must learn them through your body. In class I mainly use body language. Without being bound by my words, just feel my body and movement deeply. Stop thinking and talking. Concentrate on feeling the subtle qualia in the darkness of body. You will notice that your darkness of body is resonating with the world in subtler and subtler levels.

66. What is the process of subbody butoh?

The process of subbody butoh is to transform from the selfish ego or egoistic self to the resonant self, and finally to transparent resonant life. Remember this point from beginning to end. The contents of the subbody method has such diverse variations and each one is so deep and thick. Many students have become confused along the way. An orientation to the whole process is necessary from the beginning. There are four kinds of processes in the subbody method.

1. Conditioning
This is the method for shifting from daily body mode to subbody-cobody mode. We need to learn how to stop our daily mind and language thinking. Then we can listen to the subtle qualia in the darkness of body. This is the main key of the subbody method. There are twelve kinds of conditioning which you will learn one by one. Practice them by yourself every morning until you understand so well
that you are able to guide it for others. The methods of conditioning will gradually deepen until you are able to integrate them at the deep level.

2. Researching
After conditioning, you will learn various techniques for researching your darkness of body. You will learn many diverse methods for traveling through your whole self world. According to the method, you will research by yourself or in a group. When you catch a subtle body signal, follow it and amplify to your whole body. It will become one of your subbody and cobody movements.

3. Creating
Through self research and group research, create your own movement. Sometimes you create a subbody (=solo) movement, sometimes a cobody (=group) movement. Then integrate all the movements which you have met and create a short subbody or cobody piece.

4 Resonating
The whole process is a group process. It is not only individual creation but cobody creation. Throughout the whole process we can resonate with each other freely. Invent novel ways of resonance in each moment. The possibilities of new ways of resonance is infinite. Through this total process, you will transform into a resonant body and mind. To be a transparent resonance body is the ultimate goal of the first stage of subbody butoh. The second stage is to become a subbody and cobody midwife.

I hope that you understand that each part of the process is resonating with all the other parts. Each part is not separate from the whole process of transforming into a transparent resonance body. Throughout the process you will meet with many difficult edges, but all of the edge experiences are extremely important for the whole process.

67. The amazing secret of life resonance
What is happening here? It is the amazing secret of life resonance. It happens between life and life. It is the secret between the subbody and the cobody. Subbody means subconscious body, because in the subconscious realm, the subconscious and the body are not separate.
They are oneness. So I have named it subbody. Cobody means a resonating subbody. Using the Jung's terms, cobody means the collective unconscious body. The secret between the subbody and the cobody is the secret between the individual subconscious and the collective subconscious.

We have found the tunnel that leads us to the place where we can solve the secret of the individual and collective subconscious. This may be the first attempt in our human history to enter into this experimental space. Arnold Mindell investigated the secret of the collective unconsciousness in his unique world work. But the subbody method is the first to enter into the darkness of body (=subconscious) with body movement.

If I avoid using Jung's terminology, the secret between subbody and cobody means the secret between the self and life. The secret between individual life and the huge life that has continued for over four billion years. Now we can find the way to investigate the secret between the life as an individual and the life as a collective. If we want to live the collective life, many aspects of life will change completely. We can find the way to live as collective life. When we die to our individual life, we can continue to live through our creations or inventions as the collective life.

Life resonance is the most amazing phenomena. In the subbody-cobody theater, life resonance appears in specific forms, for example a beautiful duet or a group transformation. We discover how our subbody worlds are connected and how our subbody resonates. It is so beautiful that it cannot be expressed in words. Even I did not expect to meet such a beautiful fountain in the darkness of body. It is a shame that we can not tell you what happens, but life resonance cannot be caught on camera or video. This is the fate of dance, but we will somehow try to find a way to tell you.

68. The transparent body and mind

The transparent mind can see transparently what is happening in the body, the subconscious and the consciousness. The transparent body can show them transparently. These are the ultimate goal of the subbody method. It requires a long training process with various kinds and levels of practices to achieve the transparent body and mind. The following guidelines will help you to enter this process.
1. **Become a quiet body**
Try to become a quiet body with the swaying meditation. Using the first to the fourth stage of the bottom breathing technique, calm down your daily body and mind until you can listen to the most subtle signals in your darkness of body.

2. **Listen to your life's sway**
Breathe using the fourth stage bottom breathing method and listen to the subtle changes in your life's sway. Ask you life, "What do you want to do most?" Always keep this question floating in your darkness of body. Always resonate with this question.

3. **Catch subtle signals from your darkness of body**
Breathe using the third or fourth stage of bottom breathing and listen to the inner breathing of your cells. Taste the subtle changes in your blood. There are so many qualia are flowing in your body and in your bloodstream. Try to directly taste the subtle shifts in your blood - oxygen, carbon dioxide, water, pH, sugars, fats, hormones, nerve communication substances, immune substances, blood pressure and so on.

4. **Listen to the sway of life's desires**
Listen to the subtle connection between the change in body conditions and the sway of life's desires - survival desire, comfort desire, safety desire, connection desire and individuation desire.

5. **Listen to the messages of emotions**
These subtle changes in the body condition are connected with psychological processes and feelings. Emotions are the messengers between the body and the consciousness. Carefully watch the subtle connections between the changes in body conditions, blood ingredients, desires, sway of emotions, mood, atmosphere, feelings, thinking, muscle tension, behavior and so on.

6. **Listen to the signals in each channel**
Listen to the subtle signals in the eight main channels from the body and the subconscious realm. Signals in the body channel include subtle changes in body feeling, release or tension, somatic symptoms, addiction and so on. Examples of signals in the movement channel are spontaneous movements, movement habits, tendencies, a sense of being unable to move and so on. Signals in the visual channel are dreams, fleeting visions, visual images and so on.
Audio channel signals include somatic rhythms, waves, vibrations, whispers, the impulse to say something and so on. Signals in the feeling channel can be emotions which suddenly well up, stuck feelings, depression, unconsciously frozen face and so on. Signals in the relationship channel include conflict in human relationship, loneliness, waves of desire for connection and so on. Signals in world image/self image channel can include subtle pain between the self and the world, unknown discomfort and so on.

7. **Knowing the characteristics of your own channels**

Everyone is more developed in some channels and less developed in other channels. You may be able to use one channel freely, but unable to use another channel. When you are able transparently see the connections between your life sway, body response, desire, blood stream, emotions, mood and consciousness, then you will be able to control everything in that channel. When you cannot notice the subtle signals in the subconscious process and the subbody stream is not transparent for you, then it seems to appear suddenly from the darkness, attack and control you. Sometimes it may even possess you. To be transparent means to release yourself from the possession of these uncontrolled impulses.

8. **Dance your subbody to solve the problem**

Find a problem that unconsciously binds you. Become friends with the problem or bind, get to know each other. When you are ready then try to dance with them. Create a subbody dance to face your problem and discover the solution through your dance.

If you can become friends with them, at least they will stop suddenly attacking you. Now you know and affirm each other. Through this process you can try to become a transparent body that shows what is happening between the body, the subconscious, and consciousness.

9. **Long road to becoming a transparent body**

One of the final aims is to become a transparent mind that can see the process between body, unconscious response, blood stream, desires, emotions, mood, subconscious, consciousness, feeling, thinking, human relationships, world image=self image streams. Then you can become a transparent body that is able to show all of these processes transparently. This is a long process which requires much training and practice. It is surely a continual process until we die. When you encounter some thick darkness and become transparent, even if only for a moment, you will feel such happiness. This can bring true bliss into our life.
69. Feeling the darkness

So many interesting qualia are folded in the darkness. We can begin our exploration from the single celled organism meditation. Imagine yourself as a single cell, the moment when your mother's egg cell received your father's sperm cell, the very moment your individual life had begun. Our life repeats the phase between the single celled phase and the multi celled phase each generation. This repetition has continued for one billion years. Prior to one billion years ago was the age of single celled creatures. Become the origin life that was born on this planet four billions years ago. What did the origin life feel?

When you become the origin life, you can understand that our life is just resonating with all of the qualia. Single celled creatures have no will or intentions, but they can feel all the qualia - qualia of gravity, light, air, water, wind and so on. Light from the sun simply comes into contact with the single celled creature and it resonates with the light. This is the truth about seeing. It is a illusion of ego that you decide to see and then you see something. "I watch", "I listen", "I feel","I do", these are all illusions. All qualia are streaming between life and the world. There is neither subject nor object in the true world.

This truth is not easy to understand with language. You must meditate deeply and allow your daily consciousness to die down in order to feel this truth. Walk in the darkness as a single celled creature. After the single celled meditation, try walking blindfolded for twenty minutes with a partner guiding and protecting you. Try to feel everything as a single celled creature. Then you will be able to understand that something approaches you from somewhere and just resonates with your life. If you can forget that you are human, you will be able touch the truth of resonance.

70. The necessity of movement

When we create a piece, the most important thing is the necessity of dancing for life. How can we reach it? It is possible to find a necessary "reverse twist" movement from one's own habits and blockages. The "reverse twist" is life's natural response when it is twisted by some outer force before it becomes distorted. All life forms in nature have
this natural ability or instinct, only human beings have forgotten it.

Our lives are twisted by social pressure to form a modern human with an intelligent face and mannered behavior. It binds us, but we do not realize it, because this distortion has a symmetrical shape. We misunderstand it as beauty, until the twisted conditions of life become strong blockages and develop into somatic syndromes, mental diseases and sickness. However when we open our proto vitality, we can heal ourselves at the root of the twisted condition.

What is creation for life? Creation is the necessary "reverse twist" movement for our life. Our life can overcome any twisted condition by the "reverse twist". It is our ability of self cure. Small twisted conditions are easy to cure by small reverse twists, but we need unique inventions in order to cure the biggest twisted conditions. These necessary movements become our own creations. This is the subbody butoh dance. The key is to create by all of the necessary movements that come out of our darkness of body. It is not a matter of self expression, planning and producing, but the very necessity of inventing for life.

71. That which cannot be caught on camera

It is not possible to capture the weakened body on still camera or video. We can take pictures of the strong dances whose essence are three dimensional shapes. For them it is okay to show movement or shapes in three dimensions. But, the essence of the weakened body is the subtlest life resonance. It is not physical vibrations. It is simply life resonating with everything. The camera and the daily mind which forget all about life resonance cannot recognize it. Life resonance is happening in the subtle string realm, it cannot be caught by strong electric lights and signals. Consciousness cannot catch it either.

When we calm down the consciousness and become transparent body/mind we can catch it. If you do not want to believe such a thing, then you do not even need to see subbody butoh. There are so types of joyful physical dance and theater. You can enjoy them. When we go beyond the joyful dance, we can contact the secret of life and death. Life is neither a physical or mental thing, it is just subtle resonance vibrating between life and death.

Weakened bodies cannot be caught on camera. It only looks like
bodies shaking clumsily. What is life resonance? How can we share it transparently? How sensitive can our transformations be? We must investigate these unknown experiments. It is not possible to film the weakened body with still cameras or video. It is possible to photograph the strong dance whose essence is three dimensional form. There it is sufficient to show shapes or movements in three dimensions. However the essence of the weakened body is the subtlest life resonance. It is not physical vibration. It is simply everything that life resonates.

**72. Metamorphosing from the hidden joints**

Our daily bodies have forgotten so many functions. We no longer use our tail, but we still have the nerves around it. When we imagine the tail it help us so much in our movement. The sternoclavicular joint (the joint between the chest bone and collarbone), and the sacroiliac joints (sacrum and pelvis) are also forgotten joints. We must slowly try to move these hidden joints in the three dimensional directions and taste their qualia. Through these experiences we can meet our hidden characters and hidden bodies.

**The sternoclavicular joint**

Move both collarbones forward. The heart recedes in the chest just a little. Push them even more forward, the heart is excruciatingly closed. The constellation of the skeleton changes and the introverted self comes out. Close the chest even more. Then we can meet the stony self who is closed off to the outside world. Now move both collarbones backwards and the extroverted character comes out.

Move them upwards. We can remember what it is like to shrug our shoulders when we fail at something. Move your neck further down until it disappears like a tortoise shrinking its head. Next push both collarbones down to the bottom. Your neck becomes long. Move your neck like the birds and horses.

Stretch both collarbones out to the clavicle. The sternoclavicular joint spreads like the chest of a free bird. Then move both collarbones in a narrow position until the sternoclavicular joint becomes fixed. Move it even more until chest closes like a fish or a snake that does not have a chest. Swim like a fish, using only your spine.

**Sacroiliac joint**

Move both sides of the pelvis forward. Close both your pelvis and your
chest. The basic constellation of your skeleton changes. You can metamorphose into a prudent character like an armadillo. Next move both sides of your pelvis backwards. The sternoclavicular joint also spreads and a diplomatic arrogant personality comes out.

Move the top of both sides of the pelvis closer together. Your knees becomes X shaped legs, your chest is closed and your arms twist to the limits. You will meet strange characters who were folded in your darkness of body.
Next move the bottom of the pelvis closer together. The top of the pelvis spreads to the position of a pregnant mother and you can experience the body feeling of pregnancy. Walk while taking care of your baby. You can a little something about what it is like for a pregnant mother. Then separate both sides of the pelvis away from the sacrum. When you reach the maximum distance between both sides of the pelvis, you are in delivery position. Remember the experiences that we have all gone through. Then move both sides of the pelvis closer to the sacrum. The pelvis becomes fixed and even your body becomes like a snake or a fish. Swim using only your spine like a snake or fish swimming.

**Hidden joints of the hands and feet**
Similarly, slowly move the hidden joints of your hands and feet in the three-dimensional directions.

Center/edge change: Move from the center of your body (sternoclavicular, sacroiliac), to the edge of your body (the tip of your finger or toe). Switch from the center to the edge, and then reverse.

Bottom/top change: Wave upwards from the bottom of body like a plant and move from the top of head like an animal. Switch from bottom wave to top wave and top wave to bottom wave.

**The jaw joint and hidden eye movement**
Move the jaw joint in three-dimensional directions and move your eyes in an oblique direction. You can meet various hidden characters depending on the degree of twisting - the jocular self, full of ideas, the cunning personality, the curious character and so on. When you meet a stranger, slowly become friends with him/her.

**73. Becoming the weakest qualia**
Using the upstream life meditation we can feel the qualia of origin life. Origin life, which was born four billion years ago, was unable to move at all. It simply lived by resonating with its environment. When we become origin life, we can taste the weakest qualia in the world. It was moved by outside forces, waves, wind, gravity, thunder and so on.

Why are the qualia of being unable to move, limited movement and being moved so deep for us? It is because these weakest qualia are the most familiar for our life. For the first three billion years in the history of life we were only one celled creatures. They could not move at all or only a little. Our life was mostly moved by the environment for a long time.

When we become the weakest qualia, then the biggest miracle of all occurs - we are able to resonate with everything. Strong qualia cannot resonate with weak qualia. Only the weakest qualia can resonate with everything. The weakest qualia has the strongest capacity of resonance. It is difficult to taste this paradox because our ego does not want to be weak. This is one of the biggest edges. Everyone must confront this edge. We need to train our resonativity day by day, slowly, slowly.

74. Listening to the weakest signals

We must try to listen to the weakest signals in the darkness of body. When we notice the weakest tendency of our subbodies, then we can also listen to the weakest subbodies and cobodies of others. We should always ask our weakest subbody and cobody, "What do you want to do most?", "Which world do you want to live in?" and follow their tendencies, amplifying them with the cobody group movement. The cobody condition from which even the weakest subbody and cobody can come out and lead the group is the world where subbodies and cobodies feel, "Yes, this is a world that I can live in!"

Each subbody and cobody have hidden hopes about the world. Now we are meeting new and fresh possibilities for fully opening them in the subbody-cobody theater. If we are bound by a strong subbody, then we cannot resonate with others' weaker tendencies. We must even release ourselves from own subbodies. Since some subbodies were hidden when they were babies or children, they have kept a small oppressed ego. They wish to express themselves without any limits.
When the small ego is coming out, we need to open our transparent mind and find the best Jo-Ha-Kyu timing for it. When we find the best Jo-Ha-Kyu, even the ugliest subbody or cobody can transform into beauty. This is the Jo-ha-Kyu magic of Butoh. Allow all of the weakened life in the world to live. Never neglect it.

This is the weakened body which Hijikata invented during the last stage of his butoh career. Only the weakened body can resonate with the weakest beings, the most miserable states of life and all of the unhappiness in the world. Now the subbody-cobody theater is going to open a new stage in which we dance not only the subbody, but also the cobody, and create a new world capable of opening all the states of subbody and cobody, from the weakest to the strangest.

It is such a difficult because we must struggle with various edges - not only ego, judgments and habits, but also strong emotional crisis. All of us must pass through this hard inner struggle in order to reach the weakened state that is capable of resonating with the weakest signal of others. This is the necessary co-creation for realizing a novel world in which all kinds of life can resonate together freely. I have been dreaming of this for many years. I know that it was also Hijikata's last dream. It is simply the butoh of life. Only the weakened body can resonate with the most miserable states of others and all kinds of unhappiness in the world. The process is only beginning now, and though it has already begun, nobody knows how long it will take to complete it.

75. Teachers of metamorphosis

There are so many magical teacher of metamorphose in nature - hatching, ecdysiast, cast-off skin and so on. They are also a kind of hidden skin. A creature can remove its skin and another being comes out. It leaves behind its cast-off skin and keeps the same shape. Slipping out of one skin and entering into another is an important technique in butoh. When we are released from the binds of the human, then we can flexibly take off our human skin and transform into another being.

1. Each person takes a specific pose - a fetus, a girl, an animal, an earth, a baby, vapor, an old woman, a wall and so on.
2. Transform from one shape to another in ten minutes. Take off the first skin and enter into the next cast-off skin.
3. Practice this using various timings. Transform in ten minutes, five minutes, three minutes, one minute, one moment and so on.

4. Do it with various rhythms, qualia and movements. You are moved by spider threads, by vibration, by received shocks, by collapsing, by melting, and so on.

5. Imagine various ways of transforming - invited by the next shape’s hidden skin, possessed by another spirit, over a period of ten thousand years and so on.

Through this practice you can learn how to wear different timings, different beings, different ways of being moved. Cut and polish your own subbody while wearing these variations of qualia.

76. Bugs walk: Squeezed from the depths of the body

Butoh is neither ego or self expression. We do not use intentional movement from our daily minds. We dig in the darkness of body and search for unavoidable movements that are squeezed out from the depths of life. The bugs walk method is one of the most important techniques of Hijikata's butoh for searching for it.

**Bugs walk**

1. A bug is crawling on the back of your right hand.
2. A second bug is creeping down from the left side of your neck to your back.
3. A third bug is wriggling up along your inner thigh.
4. A fourth bug is squirming down from your left shoulder to your chest,
5. A fifth bug... (Find out by yourself.)
6. You are so itchy here and there. You cannot stand still. You are pushed away from here by itchiness.
7. Itchiness under your chin, itchiness at the base of your ears, itchiness around your elbows, itchiness around your kneecaps, itchiness around your waist. Ah! There are five hundred of them!
8. Around your eyes, around your mouth, in your ears, between your fingers, in every mucous membrane. Five thousand bugs!
9. A bug on every hair.
10. A bug in every pore.
11. From there thirty thousand bugs are crawling down into your guts and eating them voraciously.
12. Having eaten them up the bugs are coming out of your body
through the pores. Now they are eating the space around your body.
13. Now the bugs are full of your outer space and are eaten by another kind of bug.
14. The condition is being eaten up by another kind of bug.
15. (Half a billion bugs on a tree. The inside is all gone.)
16. It is your end. (Your will and sense of material belong to the bugs.)

I will give the essence that Hijikata indicated in each part of this simple text for beginners.

**Jo: Movement which is squeezed out**

1. A bug is crawling on the back of your right hand.
2. A second bug is creeping down from the left side of your neck to your back.
3. A third bug is wriggling up along your inner thigh.
4. A fourth bug is squirming down from your left shoulder to your chest,
5. A fifth bug... (Find out by yourself.)
6. You are so itchy here and there. You cannot stand still. You are pushed away from here by itchiness.

At first you notice a crawling bug, but you regard it as a minor occurrence. You can ignore it, but when they increase beyond the tolerable limit, then irresistible movements are squeezed out from each part of your body. Butoh is neither ego expression nor self expression. Never misunderstand this point. When you are bound by the modern concepts of self expression or bodily expression, your dance is still a modern dance bound by the illusory concept of the human as subject. First remove all human conditions, then you can meet the true butoh dance of life.

The point is not to move by your own will power, but by being moved by some other force. Once you grasp the essence of being moved, you can find your own deep qualia of itchiness and create your own necessary butoh of life. I will explain how to arrange your original choreography in another chapter.

**Ha: Transformation of the whole body**

7. Itchiness under your chin, itchiness at the base of your ears, itchiness around your elbows, itchiness around your kneecaps,
itchiness around your waist. Ah! There are five hundred of them!

8. Around your eyes, around your mouth, in your ears, between your fingers, in every mucous membrane. Five thousand bugs!

9. A bug on every hair.
10. A bug in every pore.
11. From there thirty thousand bugs are crawling down into your guts and eating them voraciously.

The bugs spread to the whole body and invade your inner organs. The itchiness develops into an irresistible transformation that takes over the whole body, which is being eaten by millions of bugs. The unconscious qualia that are folded in the hidden joints, hidden muscles and hidden cavities are going to start moving. Irresistible movements come out, not as a response from the ego or the self, but as a pressing life response. We need to train ourselves until we are able to catch the movements of the necessity for life. The essence of butoh is incorporated in this text.

3. Kyu: World transformation and rebirth in another dimension

12. Having eaten them up the bugs are coming out of your body through the pores. Now they are eating the space around your body.
13. Now the bugs are full of your outer space and are eaten by another kind of bug.
14. The condition is being eaten up by another kind of bug.
15. (Half a billion bugs on a tree. The inside is all gone.)
16. It is your end. (The will and sense of material belong to the bugs.)

The bugs have eaten not only the body but also the space. The world starts changing. The origin one celled creature recognizes the changing world through its skin and protoplasm. These memories are also folded in our hidden skin. Imagine that some layers of your hidden skin are being gnawed by many bugs' mouths and feel it. Life memories that were folded in your hidden skin for long periods of time are coming out. It is the irresistible reverse twist for life. Life must invent a new dimension and rebirth itself. The key to butoh is entering into a different dimension and inventing your rebirth as a new being.

The image of a standing empty tree "Half a billion bugs on a tree. The inside is all gone." is a symbol for being reborn as a butoh dancer. "It is your end. Your will and sense of material belong to the bugs." Yes! This is the starting point for creating your own original butoh.
You can throw away all human conditions. You do not move by your own will, rather the bugs or the sense of material moves your dead body. The text ends here. After this point the long and arduous training process of the butoh dancer begins. It is not possible to deal with everything in a beginners workshop. I will further explain how to arrange the Bugs Walk method for your creation in another chapter.

77. Listening for the Jo-Ha-Kyu

Jo-Ha-Kyu is one of the most important creation methods of subbody method for discovering your essential dance. Jo-Ha-Kyu was found by Japanese Noh dance master Zeami seven hundred years ago. Jo is the beginning. The key is to catch a subtle signal from your darkness of body and hide the sign. Only you know the subtle signal, but you keep it a secret. Wait for the best timing with only a subtle sway until it matures and is ready to come out from the non-dual realm of qualia to this three dimensional physical world. Everything has its own best timing for appearing. When you find the best timing, the subtle signal comes out as the first movement. This is the “Ha” moment.

Ha means change. It breaks the Jo world and appears as another dimension of each subbody. Each subbody has their own world. Open it with the best Ha timing. Ha should have the proper timing. Normally, there are three Ha timings - Jo of Ha, Ha of Ha and Kyu of Ha. Each Ha should be different. Listen to your subbody, “Which timing do you want to come out by?” One Ha is very slow, while another has its own rhythm, some come as sudden changes. Invent your own unique Ha which you have never seen or done before. These different combinations of changes will create their own beauty.

Kyu is the climax and ending. Climax means that the qualia are amplified to their limit. This also includes the anti-climax which is quietness amplified to the limit. Kyu is the essence of your subbody dance. Kyu has some clear Merkmarls (???). The first one is necessity. When you feel that your dance is necessary for you to be reborn then it should be your Kyu dance. The second Merkmal (???) is the world=self channel. When your subbody dance opens the world=self channel, then it may become your Kyu movement. It will show you what world your subbody wants to create. The third merkmal (???) is the possibility of repetition. When you find a potential Kyu movement, ask your life, “Do you want to dance this movement ten thousand
times?”. If your life replies, ”Yes I do!”, then it must be your Kyu dance. Dance it ten thousand times, it will become your lifelong friend.

77. What is conditioning?

Conditioning is the most important technique of the subbody method. It is a method for conditioning your body to a specific subconscious-body mode. There are twelve techniques of conditioning. They are grouped into two types. The first group is used to calm down from the daily mind/body mode to the subbody mode. The other type is for activating specific subbody modes, for example becoming a proto body, animal body, hidden body, rhizome body, multi channel body, weakened body and so on.

I. Calming conditioning

Conditioning No. 0: Breathing

Breathing is the most basic technique for changing our body from one condition to another. It includes Bottom breathing, Drop down breathing, Subtle breathing, Sacrum breathing, Pelvis breathing, Minimum breathing and so on.

Conditioning No. 1: Vibrating

Lay down in face up position. Stand your feet up vertically.
1. Shake your feet from head to tail with the most comfortable vibration in your whole body.
2. Shake your body from side to side from the pelvis.
3. Bend your knees together and shake up and down and from side to side.
4. With your knees bent and feet parallel, shake each vertebra from your sacrum up to your neck by raising your spine one vertebra at a time. Continue until your daily mind and body calm down.

Conditioning No. 2: Swaying

Imagine that you are sitting at the center of a big clock on the floor. Inhale and send air from your low back to your head and exhale from the front of your body. Breathing in this way, sway your body from six o’clock to twelve o’clock (forward to backward). Change directions to seven to one o’clock, eight to two o’clock, nine to three o’clock, etc.
until you have gone around the clock one time. Continue until you are released from your daily mind and body.

**Conditioning No. 3: Three dimensional movement at one hundred tandens**

Tanden means an initiating point of movement. We have almost one hundred joints in our bodies. Move each joint in three dimensional directions with different sizes as follows.

1. Figure eight
   From your sacrum to your head, move each vertebra in three dimensional directions in a figure eight. Move each joint of your head, arms and legs as well.
2. Circle
   Move each joint at the one hundred tandens in a circle.
3. Subtle sway
   Sway each joint at the one hundred tandens with minimum size.

**II. Activating conditioning**

**Conditioning No. 4: Four limbs**

Enter into dog position by bringing both your hands and feet in contact with the floor. Wave each part of your body in three dimensional directions. Wave your whole spine, from head to tail, in three dimensional directions. Change posture from dog position to lizard position and repeat.

**Conditioning No. 5: Walking**

There are many different methods for walking, including Ash walk, Size walk, Nest walk, Mountain walk, Bugs walk and World walk.

**Conditioning No. 6: Six sways**

Our daily bodies are bound by our daily habits. However our subbodies are not bound by our daily habits and limitations. There are so diverse types of movement between life and death. Release your body from your daily body and become a flexible body, which is able to follow all kinds of subtle signals of movement from the darkness of body. Move from the one hundred points of your body using the following six kind of movement - Swaying, Shaking, Waving, Shocking, Collapsing and Dying.
**Conditioning No. 7: Seven rhizomes**

Rhizoming is a special term for transforming in the sbbody method. A subtle tendency starts from one point of the body and spreads to the whole body through different pathways. These include Bottom rhizome, Top rhizoming, Center rhizoming, Edge rhizoming, Focus rhizoming, Random rhizoming and Total rhizoming.

**Conditioning No. 8: Eight channels**

We have eight main channels. We normally use only a few channels and shift from one channel to another unconsciously. Become aware of the channels which you using with the following method. Gradually you will become able to flexibly control all of the channels. The eight main channels are the Body channel, Movement channel, Visual channel, Audio channel, Emotion channel, Human relationship channel, World=Self channel and Thinking channel.

**Conditioning No. 9: Segmenting**

Segment your body into three parts - legs, trunk and head. Control each part to sway independently in different directions. Further segment each part of the body into three sub-parts. Segment the legs into feet, legs and hips. Segment the trunk into pelvis, stomach and chest. Segment your arms into hands, elbows and shoulders. Segment your head into neck, lower face and upper face. Control each segmented part independently in multi-directional sways. Segment each nine parts into three more sub-parts and control each part with a subtle sway. Segment each part into infinite tiny parts down until the cellular level and control each cell with different sways.

**Conditioning No. 10: Ten fingers**

We have ten meridians connected with each finger's front line and back line. Open each meridian by sending air and twisted stretching. Listen to the unique bodily sensations in each meridian. Catch subtle tendencies from the darkness of body and taste them carefully.

**Conditioning No.11: Resonance touch**

See the article on the Reso touch method.
78. Opening our proto vitality

What is proto vitality? Every creature has the natural ability to spontaneously keep their life in its best condition. We call this “proto vitality”. Creatures escape from bad life conditions and naturally pursue the best life conditions. However modern people have lost their proto vitality because of their consciousness. We will learn how to open our proto vitality.

1. Opening proto senses in the darkness
Every creature is capable of recognizing what I am doing now, what posture am I in, etc., even creatures without eyes like amoeba, worms, insects and so on. Change postures in different ways while blindfolded. Try to recognize what posture I am in without using your eye channel. Next try it while moving.

2. Ash walk in the darkness
Walk as an ash pole while blindfolded. Taste all the subtle qualia while walking, for example gravity, breathing, inner breathing, blood stream, light, sound, wind, warmth and so on.

3. Contact each other in the darkness
When you meet another creature during ash walking, explore the shape and qualia while keeping a distance between touching and not touching.

4. Proto vitality as a group in the darkness
Walk blindfolded as a group. Always be aware of the others in the group when moving.

5. Awakening the folded proto senses in each body part
So many proto senses are folded in the limitations of our daily body as human beings in modern society. Reframe your body map from daily body to subbody in each joint, bone, muscle and so on. You will gradually be able to move as a proto creature.

6. Recovering our ability of self cure
Every creature has the natural ability to keep itself in the best condition by itself by recognizing its own condition. Only modern human beings have lost the ability of self cure, as a result of hospitals and schools. We lost the ability to think for ourselves in our own ways and to control ourselves. We are imprinted with powerlessness and helplessness by society through our education.
7. Moving directly without thinking
When a baby starts crying from pain, its mother can touch the exact spot without thinking. When we throw out our conscious blockages, we can directly touch the exact parts without thinking, through resonance touch and shiatsu healing. We must recover the body that can move spontaneously without thinking.

8. Life resonativity
All living bodies are resonating with all other living bodies. Paramecium gathers together, coral live together, lightning bugs synchronize together in lighting. The living body has a natural ability to recognize other living bodies by knowing the specific swaying of string resonance pattern. We must try to awaken this fundamental life resonativity. We must try to become a highly sensitive new body in order to be able to notice the other’s condition with empathic imagination and give a helping hand to spontaneously heal others.

9. Creativity of subconscious
Our consciousness are shackled by many different kinds of social restrictions. As such it is impossible to open our free creativity. However, our subconscious can open its full creativity without social binds. Life has a creative nature, thus our life has expanded into so many variations. Life is naturally creative. When we succeed in opening our proto vitality, our creativity will be fully released.

10. Whole vitality
When we open our proto vitality, creativity and resonativity, then we can open the full range of possibilities. We call this full range of possibilities our "Whole Vitality". It is my wish that everyone may live with his/her Whole Vitality.

11. The body double phenomenon
When our conscious blocks become weaker and our proto vitality matures, our basic constitution changes. Our equilibrium is broken by the maturation process of our subbody. Our consciousness feels these changes as a crisis. This basic shift in equilibrium produces many kinds of strange body feelings, as well as the dream of the body double phenomenon.

You may feel a gap between the first process, which has held you for so many years, and the second process, which is newly arising from the subbody world. This gap between the two processes also creates strange bodily feelings or body double dreams. Strange experiences
will happen in your body. You may be moved by strange forces at night and dream very strange dreams. This is proof that big shifts are taking place in the darkness of body. Taste the qualia of the process deeply and listen to your life. "What messages are you trying to send me?"

79. Researching resonance

Everything is resonating. We do not yet understand the whole of resonance. We need to research the diversity of resonance patterns between each body, each cell and each life. Resonance research is a kind of group research. We need others to resonate with. All of the different responses are material for further research. Resonance is tasty. One of the miracles of dance is meeting unexpected or unknown resonances. There are so many different kinds of resonance:

1. Same resonance in the same dimension.
   - Same shape, same rhythm, same direction and so on. This is the most simple and basic resonance pattern.

2. Similar resonance in the same dimension.
   - Similar qualia, similar tone, similar speed and so on. Vary the resonance pattern by shifting the timing, size, height, direction, and so on.

3. Different resonance in different dimensions.
   - Spider thread resonance in different directions, passive resonance in different dimensions, and so on.
   - Passing through with ash walk, rolling stone, and so on.
   - Invent new resonance patterns, it is infinite.

4. Various spirits in another dimension
   - Behind spirits, field spirits, ground spirits, and so on.

5. Passive resonance
   - Receive passive influences from a partner.

6. Sharing resonance
   - Your partner's movement enters into your body and effects you from inside.

7. Eight channel resonance
- Research the resonance in each channel - body, movement, visual, audio, emotion, relationship, world=self image, and thinking.

Sway between the group and the individual, between cobody and subbody. Explore how the group comes about and how you can share movement with others through resonance. Remember that everything is resonance. What kinds of rich resonance patterns can we uncover?

81. Life resonance in nature

There are so many teachers in the mountains - huge rocks, stones, sand, soil, mud, slopes, cliffs, flats, forests, wind, sun, sounds and wild river streams.

Resonance with rocks
Lie down on a rock. Listen to the gravity, silence and stillness of the rock. Stone has its own timing. They may seem still, but they move at their own very slow speed through their millions years of history. Himalayan rocks have traveled from the Indian ocean and fallen down from the peaks to their present location by big floods when ice lakes melted. We can open other dimensions of time. Slowly change your body posture and continue listening while stretching, rolling sitting and so on.

Resonance with streams
Sit on a rock near a stream and meditate with the stream. Water is always streaming at various speeds, rhythms, strengths and directions. Learn about streaming from the teacher of water stream. Water simply follows gravity and becomes various streams. It is controlled by the law of gravity. Feel the inner qualia stream in your darkness of body. It is also streaming, but it does not follow the law of gravity. Qualia does not belong to the world of three dimensional space and time.

Resonance with constellations
There are such various landscape in the mountains - on the rocks, under the rocks, between the rocks, various streams, waterfalls, cliffs, flats and so on. Social persona bodies come out on top of the rocks like a stage. Hidden bodies emerge from under the rocks or negative spaces. There are both fast streams and calm pools. Various hidden characters and creatures come out by resonating with diverse
constellations. Open all kinds of resonance by varying constellations in the natural landscape.

**Full dimensional resonance**
Life is always resonating in the multi-dimensional world. When you open the full range of multi-bodies, you can show your whole life. Dancing the multi-dimensional life resonance is the butoh of life. Always try to open other dimensions by traveling through the whole self world.

### 82. How to develop and arrange your choreography

1. **Repeat it many times until it sinks down into your body**
   When you find a novel sequence in your self research or improvisation, repeat it many times until your body remembers it while keeping a real qualia stream.

2. **Keep the real qualia stream**
   Each subbody movement has its own specific qualia stream. You need to keep the whole qualia stream of the sequence. Remember the whole process when a new sequence comes out. From the conditioning process to researching to the creation process, print all of them deeply in your body.

3. **Find the best timing for your movement**
   Every movement has its own best timing. Until you find the best timing, continue to reduce, cut and polish it. This process is the same as the sculptor. The sculptor achieves a static shape by cutting and polishing. The choreographer completes a moving shape using the same techniques. It is very clear when you find the best timing, because it suddenly turns into beauty and you can imprint it in your body. You will be able to repeat it with pleasure from the depths of your life.

4. **Arrange it with the best Jo-Ha-Kyu**
   Normally, a subbody movement seems to be miserable and ugly. It does not look "beautiful". But when it finds its best Jo-Ha-Kyu, it crystallizes into beauty. This is the magic of Jo-Ha-Kyu. All ugly movements have the potential to become beautiful. Find the best position for the total Jo-Ha-Kyu of your piece.

5. **Develop your piece by repeating it over and over**
A choreography cannot be completed in a short period of time. When you find a fixed Jo-ha-Kyu, repeat the piece many times under various conditions. Each repetition is a re-creation. Each time you repeat it, it matures in real time resonance.

6. Real time resonance between choreography and improvisation
Through this process of repetition, you can integrate your choreography and improvisation. Each time you try your fixed choreography at different places and times, you can renew by including some improvisation. This is real time resonance. Slowly your subbody piece will grow up and become your friend.

83. The Imaginary duet
We will try to open the human relationship channel. The first step of the relationship channel is to sink into the origin of the relationship of life, which has a completely different logic.

Sinking into the origin of relationship
After sufficiently practicing the swaying meditation, open the relationship channel of life. Sink into the fetus world, where we did not know that we were human. When we were fetuses, we were not divided into self and other. Fetus and womb was oneness. That was the origin of relationship, before we were divided into self and other. That is where we come from. We must remove the illusion of our divided human self consciousness.

Logic of life before the division of self and other
There is no division between one and two in the life of the cell. One cell divides into two cells and reduplicates itself. There is no division between young and old, because they always become young again. Sometimes two cells become one by cell fusion. Life has continued cell division and cell fusion. One becomes two and two becomes one. One cell becomes multiple cells and multiple cells become one individual life. One is many and many is one. This is real logic of life. We have been bound by Euclidean mathematics for such a long time. We believe that one is not two and two is not one, but it is not possible to reconcile these ideas with life. Life has another logic of its own that has never been described by words. This flexible world of transformation is the origin of the relationship of life.
Our lives always come and go between the indivisible world of self and other and the divided daily world as a dreambody and subconscious body. In our dreams, we transform from a person to another person or being flexibly. We transfer from one world to another. World images and self images are continually streaming and transforming. A gentle mother transforms into a goddess. A lovely girl transforms into snake or monster.

The archetype world of myth and folklore is also swaying between the divided world and the indivisible world. This is the most primal experience of life. When we take off our human binds, we can taste the most universal qualia of life. New world experiences begin from here.

The imaginary duet
There are so many qualia streaming and transforming in the darkness of body. Try to taste all of them. Find your favorite partner and dance with it. Your partner is living in the non-dual world of transformation, continually shifting shapes.

84. Opening the voice of life
Opening the audio channel is not only human voice but also the voice from life.

1. Ash walk in the darkness
Walk as a ash body blindfolded. Shift from daily body mode to subbody mode using the ash walk.

2. Bottom breathing
Contract the bottom of your body while exhaling. Make a bass voice from your bottom body.

3. Six sways of voice
3-1 Listen to the subtle sound of the body while breathing between silence and sound, life and death.
3-2 Subtle shaking starts at the throat, somewhere between a breathing sound and voice.
3-3 Waves of creature voices start resonating through the whole body.
3-4 Shocking audio response to meeting a strange happening in life.
    When life encounters danger, enemies or death, life responds with
sharp sounds or voice.
3-5 Weak and dying voice. When life becomes weak and is going to die, a near death voice starts.
3-6 Near life voice. When your body becomes dead, voices from the dead world come through your dead body.
3-7 The voice of new life. In your dead body a subtle new life starts with subtle life sounds.

4. Find your own basic life tone
Through these practices, find your own life tone that best fits your subbody. Explore the sound or voice that you can feel at the deepest place within your self.

5. Whole self audio world
Expand the variations from the basic tone to the whole self. Travel in your whole self sound world.

6. Resonance theater
One person dances with his/her subbody movement while opening the audio channel and the others resonate with the subbody dance with subbody vocals.

85. What are qualia?
What are qualia? They are everything that your life feels. But we can not understand qualia by words only. The best way to feel qualia is to become a creature that does not use words.

1. Becoming a fetus
The first way to catch qualia is to become a fetus, before you knew that you were human. Imagine what you felt as a fetus. Find a partner. One person lies down facing up and the other person places his/her ear on the others stomach and listens to the stomach sounds. You will hear the rich body sounds that the fetus listened to continuously for ten months. You will surely fell deep resonance, because these are our first experiences of music. You feel many kinds of qualia - stomach sounds, breathing, heartbeats, blood stream and so on. These are the qualia.

Next change to human bed position by lying down on top of your partner's body in the same position as your partner. You can hear various kinds of qualia through the whole body - the warmth of life,
subtle body movements, and so on. Notice how your life responds to these subtle qualia.

2. Becoming origin life
Next try to become the original life that first appeared on this planet four billions years ago. You are only a single celled creature, but you can catch all kinds of qualia through your whole body. Imagine what you feel - qualia of gravity, light, ocean waves, food, poison, storms and so on.

Our life received extrovert qualia by interacting with outside material and forces. Over the course of many years of experience, our life collected memories of important qualia for survival. Our life imprinted these qualia our genomes. Now we can use these life qualia for survival. These are the introvert qualia. Our life can use these introvert qualia without interacting with physical things or energy. Our life does inner rehearsal before performing an action, that way we do not need to waste so much time trying. Move as a single celled creature while using both introvert and extrovert qualia. It is such a rich experience to use qualia.

3. Becoming string
Become string resonating in the eleven subtle dimensions. According to string theory, everything is generated by the resonance pattern of strings. The most simple resonance pattern generates gravity. Our life is also generated by a specific resonance pattern of strings. This resonance pattern is always resonating with other resonance patterns of non-vital (???) being. You can taste our life resonating with death. It is not so easy to imagine the eleven subtle dimensions that exist beyond the gross dimensions of time and space. Please try to become strings slowly, slowly.

86. Infinite segmenting
The first step to the weakened body method is infinite segmenting. Our daily bodies are bound by large and rough movements, just like our daily minds are bound by rough and dualistic language thinking. When you are able to take off the coarse daily body and mind, the subtle subbody will appear and you will be able to contact the subtle signals from your darkness of body. Try segmenting your body into the most infinitely small part as possible while walking, rolling and crawling.
**Walking**
There are different methods and images for walking in butoh, such as Ash Walk, Size Walk and Bug's Walk, but all of them have the same basic principles:

Begin by standing on one point. Constantly shift the weight of your body onto different parts of your feet - the joints of your toes, the inside and outside edges of your feet (Knife Edge), your heels. You may actually be standing on more than one point, but try to keep as much of your feet as possible lifted off the ground, as if you were standing on razor blades.

Now carry your body as slowly and quietly as possible, as if you are made of ash. Walk fragrilely using your hidden muscles, which are twisted behind your daily muscles. Instead of walking as you normally do, shift your weight onto one foot in order to lift your other leg up slightly. Each step is a very subtle movement.

Feel a sway rising up from your feet as you change your point of contact with the ground. Each time you change your point of contact, your whole body constellation also changes. The resonance patterns of your body's cells also change. Instead of walking, allow this subtly shifting sway to move you. Let this sway delicately twist your body in different directions and dimensions.

Imagine that your body is divided into an infinite number of segments. Begin by letting the movement travel from the bottom to the middle to the top (feet, torso, head) and back down. Then you can divide each segment into smaller parts (e.g. feet, knees, pelvis, stomach, chest, neck, head). You can continue this process of segmentation infinitely. If a subtle signal or life tendency comes up, follow it and amplify it to the maximum. Meet your edge. Then make a reverse twist. This is your new creation.

**Rolling**
While rolling on the ground, you can also follow the One-Point Stand technique by shifting your weight from one point of your body to another.

**Crawling**
Learn to crawl as if you are a newborn baby. Try putting weight onto different parts of your body without using the strength that you have
developed in your muscles. Learn to move with the weakness of someone who has never moved before. Without any strength you will collapse. Even so, try to move. Try to lift yourself up, even if gravity is pulling you to the ground.

These are the most basic physical methods for weakened body butoh. Continue to deepen the practice of segmenting until you reach the level of the subtle cell's life.

**87. Researching the twilight zone**

Life lives in the non-dual and multi-dimensional resonance world in which one channel is not separate from the others. However our consciousness can only recognize one channel and one qualia at a time. We need to stop our consciousness by swaying and other conditioning in order to become a subbody that can feel the non-dual qualia stream. Only then are we able to catch the moment when a specific qualia comes out from the non-dual realm. It is the border zone of qualia between the non-dual realm and realm divided by the different channels. This is the most creative world, where such diverse transformations are happening every moment.

**Bodily sensation**
Feel the breath of life with a long tide rhythm. All of your cells spread for around one minute while changing resonance patterns, and then fade for one minute. Feel the qualia stream in your darkness of body. So many qualia are streaming in the non-dual and multi-dimensional world. Remember your dream world. Research the twilight zone where dreams begin.

In the beginning we are floating in the non-dual chaotic world. There is no clear separation. When we notice, a subtle body sensation comes out from the darkness. Slowly it becomes clear, where here is, and who I am. You can feel your body posture and a sense of existing in a specific world. The scene becomes more clear with visual qualia and sound and so on.

Taste the moment of transformation from the non-dual qualia stream to a clear body qualia and the separation of the other channels. Our life is always floating in spaceless and timeless multi-dimensional world. Dreams guide you between the non-dual multi-dimensional world and the lower three dimensional daily world where it is clear
"who and where I am".

**Chaos of movement qualia**
Feel your hidden joints and muscles being twisted and reverse twisted with qualia. Your pelvis, ribcage, spines, legs, arms and face are warped and reverse warped in various directions. Taste the chaos of various movement qualia streaming in the darkness. Catch the moment when a specific movement comes out.

**Twilight zone of visual qualia**
Feel the darkness of body where various subtle lights are streaming. It is the twilight zone between darkness and brightness. Taste the moment a shape comes out from the dark chaos. Dreams and subbodies always begin like this.

**Deep silence full of sounds**
Listen to the darkness. The silence is also full of subtle sounds and noises. In the non-dual realm, there are no borders between silence and sound. Feel the inner qualia of music, rhythm and voices that are streaming in the silence and want to come out. Each rib starts twisting in three dimensions. All of your hidden cavities change shape and resonate with breath and body sounds.

**Emotional stream**
An unknown being warps your body to its limit. Catch the moment an emotion comes up from a change in body condition. We cannot name it, but we can feel the diverse emotional stream. Your face resonates with various emotional streams.

**Relationship in proto stage**
The qualia of relationships from various ages are resonating in your darkness of body. When we were babies, we searched for our mother's breast and drank milk. When we become full, then we discharge. It the most pleasant moment for a baby. Feel your mother's milk stream down from your mouth to your anus and digest in your body. The baby's biggest sexual desire is between the mouth and the anus. Taste the very first moment when your human relationship channel opened. It is the moment when you were separated from the non-dual qualia of the fetus and the womb.

**The sway of our world and self images**
Our world images and self images (qualia of world and self) are always swaying between the qualia of "everything is good" and "something is wrong". Taste the sway. It is resonating with your deep body qualia
88. Deep Individuation

The five hidden qualia is one of the most important conditionings in subbody butoh - hidden cavities, hidden joints, hidden muscles, hidden fluid and hidden skins. We meet and explore so many novel qualia. Through these experiences so many subbodies come out. It is the first stage of Sen (novel, fresh, interesting) of the Sen-Shin-Hitsu (Novel-Deep-Necessary) researching method.

"Sen-Shin-Hitsu" researching method
Sen (Novel): Follow all the novel, fresh and interesting qualia
Shin (Deep): Research the deep connections with your life for individuation
Hitsu (necessary): Invent the necessary subbody-cobody movements for the survival of your life

Shin (Deep) is the second stage of researching. When we meet novel qualia, we try to research the deep connections between a specific qualia and our hidden memories and proto dreams. Gradually it matures into the deep stream of individuation of all of one's qualia. Individuation is one of Jung's special terms. It means to fully become oneself by opening all of one's potentials.

These hidden connections are folded in the unconscious. Our consciousness cannot remember them because they belong to the subconscious realm. We need to become subbodies in order to contact these hidden connections and hidden constellations. When we stop our daily thinking and shift into subbody mode, we can catch the subtle signals that are folded in various hidden body parts.

Researching the five hidden qualia will help you to explore your whole self world. When researching the five hidden parts of the darkness of body, listen to the subtle forgotten connections between movement and the inner qualia stream. Gradually the special hidden constellations that only you can feel will come out and guide your subbody movement into the deep world of individuation.

89. Resonating in different dimensions
Resonance between different dimensions is one of the most basic principles of life. In nature, eagles, plants and bacteria all live in different dimensions and resonate together. Dead creatures are rotting in the earth, bacteria eats them, plants get nutrition from them and generate oxygen gas through the energy of sunshine and so on. The degrees of resonance are different, some are direct and immediate, while others are from a very great distance. No matter what, all of life is resonating in different dimensions.

We can learn various resonance patterns from nature. Once we grasp this technique, our subbody theater become such novel world. Research the different dimensional resonance in various channels. Open the audio channel and make various body sounds, while the other subbodies resonate with it from a different distance. Sometimes similar resonance with body movement and sound occurs in synchronicity. Sometimes body movement remains distant from the audio stream and keep its own rhythm. When we can control these resonance patterns from various distances, then each subbody can resonate from different dimensions in space.

Slowly we learn various resonance patterns, and the subbody-cobody theater becomes so richer than we have ever seen before. We must continue these investigations. There are infinite hidden new possibilities.

90. Wearing the other worlds

Meditate with the audience for a while before starting to resonate. Essential changes are taking place in our bodies, but it is too subtle to notice with the busy daily body and camera. We can only share it through life resonance in real time. It is so tasty.

First enter into the quiet body through the breath of life and then carry the quiet body with the ash walk. Listen to the other world. Wear it and carry it. We can listen to so many qualia from the other world. In actuality, it is not only one world. Life is resonating with so many other worlds - the dead world, hidden life memories, forgotten dreams, past life memories of other creatures, the underground world, the heaven world where so many archetypes are floating, the universe and so on. We can wear and carry all of the other worlds.
When we start walking with them, we are able to control the whole space with unknown signals. So many qualia visit our bodies from various other worlds. We can wear them at various parts of our bodies and hidden skins as subbodies. Subbodies want to come out, but we can control them at the minimum size. This is the Nest body. We can carry the nest body quietly. This way we are able to wear so many layers of qualia. This is such a big change, though it is so subtle that neither daily eyes nor the camera can catch it. Everything becomes more subtle and quiet little by little. It takes time to change the body and mind. Slowly, slowly we are entering a new realm together and moving towards the butoh of life.

**RESONANCE DIARY**

1. Throw away consciousness and resonate
2. Awaken to the qualia stream
3. Listen to your whole self
4. The narrow gate to transparency
5. Dreams of “not going well”
6. What is spirit?
7. Let’s recreate the world with “resocracy”

**1. Throw away consciousness and resonate**

Resonate with the world, become aware that you are resonating with the world. I will only tell you extremely important things for the coming humanity. What is the reason why our human society has somehow become fundamentally strange? Why are we incapable of resonating with each other? Why is it that people can silently watch TV images of foreign people being killed by missiles and bombs? Does it mean that our human mind has become strange? What is the root of the problem? How can we find a way to break through?

I have spent five years in the Himalayas since leaving Japan. I needed to release myself from the overwhelming flow of information in modern society. Now I can see what the biggest problem in modern society is. I decided to write these articles in order to tell the truth about what I found. I will only express the most important matters. I apologize if my words are too extreme at times.

First of all, the most important thing is to throw away the
consciousness that binds you to the narrow life. Only then can you open your transparent mind that can treat consciousness and unconsciousness as equal. When your consciousness is strongly divided from your subconscious and body feelings, unconscious worlds are created. This is the biggest trap and most people are caught in it in this modern age. Just throw away the bind of consciousness and open up your whole transparent mind. Then you can meet your whole self and discover that your whole being is resonating with the whole world, as well as all the people and creatures in the world. This is the most important thing that I can tell you. What is resonance? What is the whole self? I will talk more about these points in the following sections.

2. Awaken to the qualia stream

Why is it so important for us to throw away consciousness? Because it is the biggest trap that alienates us from our whole self in this modern age. When our consciousness is too strong and we give it too much priority, we become blind to our subconscious flow that is moving in the darkness of body. The unconscious is the product of too much priority given to consciousness in this modern age. This type of intelligence does not have such a long history. As Foucault discovered in his important work “Words and Things” (1966), it is only two to three hundred years old.

In the past humans used to use both types of intelligence, consciousness and another type of fluid intelligence. We uses the fluid qualia flow for recognizing everything. I call it the “fluid sense of qualia”. What are qualia? Qualia are the subtle sense of qualities of something. They are not only information, but also include emotional feelings or body feelings. They are themselves the realization about something. The red of the rising sun has the specific qualia of the rising sun. We never mistake it with the red of an apple. Each thing has each own qualia. We still use qualia below the level of consciousness.

When the priority of our consciousness becomes too strong, we forget this qualia sense and it turns to the unconscious, which we cannot contact at all. We have lost the ability to use our fluid qualia sense. When we cannot use the qualia flow, it gets hidden in the darkness of body and turns to attack us like some strange power from outside.
This is the root reason that we are suffering from neurosis and psychosomatic diseases.

I realized something important thing after living in the Indian Himalayas for five years and experiencing such difficult culture shock. Indian people have held strongly to the fluid qualia sense from ancient times onwards. The mountain people have especially kept it strongly. Hill tribe people keep the fluid qualia sense most richly. They can listen to the fluid which is moving in the darkness of body. The qualia fluid is always swaying and resonating with the forest and animals. They can listen to the voices of nature spirits.

Modern people who live in advanced societies are not able to listen to them. We have lost the most important ability to listen to them. We have exchanged the qualia sense that resonates with nature and others for consciousness. When consciousness and unconscious impulses come into contradiction, we are left with neurosis and psychosomatic diseases. However the hill tribes people are not at all concerned with those kinds of modern diseases. (Of course, they too are struggling with many difficult problems in this age. They have lost the natural forest that they once freely used for hunting and gathering. But for now I am focusing on the problems for modern people.) After learning language, we misunderstood ourselves. We believe that we think just using language, but actually we use both the processes of conscious language and fluid qualia sense at the same time. This is a double process, so it is difficult to notice. We need to learn some specific techniques in order to notice it, like meditation or self hypnosis. When we transform to the lowest level consciousness, we are able to notice very subtle signal from qualia fluid moving in the darkness of body.

I could only succeed in clearly seeing the process in my body once I left Japan and started living in the Indian Himalayas where there is not any noisy information. Today I only want to express to you one thing. The consciousness that you are currently using is neither the standard nor permanent for humanity. In advanced societies, everyone has fallen into the trap of conscious prior consciousness mode (???), and no one notices that we have become strange. When you start living in another country that is outside of the advanced areas, you can begin to notice another type of mind that is more common than the modern mind.

This process was extremely terrible for me. I fell into deep culture shock and neurosis for three years. I almost went completely mad with
confusion. When I realized that my own identity as a modern Japanese man was not absolute, but relative, and that people have another kind of intelligence, only then could I be released from my neurosis.

The sense of qualia fluid functions according to other principles. It is completely different from our three dimensional daily world. Qualia fluid has the following properties:
- It is always fluid and changing.
- It freely shifts between different dimensions.
- All creatures have their own qualia fluid that we can understand through qualia resonance.
- Qualia resonates as oneness. It is a double process between the real and the illusion.

There is so much more, but I will stop here for now. I will continue to investigate the properties of qualia fluid. I just wanted to let you know that there is another type of human intelligence. It is named sense of qualia fluid.
One of my goals is to reveal a new type of intelligence that is capable of treating both consciousness and the subconscious equally. I call it the transparent mind and body. Once we get it, we can create another type of society that goes beyond this modern society in which people are alienated and can no longer resonate with each other.

3. Listen to your whole self

Whenever possible, you should try to listen to your whole self. Especially at times when you are released from strong consciousness, like in the bathroom, on the train, in bed. Try to feel the qualia of your whole self at that moment. At first it is okay to just try to listen out for it. Gradually the whole self will give you a sign, like a large amoeba slowly moving towards its destination. This is the qualia of the whole self. In that moment you will feel a mass of sticky liquid, like a large amoeba changing directions.

Try to catch the direction of this movement. It is the very direction of your whole self. When yourself moving in a given direction, try to follow it, otherwise something bad may happen. All symptoms arise from here.
4. The narrow gate to transparency

Dualism of qualia
Qualia are the real feelings about the quality of something. They come from beyond space and time. When qualia of deep fear that were imprinted in deep memories from early childhood, come out, we experience them with the full of reality of the body mind. When our daily mind that is connected to the consensus reality world is strong enough, we can distinguish between the reality of the outside world and the inner world. However when a strong qualia comes out, it completely changes our total state of body mind from a physical state to a mental state. A new pattern of neurohormonal message molecules control our body mind state immediately. These sets of message molecules are connected to specific states of experience. It is called “state-dependent memory, learning and behavior” by psychobiologists like Ernest Rossi.

In those moments we are not able to distinguish between real qualia connected with the outside reality of here and now, and the reality of inner qualia memories. We fall into deep confusion. This is the one of the worst effects of the duality of qualia. All delusion start from this point. Everyone experiences these kinds of state-dependent memories, learning and behaviors. But normally people do not pay attention to them, and these experiences are driven into the subconscious. In the case of dissociated disorders, at the moment when strong traumatic state-dependent memories come out, the main character switch is turned off and the sub-character starts to possess the whole bodymind. At the time all of the neurohormonal message molecules switch to a specific state at once and we are unable to consciously control the process.

To eat or to be eaten
When we are in good condition, we are able to control the whole process whereby everything and everyone living in the darkness of body can come out, dance and pass thorough us. This process is similar to the string dance, which is suggested by physicists as the “string theory”. According to string theory, very tiny strings are vibrating in the eleven dimensions of the Calabi-Yau space. Likewise, there are many characters and creatures hidden in our darkness of body. These two processes are similar, so I named this technique “becoming a Calabi-Yau passing through the body”. I can instantaneously transform into anything, but if I fail then the duality of qualia will eat me and possess me. I cannot control everything, but I am controlled by the tricks of qualia. To eat the duality of qualia or to
be eaten by the duality of qualia, we must face either one or the other possibilities.

**The narrow gate to the transparent mind and body**

The ideal state in subbody butoh is to become a transparent mind and body. What is the transparent mind and body? It is able to show everything that is happening around oneself, around whole bodymind. Between the conscious and subconscious worlds, between body and mind, between you and me, between self and world, it must be able to show everything transparently. However there is a narrow gate to pass through before attaining the transparent bodymind. We must overcome a big crisis. Once we pass through the big crisis, we can cross the gate. We may either fail or succeed, nothing is guaranteed. Either way we must try.

**Recovering transparent resonance with the world**

Why should we attempt to attain the transparent state with the risk of danger? Because once we are released from the conscious prioritized consciousness in this modern world, we are able to resonate with all beings. We must release ourselves from the bind of consciousness. This miserable state in which all human beings are bound by the egoic mind has not always ruled the planet. I remember that even during my grandmother’s time, people still had an animism mind and lived in harmony with all of nature. Even now we can meet with hill tribe people in the mountains of Asia or other countries who have maintained the great transparent mind that resonates with the entire world. When we become able to treat the conscious and subconscious equally, we will be a transparent bodymind. I hope that there are people who want to enter this world. I must let you know that it is a dangerous path. I hope to meet people who can recognize the dangers and still want to enter the path in spite of them. Let us go together and search in the darkness.

**5. Dreams of “not going well”**

I dreamed a series of “Not going well” over the course of the last several days. At first I dreamed that Hijikata joined my class and was trying something but it was not going well. So something was wrong, but I could not understand what this dream meant. The next night, Hijikata appeared again and tried a sequence of movement by following my Jo-Ha-Kyu method, but again it did not go well. I felt such an uncomfortable feeling. I know that these kinds of
uncomfortable feelings always want to communicate something important. I kept this feeling and tried to listen to what it was trying to say.

Three days ago I also dreamed that a young female student was trying to do something and it seemed almost okay, but at the last moment it was not going well. She asked me, "What is wrong? What do you feel when something is not going well for you?" I was deeply moved by this question because this feeling is so familiar to me. At the final moment of a process, I encountered the feeling that something subtle is wrong and I was unable to succeed. It was showing me that the goal was very close. A little thing could guide me to the goal. But this feeling is so uncomfortable. I understood that she felt the same thing with real qualia keeping her from the goal.

Last night I dreamed the same series of dreams again. This time a small child tried something in my class but something disturbed him. I again felt the same uncomfortable feeling as he did in my chest very strongly. Then I noticed that I was resonating with child and feeling the same feeling as him. I remembered feeling the same uncomfortable feeling when something was “not going well”. This series of dreams was informing me that I could feel the real qualia of resonance, though I did not notice it until today.

6. What is spirit?

One day a student asked me a question about spirit, but it is such a subtle questions that I could not answer her right away. Another student also sent me a letter with a similar question. He said that he had seen a television program about mediums. He asked me what was happening in those processes. He said that he had heard that my grandmother was a medium and that I had often seen those scenes in my childhood. It seemed that strange and selfish spirits came out from the dead. Is it true that the dead continue to have ego after death?

This is deep question. Usually I would write back answer immediately, but I could not answer this question right away. I kept his question in the depths of my darkness of body, and my subbody searched for the answer to his question in my sleep. My subbody found the answer in last night's dream. After waking up, I was able to answer his question very clearly. The following is the answer that I found.
The medium resonates with the relationship between the client and the dead. When a client asks the medium to meet with the dead, the medium receives subtle implicit sub-signals from the client's attitude. The client does not express it directly, but the client always implicitly shows qualia through his/her puzzled expressions, behavior and so on. The medium has a special talent for reading implicit messages, for example the client is suffering from remorse, regret, anxiety or fear of the dead. The medium resonates with them and then can understand everything between the client and the dead.

The medium follows the sub-signal that he/she picks up through resonance with the client in the ceremony for 'contacting the dead' and amplifies it to the maximum. The medium becomes the dead, his/her voice changes and then communicates something to client from the dead. Please understand this point, “possession by the dead”, “the spirit of the dead” and “the séance” are just archetypes. All of these phenomena are archetypes that humans have experienced over the course of our long history. We have at least ten thousand years of history under the strong influences of archetypes. They are imprinted in our genomes as instincts. In this modern age, our consciousness has completely forgotten them, but our subconscious is still under the strong influence of archetypes. When the medium embodies the dead, the medium often speaks of grudges, pain, sadness and so on. All of these qualia exist in the client's mind. The medium resonates with them and amplifies them. People do not understand the phenomena of life resonance and they regarded them as the spirits of the dead, the will of god and other archetypes.

When we listen to our hidden body, we often find sub-characters with immature egos, incomplete selves, because they were born in our childhood and hidden in the depths of our darkness of body. Also the strong memories of the dead who were intimate family members or relatives are often some kind of grudges, because we could not resonate enough with them when they were alive. Then after their death we want to resonate with them through the medium. The medium understands these circumstances well, so they can respond in the way that the client needs.

We need to understand archetypes deeply otherwise we are eaten by them. They are much stronger than we think. A person who is eaten by archetypes becomes a 'Guru' or a 'creator of a new religion' and so on. Be careful! We need to respect the primitive mind in animistic and shamanistic communities, but we must be able to travel freely in all
kinds of culture. Do not be bound by archetypes. I also love the world of animism and shamanism, but loving and believing are completely different things. Never be eaten by trends in spirituality. Almost of them are still tightly bound by archetypes. They mistake life resonance for spirituality. Open your transparent mind and see everything as it is, without any bias of archetypes.

7. Let's recreate the world with "resocracy"

When I was gathering photos of old students and dancer friends that I have met over the years to put together a photo album, I suddenly noticed something important. We are all resonating. It is neither I resonating or you resonating. Resonance has neither subject nor object. We are all simply resonating from both sides spontaneously. This is the principle of resonance.

I want to share with you the real voice from the depths of my life before I die. It is saying "Let's recreate the world by "resocracy". "Resocracy" means recreating human relationships by the principle of resonance. It seems to be similar to democracy, but democracy is the most fake concept in the modern world. The idea of democracy is beautiful, but its reality is quite the opposite. Only people who have the power of money and knowledge can control the system of democracy. It is such an easy trick, but nobody is complaining against the trick of democracy.

We must listen to the real voice of our life, "Do you want to follow the false system of democracy?" Please ask your life this question and listen to its real response. It will take time. It took me sixty years to catch my life’s real voice. But, now I can say the following: Everybody is being deceived by this fake ideology. Throw out these tricks. I was not able to listen to my life’s true voice until today. Now I can catch it and it is saying, "Let's change the world with resonance."

We need to resonate with all of life. We need to listen to each other's life deeply. This is my life’s true voice, which I could finally catch after sixty long years of life.

QUALIA
1. **What are qualia?**

**What are qualia?**
Qualia is everything that is felt by life. Not only humans, but all kinds of life feel qualia and use them for living. In other words, qualia is everything that life resonates with. Qualia is everything that our life feels. We all share the same qualia because they are imprinted in our genomes. Humans use language in order to think. Language is connected with qualia at the unconscious level and conscious thinking uses language as labels for qualia.

Though we do not notice the unconscious processes around qualia, we can understand the qualia of red which is also felt by others. Red has the specific qualia of red. There are many gradations of the qualia of red - red of the apple, red of the sunset, red of fire, etc. - and each one has specific qualia. Since they are imprinted in our genomes, we are able to share the subtle differences in the qualia of red. Gravity, light, sound, taste, bodily sensation, feeling, everything has its own qualia.

**Who feels qualia?**
Not only human, but all kinds of creatures feel qualia. Animals, plants, amoeba, bacteria, etc. all feel qualia and use them for living. When the first moment that origin life was born on the planet four billion years ago, life felt qualia and used them for survival. There was so many kinds of matter and energy in the origin life's environment. When life met with a specific material or energy, for example sunshine, wind, sound, oxygen, hydrogen, water, it brought about a specific change in the cell. Life had to resonate with everything. If a stimulus was passing through life, some change remained in the cell. This is the origin of qualia.

Life resonates with everything in the environment. All types of resonance between life and its environment are qualia. Life and qualia
are born simultaneously. Only life can feel and use qualia. This is the difference between qualia and information. Information can be used by machines like computers, but machines can neither feel or use qualia. This is the most salient characteristic of life and qualia. We cannot separate life and qualia.

**Inner and outer qualia**

There are two kinds of qualia, the outer qualia that cells receive at the present moment through resonance with their environment, and the inner qualia that are stored as memories and learning. Life can keep the qualia that it once felt in the cell as a subtle cellular change. These stored qualia make up the inner qualia. The present qualia that life feels right now are outer qualia. We have both types of qualia. Inner and outer qualia always resonate together and choose the most proper response.

When life experiences the same stimulus over and over again, these subtle changes become inner qualia and are imprinted in life as deep memories. The next time that life again meets a similar stimulus, it can choose better behaviors to handle the stimulus than before. Thus life has been able to survive for over four billion years by using qualia. Without using qualia, life would not be able to survive. Both inner and outer qualia are resonating all the time in our brains, though it is unconscious.

**2. Four billions years of qualia**

Life recognizes the world and the self through qualia. Qualia are the most basic way that life recognizes its environment. I call it “qualia thinking”. Still today we use qualia thinking at the unconscious level in every moment. Dreams are also the product of qualia thinking. The language thinking that we use in daily life is only the result of the union of qualia thinking with words or qualia labels. Life and qualia were born simultaneously. Life stored important qualia for survival in the genes as life memories. Life not only kept qualia in the genes, but also in various other parts of the cell. Each cell uses so many qualia for living.

We believe that language thinking is the best or only way to think, but this is just an illusion of the modern age human. Language thinking is only several thousand years old, but qualia thinking has four billion years of history. Human concepts are bound by the illusion that we are
the kings of the world and that the ego and self are the only and absolute ways of living. We humans have forgotten life. We need to release ourselves from these illusions. We need to learn about qualia thinking if we want to become life and understand what it is. We do not yet understand what we are, as we are disturbed by the binds of human concepts. This is why we need to abandon all of our human conditioning, including the ego, the self and so on.

3. Five million years of archetype qualia

Life recognizes the world and the self through qualia. Qualia are the most basic way that life recognizes itself. Humans split off from chimpanzees around five million years ago. This fact has been proved by DNA analysis of mitochondria. Human kind has been sharing a specific set of qualia for five million years. Over the course of the last five million years, it gradually diversified and specialized into Homo Sapiens.

Qualia for surviving in the new world
When we split off from chimpanzees, our ancestors left the forests and invented a new way of life in the plains. All of these novel qualia were imprinted in our brain cells as special homo sapiens qualia. They started to walk standing up straight. Both the arms and hands could be freed from walking and used to create various kinds of tools.

At first they used branches and stones for hunting animals, birds and plants. They started changing the shape of wood and stones and thus created the first primitive tools. Wood tools rotted and disappeared. Today we can only find the remnants of the stone tools that they made. By producing tools, many kinds of qualia of how to make tools sunk into their brain cells.

Now we can walk erect and cut trees and stones to create various tools because these qualia are imprinted in our cells. We need to be aware of the qualia of archetype if we want to become life and understand what it is. We do not yet understand what we are, as we are disturbed by the binds of human concepts. This is why we need to abandon all of our human conditioning, including the ego, the self and so on.

4. Fifty thousand years of self image qualia
I. The ego
In the process of exploring the darkness of body you will meet the ego. The ego has several general tendencies.

Self story maker
The ego is always creating an ideal story about ourselves regarding our personality, character and so on. When we believe these illusory stories, we feel at home with our false identity as daily body.

Self justification
The ego always corrects bad images and creates our self images to justify ourselves in every moment. It ignores negative elements and dissociates them as not-me. Not-me is hidden as our shadow in the darkness of body.

Simulator
Ego always simulates future scenarios by juxtaposing world and self images. It is always afraid of bad situations. Through simulations we can find the best solutions to avoid falling in bad situations. The ego does not live in real time and space, instead it lives in an illusory space and an illusory time. It is the world of qualia, but the ego does not know about qualia because it is an unconscious process. We must be transparent in order to become aware of it.

Whenever you notice the ego come out in the subbody process, immediately say "hello and goodbye". "I know you well. You are important for daily life, but not now. Now I am exploring my whole self. Please do not disturb me."

II. The super ego

Judge
The super ego is a judge or prosecutor in the darkness of body. It is continually judging everything, "This is right. That is wrong."
"This is good. That is bad." It directs us to be right, to be just, to be honest, to be kind and so on. The super ego only accepts the positive half of our whole self, ignoring the negative half. It suppresses all of tendencies that it judges as bad or wrong. Then these negative elements are folded in the unconscious realm.

Critic
This aspect of the super ego criticizes you with a cynical and negative attitude. It always pays attention to the negative side. It points out
your hidden intentions and stops you from doing something. It highlights all of the negative elements and discourages you.

**Old grandmother**
It finds some incomplete elements in your plans and forces you to give up. "You are not mature enough to do it. Wait for a while." It always delays you from doing something.

These are just three different manifestations of the super ego. They are the embodiment of dualism. When we are unconsciously bound by language thinking, then we are often bound by dualistic judgment. We need to stop thinking with language in order to be released from them. Be transparent with them. They are also members of our whole selves.

**III. The shadow**
Try to encounter all of the members inside your whole self, including very negative characteristics such as cunningness, artfulness, accountant, laziness, liar, coward, inner child, wheedling baby (???), anger, violence and so on. All of them are parts of the not-me that has been dissociated from our whole self. They are just different life tendencies. They are closer to life than we are, shivering between death and life in the darkness of body. When we meet them, just follow their tendencies and amplify them until they transform into various subbodies, proto bodies, hidden bodies, weakened bodies and so on. To accept all of life's tendencies without judgment is the only one way to become a whole self.

**IV. Anima and animus**
Anima is the opposite gender half of man's whole self. We continually seek her outside as our ideal partner. We unconsciously hunger for Anima, because it is the unconscious half of ourselves. Animus is the opposite gender half of woman's whole self. It is resonating with our mother's imago (ideal mother image), father's imago and the image of our real partner in daily life. The bind of Anima and Animus often destroys our real relationships. They are one of the strongest archetypes. It takes many years to release ourselves from their bind.

Tatsumi Hijikata required forty years to be released from his dead sister. Kazuo Ohno needed fifty years to be released from his Anima La Argentina, and sixty years from his mother's bind as another Anima. After dancing our Anima we may be able to integrate our whole self as oneness.
V. Other Archetypes

Ego, super ego, shadow, and anima-animus are the strongest and most common archetypes that live in our darkness of body. Jung named it the "collective unconscious". Besides these ones, there are so many other archetypes influencing us from multiple directions.

Brave boy and curious girl
They are so curious and excited about new experiences. They jump into new worlds without fear. Sometimes they encourage us a lot. You need to be very careful when traveling into new frontiers.

Wise old man
wise old man (or woman), pure hope, and so on in the supporting side.
(???)

Trickster
The trickster turns every point of view inside out. He is the inventor of new viewpoints. He can ride a horse backwards. Most shamans have this tendency. He is both a creator and destroyer.

Animal guide
Sometimes an animal appears and gives good advice. They are spirits from another world. We need their help.

Great mother
She loves and devours everything. She is so empathetic, gentle, kind and violent, because she is the womb of the world. For her, everything is her fetus and belongs to her. Become good friends with her, but be careful not to be eaten by her. We have the deep tendency to return to the oneness world as fetuses in the proto womb.

Pure hope
We may have forgotten it, but it is hidden in the darkness of body. It is innocent and does not yet understand the world, but we can keep it and gradually mature together with it.

Attitude towards Archetypes
Become a midwife, listening to the entire process transparently without ego and self. The subbodies that you have not yet recognized as members of your whole self are like fetuses. You need to listen carefully to their subtle breathing until they are born as subbodies or
cobodies. Help them as best as you can and find the best timing for them to be born. Accept them as a new members of your whole self.

When you meet strange and dangerous subbodies, just recognize them and let them be. Keep safe distance from them until you are ready to contact them. Slowly, slowly you can become friends with them at a safe distance. One day you will eventually be able to dance them.

5. What is life?

What is life? The day has finally when I am able to struggle with my deepest problem. All of the steps I have taken up until this point served to help solve this question. How can we contact the principle of life? For many years in the Himalayas I tried listening to life in the darkness of body. My first realization was that life is always swaying. I tried to upstream the history of life using the subbody meditation. One of the characteristics of the subbody meditation is to open all the channels, especially the body and movement channels. Since life is always moving, without feeling the movement in our bodies we are usually bound the thinking channel. In turn, the thinking channel is deeply bound by dualism. We need to release ourselves from all dualistic judgments, because it keeps us from becoming life. Life has no judgments. We need to enter into the world of life without using language, but by fully opening body and movement sensations. When we enter the darkness of body without thinking, we meet life's sway.

When we upstream the four billion year history of life, we can reach the moment that life was born on the earth. What happened at the moment origin life was born? We need to study String theory in order to further investigate this question. According to String theory, everything in the universe is made up of changes in the strings' resonance patterns. String is measured in Plank length, the minimum size in the universe, 0.0000000000000000000000000000000000000000000 m. Each string is resonating in Plank size space. Surprisingly, String theory asserts that our universe has eleven dimensions. The three dimensions of space and one dimension of time are the only ones that spread over a large ban, and the other seven dimensions remain folded in the minimum space of Plank length. Strings are vibrating in all eleven dimensions, including the seven miniscule dimensions. Strings have infinite resonance patterns and each resonance pattern becomes a specific kind of matter or energy.
For example, a simple resonance pattern produces gravity. Another resonance pattern becomes electromagnetic power, and so on. There are four powers in the universe: gravity, electromagnetic power, strong power and weak power. All of them are made up of changes in the resonance pattern of String. All kinds of matter are also produced by String resonance. One day a big question occurred to me in my meditation, “How about life?” Life is neither a physical thing nor energy. Life is something else which is essentially different from both of them. The essence of life must be hidden in the tiny hidden dimensions which nobody yet knows. I can reinterpret my realization using String theory. The sway of life that I discovered is resonance.

The first essential characteristic of life is resonance.

If life is also produced by changes in the resonance patterns of String, then what happened at the moment that Origin life was born? Try to imagine that moment and become Origin life. The origin life's environment must have been a completely dead world. A new resonance pattern of String began in a dead world. Strings started to resonate in a specific pattern, and yet kept their own essential resonance pattern... it was the origin of life.

The resonance pattern has two specific characteristics. The first characteristic of life is that only life can maintain the special resonance patterns of strings as it is. However origin life had to meet new things in the environment each moment. It had to continually invent new patterns each time it met something new, while keeping its original resonance patterns. The second characteristic is that life can reinvent its resonance patterns by including new resonance patterns that life invents with new material or energies. It may seem like there is a contradiction between the first and second characteristics, but life does not belong to the world of dualistic logic. Dualism is mere conbinient (???) simplification for daily life. Life belongs to the non-dual and multi-dimensional world of resonance. The integration of these paradoxical characteristics is the essence of life.

I realized that the swaying, which was my first finding about life, was essentially life resonance. At an early stage, life was only able to resonate with a few patterns of material and energy, like gravity, subtle electricity, water, amino acids, proteins, sodium, calcium and so on. In origin life's surroundings there were so many things, but life could not find proper resonance patterns in a dead environment. Life had to desperately invent novel resonance patterns with the new...
things it encountered each moment. If life could not find the appropriate resonance patterns with them, it meant sudden death.

Life has been continually resonating with the dead from its first moment through the present. Life’s history is the history of infinite inventions. Life has also continued to resonate with the dead from the beginning until now. Thus the fourth characteristic of life is resonance with the dead. When life found a new resonance pattern with something, life kept the memory of it in its cells as qualia. Qualia is not physical in the same way as life. It is the subtle resonance pattern of String in the tiny hidden dimensions. Only life can feel and use qualia. This is the essential difference between qualia and information. Machines, like computers, can use information but not qualia. Thus the fifth essential characteristic of life is qualia.

In truth, life and qualia are not two different things. Life and qualia are born at the exact same moment. They are oneness. All of life’s memories are qualia. Some of the important qualia are imprinted in our genomes. The others are kept in our cells as temporary memories. The whole process between temporary memory, long term memory and DNA memory has not yet been solved. It will take long time before we understand because the essential secret is hidden in the seven tiny dimensions where the strings are resonating.

These are the essential characteristics of life that I found using the subbody meditation over the past ten years in the Himalayas. As we continue our investigations into the butoh of life, these characteristics of life help guide us. This is the reason why we need to resonate with the other world. It is also the reason why we need to rough daily thinking, because life is resonating with such subtle qualia in the other worlds, including the world of the dead.

Let’s review the essential characteristics of life:

1. Resonance
2. Maintaining the same resonance pattern while integrating new resonance patterns
3. Infinite invention of new resonance patterns
4. Resonance between life and death
5. Qualia

We need to follow these essentials characteristics when we want to become life and practice ash walk, nest walk, wearing other worlds and listening to subtle qualia. The subbody butoh method is to simply
follow the principles of life.

THE BUTOH

1. What is butoh?
2. The birth of subbody butoh
3. Butoh: Non-space, non-time
4. Butoh: The dance of being moved (see J.47, J.48)
5. Becoming a rhizome
6. The weakened body (see J.86)
7. The necessity of Hijikata
8. Hijikata’s final butoh
9. The mystery, the flower and the secret
10. A girl who plans a evil deed in the rain
11. The face of forest
12. The nest body
13. Warped qualia

1. What is Butoh?

The first time I saw Tatsumi Hijikata perform butoh it broke my young soul. It left me paralyzed and shivering. This was in 1970. Hijikata danced at the Seibu Theatre at Kyoto University in Japan. I was twenty-two years old at the time. During the performance several dancers were hiding under old tatami mats. When they finally came out, they moved as if they were dying, like the collapsed bodies of people poisoned by mercury. Someone started crying in the depths of my heart.

Twenty-five years later I decided to become a butoh dancer. Hijikata was already dead, but the impact of his performance that I saw in 1970 lingered for twenty-five years in my body and mind. Sinking into the darkness of body, I began exploring butoh and the reason why I needed to start dancing. Ten years ago I moved from Japan to the Himalayas in order to find a small space to practice Butoh. Modern society was too busy and full of information. I found it very difficult to listen to the silence of my body.
I discovered that when my consciousness becomes quiet enough and calms down to the same level as my subconscious, I can feel the whole flow of qualia in my body very delicately and precisely. By researching this qualia flow in my darkness of body, I eventually discovered the same vein of butoh that Hijikata had uncovered forty years earlier. For the past ten years I have been creating a method for researching the seeds of butoh by sinking into the darkness of body. The subbody butoh method is for everyone to learn how to develop their own butoh dance.

I have found three essential components to Hijikata's butoh:

1. To abandon all human conditions and transform into a *Suijakutai* (weakened or collapsed body) that resonates with spirits of the dead, insane, handicapped and collapsed.
2. To enter into dimensions beyond the human world and become a survivor of another world.
3. To look at the living world from another world as a dead spirit. (We call this the "near life" body. It is the opposite of "near death").

**The first step is to transform from a normal human body into a weakened body.** When we open ourselves enough we are able to resonate with the dead, insane, mentally ill and physically handicapped. We can transform into creatures from other dimensions, where butoh spirits are living, dancing and dying. Hijikata pursued the weakened body as the essence of the butoh body. He always said that butoh is an attempt to expand the concept of the human. He tried to expand the narrow concept of the human in modern western society, which excludes the dead, insane and handicapped. The essential work of Hijikata's butoh is to find a new beauty that is not currently recognized by society.

**The second key of butoh is to become a creature or being from another dimension.** Throw out all human conditions. Open another dimension and become an inhabitant of that world. By overcoming many challenges through daily practice, we learn how to survive in these unknown dimensions. Hijikata often said to his students, “Never forget to abandon all human conditions.” This is the most important advice for transforming from a normal being into a butoh being. If you hang on to the concept of human, you will never transform into another being.
By throwing out the narrow concepts of the modern human, we can enter into another world in which multi-dimensional qualia streams are flowing and changing. This is where the pre-modern people lived. In this world, humans and animals live as equals, the living and the dead communicate with each other as friends. Hijikata invented a way of enlarging the concept of the human by opening our ability to freely enter into other dimensions and come back to this modern world.

**The third key is to look at the living world as a dead being from another world.** I call this the look of "near life". It is the opposite of "near death" experiences. When we become an inhabitant of the dead world and look at the world of the living, we can see that this living world is full of resonance between qualia - light, sound, wind and so on. How brilliant they are! How special this living world is! Through these experiences, we can see the daily world in a whole new light. It opens a new art of human living.

These three transformations are the essential keys of Hijikata's butoh. The other characteristics are less important. The white painted face, the ganimata (O-shaped legs), the slow motion movements, etc. are just the surface appearances of butoh. Butoh was a big invention in human history because it enlarges the concept of the human by opening our ability to resonate with other dimensions. It should be very clear that this does not have anything to do with the surface appearance of Butoh.

Foucault predicted that, "When a new art of thinking and living is invented, the concept of the human will vanish like letters in the sand washed away by ocean waves." Butoh is the very ocean waves that will wash away the old and narrow concept of the human.

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**2. The birth of subbody butoh**

Fifty years have passed since Hijikata began his first butoh dance. In these fifty years we have found so many maps to enter into Hijikata's multi-dimensional world. How could Hijikata create such an extremely strange butoh? He invented special ways for entering into the darkness of body. There is multi-dimensional world that is constantly and fluidly shape-shifting in the darkness. There the inner dead are resonating with the outer dead. The inner collapsed and the outer collapsed cry together.
Hijikata often said, "I keep my dead sister in my body. I always move with her." He grew his hair long and always wore his dead sister's clothes. Hijikata also said, "I thirst to be a handicapped, collapsed body." He explored the collapsed bodies of the insane, diseased, handicapped and those who were near death. This collapsed body is called suijakutai. He pursued this for the rest of his life and found a deep resonance between the inner and outer collapsed body.

Then he opened another dimension, where butoh spirits are dancing together beyond space and time. Before Japanese society shifted into a high-speed information society, there used to be many paths leading to these other dimensions. Most people had an animistic and fluid mind. However during the later half of the 20th century, the society shifted to a mono-dimensional world and we lost the paths to this multi-dimensional world. We lost the ability to resonate with other dimensions, with animals and so on.

Still, in these fifty years some people have continued searching for paths to an alternative way of life. Through their work we have been handed down some maps to guide our way into the multi-dimensional world of transformation. We can use these maps to enter into the world of butoh. I found the following people's work useful:

1. In "Words and Things" (1960), Michel Foucault predicted "the death of the human". This is the idea that the human will disappear when an alternative type of intelligence is found. By this he meant that the western world’s human-centered thinking society will vanish and be replaced by another way of thinking.

2. In 1968, Gilles Deleuze and Felix Guattari proposed a new way of thinking - the "rhizome". A rhizome can connect freely with others in a multi-dimensional world. It is the opposite concept of the "tree", which has a pyramid-shaped hierarchy. "Mille Plateaux" is one of the best guides to this multi-dimensional, fluid, shape-shifting world in which Hijikata found the path to butoh’s magic.

3. String theory was found in 1968 and developed an entirely different way of seeing the universe. Most of us take for granted that our universe has only three dimensions. This is not so according to string theory, which claims that our universe has many more dimensions than meets the eye. These dimensions are tightly wound into the folded fabric of the cosmos.
According to string theory, the universe is made up of tiny strings whose vibrational resonance patterns are the microscopic origin of particle mass and changes in energy. Contrary to standard physics, which is bound by the old concept of three dimensions, string theory has opened up a completely new view of the multi-dimensional universe. It suggests the possibility of a new kind of thinking.

4. Arnold Mindell facilitates our entry into the multi-dimensional world through his "process-oriented psychology". He further developed Jung's concept of individuation, a three-dimensional understanding of our whole self, by adding the dimension of time. Mindell invites us to release ourselves from the bind of "consensus reality" and take up the challenge of living in the fluid world of multiple dimensions by becoming modern shamans.

5. A.L. Rossi guides us into the interactive psycho-somatic world through his "Psychobiology of Mind-Body Healing" and his method of Ideodynamic healing in hypnosis. He discovered the missing links between our mind and body, which are composed of our traumas, complexes and dissociations in his work entitled "State-dependent Memory, Learning and Behavior". We can enter into the subconscious world more safely by using his methods.

6. The Japanese anthropologist Shinichi Nakazawa revealed that the human has the capacity to think in different ways - ancient liquid intelligence and modern intelligence. Modern people have lost this liquid intelligence. Nakazawa proposed that we recover the liquid intelligence that modern humans have lost. He is in the process of establishing a research center for art and anthropology in Japan.

These are the most important works dealing with a shift in paradigm in human thinking and living over the past fifty years. Subbody butoh opens the art of tree=rhizome (???).

The following pictures illustrate the perspective of total vision:

(***)

The first picture shows modern intelligence which is bound by the consensus reality of a three-dimensional world.

(***)

The second picture shows the multi-dimensional liquid intelligence
world, like strings vibrating in the eleven dimensions of Calabi-Yau space. (Illustrations by Colona)

We can choose to remain in the classical uni-dimensional consensus reality or to enter into the world between the tree system and the rhizome. Which appeals more to you? Subbody butoh was born fifty years after Hijikata’s work. It is a method for entering into both the world of the tree and the world of the rhizome, the modern intelligence world and the multi-dimensional fluid world, by using the maps that have been uncovered over the last fifty years.

The subbody butoh method opens the way to becoming the creator of one's own butoh by resonating with the inner darkness of body and all of the unhappiness in the outer world. The schools and mass communication hide the most important truth. No school in the world teaches the possibility of a new fluid intelligence and the art of a creative life, which are the most important findings in the past fifty years. Why? The reason is that there is a danger that these new findings could change the entire framework of modern society.

The classical framework of intelligence, taught in our education system, supports the social system of modern capitalism. Foucault already unmasked this system that transforms people into spontaneous supporters of social order. Schools, hospitals, factories, offices, prisons and other forms of mass communication are the factories for producing spontaneous supporters. This is the reason why we are never taught the possibility of new ways of thinking and living.

The school is the printing press for imprinting the old way of thinking into people's minds. Get out of school. Throw away the old paradigm of intelligence. Throw out the state. Dive into butoh with your whole self. Become a rhizome. Become a secret. The biggest secret hidden by schools and other forms of mass communication is the fact that we can become a new creative being, streaming in the multi-dimensional world.

3. Butoh: Non-space, non-time

After sinking into the darkness of body we can enter into the dimension of butoh. Hijikata found many ways into the special dimension of butoh fifty years ago. At that time, he was the only one
who could enter into this dimension. But now, using the subbody butoh method, we all can enter into this world where butoh spirits are waiting for us.

The world of Butoh is not the consensus reality. Consensus reality is a kind of shared illusion. Since most people are trained in the schools to believe it, nobody doubts it. We were not taught about the possibility of another reality. Nor were we taught how to question consensus reality. It is like all of us are under mass hypnosis. When we wake up from the hypnosis of consensus reality, another reality will open before our eyes.

Butoh exists in a world of non-space and non-time. In that world the living and the dead, the human and the animal, can all exchange with each other. All qualia are floating freely, shape-shifting within this multi-dimensional world. Where is this world? You enter into it every night in your dreams. Dreams are sub-signals from the multi-dimensional world of qualia. Freud and Jung named it the "unconscious". These days this word is almost dead, because so many people have interpreted it in so many different ways. Mindell uses the phrase "secondary process". Nakazawa uses the expression "fluid intelligence". I, like Hijikata, call it the "darkness of body". In the darkness of body, many demons and monsters are locked away in tiny cages, crying.

Everyone who has grown up as a human has these demons locked away in their darkness of body. These demons are treated as monsters and locked away, but are they really monsters? Are they not simply budding new possibilities for humans? They are treated as monsters by the reason, since they do not function well in our productive system. Many buds of new possibilities are locked up and crushed in the darkness of the body. I call them "subbodies". Now is the time to release our subbodies. Can you feel the squirming of your subbodies trying to come out?

How can we enter the subbody world? This world is folded in a tiny subtle dimension. First, we must stop our daily consciousness. Consciousness requires so much brain energy. We cannot notice the subtle world when it is masked by the high frequencies of our consciousness. When you quiet down your level of consciousness through breathing, meditation and so on, you are able to contact the subtle world of qualia flow. The subbody is hiding in the tiny signals of the qualia flow, like a momentary quivering, swaying, flirting. If you amplify the tiny signals of the subbody with your whole body and
mind, these signals will grow into your own subbody butoh.

Ask your subbody, "Why can't you come out?" The subbody cannot speak. It was born and then immediately locked up before it had a chance to learn language. If you want to communicate with your subbody, the only way is to follow its movement with your whole body and mind. By following your subbody, you will be able to understand what it wants to become and where it wants to move. This world is swaying between life and death, between being and nothingness. Every tragic event and extraordinary experience is folded in this tiny sway of qualia. Butoh unfolds these special dimension.

Ash walk
Stand as an ash pole body, as if your physical body and mind have been burnt out. You are just a swaying ash pole. An ash pole is very delicate. If you move with daily size movements, the ash pole will immediately collapse. You have to carry the ash pole as slowly and quietly as possible.

Hijikata often said that butoh is a dead body standing and holding on for dear life. Ash walk is one of the most basic butoh practices. Repeat it several times a day. There are many other tiny dimensions hiding in the tiny spaces between the ash particles. This is where you can catch the sub-signals of your subbody.

Nests of butoh
We do not know what kind of monsters or demons are waiting to come out. We can only concentrate on listening to the subtle sub-signals. You will notice that there are many kinds of sub-signals swaying in your ash body. They are desperately trying to come out, but cannot. All of the buds or seeds from the other dimensions are trying to open and come out, but their have failed in their attempts. Unknown creatures from other dimensions - spirits, demons, nightmares and so on - want to come out from the tiny buds within the particles of ash. Carrying an ash body that is full of buds or eggs from other dimensions is the "nests of butoh" walk.

In 1973 Hijikata showed this walk in his last and deepest butoh performance. There was hardly any movement or evolution, but some part of his body seemed to shift into another dimension and come back with subtle swaying. He invented a special technique for controlling the body in a very delicate and fragile way. Do not allow your movement to develop to daily size movement. Allow the subtle signals to move like stillborn babies. Practice the ash walk and the nests of butoh walk
several times a day. This is the entrance into the butoh world.

4. Butoh: The dance of being moved

Passive body
The qualia of being moved is one of life's deepest qualia, like the qualia of being unable to move. Our origin life, which was born four billion years ago, could not move at all during its first period. For a long time life was only moved by other forces, for example gravity, waves, wind earthquakes, thunder, storms and so on. So many kinds of qualia of being moved and being unable to move are folded in our life's memory. Our consciousness has forgotten them, but our life remembers them. They are recorded in our genomes and we all have access to them.

The Qualia of being moved
From your sacrum to your head, at any point in your body, try being moved by another being, with random timing, in different directions, at different strengths and speeds. Forget that you are human. Throw away the concept of being the subject. Just become a passive body. It is not you that moves, but another being that moves your body. You just become the medium which is possessed by another strength, by another spirit. Clear out your body.

Normally, our daily ego believes that it is the owner and director of our body. When the body is moved by another power, the ego feels it as an intrusion. When you try to clear out your body, you may feel fear or resistance. It is the edge between the ego and the egoless state. Taste the edge deeply. Taste the reason why your ego feels fear or resistance. Try to listen to what your life feels. If you can catch the difference between the ego and life, you will notice that your ego does not like the feeling, but that your life enjoys being moved. The qualia of being moved is the most familiar for life.

The hidden self body
There are so many hidden selves folded in the darkness of body. How can we meet and express them? We have found a tunnel to reach them.

1. Opening your hidden joints
There are several hidden joints in our daily body that we forget to use
- the sacrum, sternum, collarbone, the fourth joint in our hands and feet, the joints between each vertebra and so on. So many hidden characters and creatures and folded in these hidden joints. At one time you used to use these joints, but because of your parents and teachers you learned to ignore them. The qualia of your hidden joints are now folded there as "not-me". Try to open and close these joints by changing positions from your daily position. You may catch the subtle qualia of a hidden self. When you find a subtle qualia, just follow it and amplify it until you meet a hidden character.

2. Opening your edge eyes
Quickly move your eyes diagonally. You may feel some unknown characters that are strange or humorous. See using the corners or edges of your eyes. Show the whites of your eyes. See through the upper or lower edges of your eyes. You may meet a cunning character, a quick one, a character who looks down on everything from another world and so on. Use floating eyes, nagashi-me. Shift both eyes up and let your eyes float in the darkness. Become white eyes. Invent your own dead eyes and watch this world as a dead body. You may meet another self. Enter inside and become this other self.

3. Changing your breathing and your face
Try breathing using a different rhythm from your daily breathing rhythm. Try breathing strangely as another creature. Twist your mouth and change to another face. Find body sounds that are different from your daily human voice. When you have found them, they will continue for a long time. Enjoy your subbody voice. Find another self, another creature. There are so many hidden selves in your darkness of body. How many hidden selves can you meet? Dance with them. This is the way to travel as a subbody through your whole self world.

The possessed body
These practices are important in the process of becoming a possessed body. Butoh is not self-expression at all. You do not dance by yourself; something else moves your body. Another being who comes from an unknown dimension possesses your body and mind.

In this way, Butoh differs from modern western dance, which is bound by the concept that dance is self-expression using the body. In western dance, it is believed that you can possess your body and control it. This is a misunderstanding about life and the body. The subconscious is not known about or understood, neither is the fact that life began four billion years ago.
Most Butoh dancers are also bound by the concept of self-expression. Real Butoh is the art of living in a completely different, multidimensional world, released from the narrow concept of a modern human.

5. Becoming a rhizome

Become a rhizome. Become a secret! What is a rhizome? It is a new way of being. Remove the illusion of being human and you will discover the possibility of simply being a very flexible life. The rhizoming technique is a technique for guiding us to become a rhizome.

1. Controlling the body at the subtle level

Rhizoming is a technique of transformation that begins at one part of the body, then infects a neighboring part, and spreads to the whole body/mind.

Non-dualistic multiple dimensions are continually streaming and changing in the darkness of body. If we attempt to watch it directly, we will not be able to understand what is happening because there is too much chaos. By slowing down, we can start to differentiate within the chaos. We can choose a subtle qualia, follow it and amplify it to the maximum. By cutting the whole process into thousands of moments and stopping time, we can see more clearly what is happening in the process.

2. The seven rhizomes

There are seven ways of rhizoming or transforming:

1) Bottom rhizoming - starting from the bottom of the body.
2) Top rhizoming - starting from the head.
3) Centre rhizoming - starting from the centre of the body.
4) Edge rhizoming - starting from an edge, like a finger or toe.
5) Charm rhizoming - in the middle of a bottom or centre rhizoming process, another power influences the movement and it changes to another stream.
6) Strange rhizoming - in the process of top or edge rhizoming, another power disturbs the process, changing the movement in a strange way.
7) Random rhizoming - starting from a random point in the body.
3. Eight channels of rhizoming
A subbody that is streaming in the darkness of body has multi-channel qualia, it does not separate into specific channels. However when consciousness notices it and it comes out, it has to use a specific channel. Our consciousness can only recognize a signal through one channel at a time. Thus multi-channel qualia have to change into a specific channel stream by shrinking. This is the reason why qualia streams come out through different channels, for example dreams, body syndromes, subbody movements and so on. We need to control the process of multi-channel qualia streams passing through a single channel to another channel in the time in order to show whole qualia process.

4. Changing from tree to rhizome
Subbody streams seem to change shape and qualia from one channel to another. This is only an illusion because our consciousness can only recognize one qualia through a given channel at a time. Thus we need to show our subbody movement by changing from one channel to another in order to show all of the channels’ qualia to others. We must become translators of the multi-dimensional rhizome to the lower dimensional tree movement. To become a subbody means to become a rhizome and translator between the rhizome world and the tree world.

5. Opening another dimension
The subbody method has a specific transformation technique known as “opening another dimension”. Just as a dream changes from one scene to another without our noticing, our qualia streams are also continually changing and streaming in our darkness of body. A subtle signal from another dimension that was folded in the darkness is unfolded and gradually comes out until it opens up a whole other dimension.

6. The transparent mind and body
When you master all of the above techniques, then you will be able to see the what is happening in the darkness of body between the body, subconscious and consciousness transparently. It does not happen not in a still body, but in a moving body. When you dance your subbody butoh movement by dynamically changing from one dimension to another, you can see everything so transparently. This is the transparent mind.

Then it becomes possible to show everything to the audience with resonance riken. Resonance riken means watching the whole process of performing from the outside, including resonance with the audience.
Everything is resonating between the dancers and the audience in a short moment. Using resonance *riken*, you can subtly control your Jo-Ha-Kyu timing. Once you master this resonance *riken*, you can become a transparent body that it is able to show the whole process transparently. I do not know how long it will take, because I too am still on the way towards becoming a transparent body.

6. **The weakened body**

The weakened Body is the last stage of Hijikata’s butoh body. In 1968 he performed the solo "*Nikutai no Hanran*". In this performance he changed between so many aggressive styles of dance. He attacked the audience with surprise by changing from one style of dance to another, finally flying away into space hanging by strings. Some of his students imitated this style of performance.

However after that year he completely stopped this style of performance and shifted to the investigation of the weakened body. This was the last stage of his butoh creation. He performed the weakened body during the first half of 1970's in several solo butoh pieces. In 1973 he stopped performing with his last performance entitle “The quiet house”.

He was not able to teach the weakened body to any of his students. Of course, he at least had tried to teach it to his best student, Yoko Ashikawa, but at that time she was too young to understand. Many years later she confessed that she did not have any interest in death at that time, though the weakened body sways between death and life. Thus the weakened body has been disappeared from this world.

There were only two videos of his weakened body performance, because Hijikata hated filming. He performed a lot, but only two cameramen were given permission to film him. One of them was Ouchida Keiya, who filmed “*Hosotan*”. The other was Touru Nakajima, who shot “Summer storm”. We can learn about the weakened body by watching these videos and reading the little that he wrote about the weakened body. I held some meetings to watch Hijikata's film of “*Hosotan*” in Kyoto in the 90's and I continued investigating the weakened body through these few films and his words. However the weakened body contains such a deep secret. I could not understand it at all for so many long years. After moving to the Himalayas, I slowly began to understand it step by step.
Now I have the chance to teach the weakened body method at the subbody butoh. I can open the method of weakened body to the world through these articles. When we solve a important secret, we have the responsibility of revealing it to the world immediately. This is the principle of creation. We must not hide it as private property. If someone does so, it means he has not created the real new thing at all.

**Transformations for the weakened body**

At first, study these general methods until you understand with your body, and not your head, what it means to sway between death and life. The next step is to descend into the dead lands. When you continue this practice for many years, one day your darkness of body will start dreaming of the weakened body. Just wait for the right timing without thinking about the weakened body. It is a long process. It took Hijikata ten years to get it. During that time he wore his dead sister's Japanese kimono every morning and kept his hair long like a woman. He tried to become her everyday.

**Swaying between this world and another unknown dimension**

Each body part sways in a different direction with different timings. This is the basis of the physical technique for transforming into the weakened body. Transform into a thin membrane swaying between the “now here” world and the “nowhere” dimension. Try to control each part of your body, swaying in different directions with different timings and very subtle diverse qualia.

You have twenty seven small bones in your feet. Each bone sways, twists and shakes in different dimensions. The sensations transfer to other parts of your body, passing through unknown tunnels in your darkness of body. In each part of your body, different kinds of sway of qualia seem to appear and disappear. You catch strange feelings passing through your body that are completely different from your daily living body.

Each subtle event appears and disappears immediately, changing qualia in the darkness of body. It is not possible to catch what is happening by watching consciously. An unexpected body part is moved by an unknown force, then your whole body has to change position and location without using the normal human way of walking. Your whole body transforms from the “now here” world to the “nowhere” dimension, fading in and out as it becomes as a quiet dead body.
Finding your own hidden weakened body
After practicing this general method for some time, one day your subbody will give you a subtle signal that it wants to come out with your own most miserable qualia of life. The most miserable and ugliest qualia of life open their mouths. They were not allowed to live in this world, so they hid themselves in tiny holes in your darkness of body. The dying, or almost dead, come out and transform into strange creatures like monsters and goblins. They are called “not-me”, “dissociated ego”, “lower characters”, “unconsciousness”, “trauma”, “inferiority complexes”, “shadows” and so on by different psychologists.

They are also bound by so many different kinds of archetypes. Release them through your weakest subbody movement. Just follow them and amplify them by riding the waves with your whole body, mind and brain. They may want to possess your body, let them. “Please use my body freely as you like.” When your consciousness dies down to the weakest level, they can freely possess your body. This is just a phenomena of life resonance. There is no need to be afraid. Hide these processes from others. If someone watches, the transformations will become different. In the investigation process, you must keep the whole process from others, including your life partner. You need to be completely alone.

Physical training for the weakened body
Our daily bodies are bound by large and rough movements, just like our daily minds are bound by rough and dualistic language thinking. When you are able to take off the coarse daily body and mind, the subtle subbody will appear and you will be able to contact the subtle signals from your darkness of body. Try segmenting your body into the most infinitely small part as possible while walking, rolling and crawling.

Walking
There are different methods and images for walking in butoh, such as Ash Walk, Size Walk and Bug's Walk, but all of them have the same basic principles:

Begin by standing on one point. Constantly shift the weight of your body onto different parts of your feet - the joints of your toes, the inside and outside edges of your feet (Knife Edge), your heels. You may actually be standing on more than one point, but try to keep as much of your feet as possible lifted off the ground, as if you were
standing on razor blades.

Now carry your body as slowly and quietly as possible, as if you are made of ash. Walk fragrilely using your hidden muscles, which are twisted behind your daily muscles. Instead of walking as you normally do, shift your weight onto one foot in order to lift your other leg up slightly. Each step is a very subtle movement.

Feel a sway rising up from your feet as you change your point of contact with the ground. Each time you change your point of contact, your whole body constellation also changes. The resonance patterns of your body's cells also change. Instead of walking, allow this subtly shifting sway to move you. Let this sway delicately twist your body in different directions and dimensions.

Imagine that your body is divided into an infinite number of segments. Begin by letting the movement travel from the bottom to the middle to the top (feet, torso, head) and back down. Then you can divide each segment into smaller parts (e.g. feet, knees, pelvis, stomach, chest, neck, head). You can continue this process of segmentation infinitely. If a subtle signal or life tendency comes up, follow it and amplify it to the maximum. Meet your edge. Then make a reverse twist. This is your new creation.

**Rolling**
While rolling on the ground, you can also follow the One-Point Stand technique by shifting your weight from one point of your body to another.

**Crawling**
Learn to crawl as if you are a newborn baby. Try putting weight onto different parts of your body without using the strength that you have developed in your muscles. Learn to move with the weakness of someone who has never moved before. Without any strength you will collapse. Even so, try to move. Try to lift yourself up, even if gravity is pulling you to the ground.

These are the most basic physical methods for weakened body butoh. Continue to deepen the practice of segmenting until you reach the level of the subtle cell's life.

**7. The necessity of Hijikata**
8. Hijikata’s final butoh

Tatsumi Hijikata left a long butoh score for his final solo piece, “Quiet House” (1973). We can learn the essence of the last stage of the weakened body method in addition to such rich advice from this text. It contains multi-dimensional qualia streaming on different levels, categories and channels. Since the world of life has no levels, categories or channels, he called it the “hidden logic world”.

We need to enter into this hidden logic world by stopping our ego, self, thinking and all other kinds of human binds, if we really want to learn from Hijikata's butoh. The only way to become a subbody is to enter into the hidden world where Hijikata used to sink down. That is the reason why so many people could not understand the essence of his butoh, and why so many independent interpretations have created confusion around it.

The butoh score for “Quiet House”
This butoh score is composed of 250 lines. Each line has a different dimension, category, level and channel.

I. “The red god”
1. A girl who plans evil deeds in the rain
2. Keep a face of floor throughout the whole piece
3. Stick to the face of a monomaniac salmon
4. A stuffed spring
5. A nest of forest, a nest of eyes, a moth which is placed on a wooden plate
6. A vaporized caramel artisan or the Christ which is represented as a samurai in combat
7. A fine spider’s thread which runs across the forehead
8. A beggar
9. A cat's lower back
10. Other worlds
11. A garbage disposal place
12. When I rubbed a mirror, there was a swaying shadow of flowers
13. A fragile sound collapsed in a storage barn
14. A can factory
15. Regeneration of the reduction by X
16. Behind the mirror
This is the first paragraph of the score, which has a total of 27 paragraphs. Slowly we will enter into the world of the score.

"The red god"

God is a kind of archetype that we share in our collective unconscious, but there have appeared various types of god archetypes across different cultures and ages throughout human history. The concept of God in Japan and Western culture is quite different. In Japanese tradition, which is influenced by animism, there are over eight million gods. Hijikata transformed archetype of god in his own unique way as the red god. We all need to change the archetypes in our own ways, otherwise we are bound by the archetypes. What does the red god mean? Nobody knows. It is Hijikata’s secret. We can only guess at the mysterious qualia. Hijikata did not dance with his daily conscious mind, but he danced by listening to qualia and something moved him. He just referred to the mysterious unknown something that moved him as the “Red god”. He was always resonating with different dimensions.

1. A girl who plans evil deeds in the rain

A girl lived in the darkness of his body. Sometimes the girl moved and then Hijikata also had to move in other dimensions. If the girl stood up, then Hijikata had to fall down. As the girl's plan developed, something also influenced Hijikata's movements.

2. Keep a face of floor throughout the whole piece

The face of floor is a flat and empty face, like an ash body. Hijikata keeps it from the beginning to the end of his piece as his basic face, while listening to the subtle changes in it. When the floor is stepped on it becomes dirty, even a drop of water can effect it.

3. Stick to the face of a monomaniacal salmon

Sometimes strange tendencies come up from the darkness and influence the face of floor. One of them is a monomaniacal hidden tendency which sticks to a face of salmon. Salmon has terribly strong eyes and mouth like a hawk. Find your own hidden tendencies folded in your darkness of body. Dance by resonating with all of them.

4. A stuffed spring

A stuffed thing is one of the main characteristics of his weakened
butoh. A stuffed bird keeps its shape for a long time after its death. It exists in another slower timeframe that is different from the tempo of the living bird. After fifty years of being put away in the closet, the stuffed bird becomes more and more fragile as it is eaten by bugs. If we touch it, it will collapse into dust in a moment. The stuffed spring means a kind of stuffed world condition. The characteristics of spring such as warmth become the limits of fragility. Hijikata's butoh is performed between the hidden world and the visible world.

5. A nest of forest, a nest of eyes, a moth which is placed on a wooden plate

“Nest” is one of the most important terms that is used often in Hijikata's method. It means a conglomerate of groups of qualia. A nest of eyes includes so many different kinds of eyes - rotten eyes, glass ball eyes, dead eyes, salmon eyes, riken eyes (which watch you from outside) and so on. Forest is also a conglomerate of unknown mysterious qualia. Therefore a nest of forest means a conglomerate of conglomerates. It is a metaphor for the complex and mysterious multi-dimensional world of different unknown qualia. Even a dead moth on a wooden plate is resonating with subtle qualia in the multi-dimensional realm.

6. A vaporized caramel artisan or the Christ which is depicted as a samurai in combat

In the non-dual multi-dimensional world, everything is swaying between presence and absence, between now and another time. Hijikata had worked at a caramel factory in his youth. The qualia of the artisan has already vaporized and transforms into the qualia of Christ depicted as a samurai. The caramel artisan, Christ and the samurai are all swaying as mixed qualia in the hidden realm.

7. A fine spider’s thread that runs across the forehead
8. A beggar
9. A cat’s lower back

These qualia are also resonating in various parts of his body as a nest. Sometimes they come out and pass through him.

10. Other worlds

He is always resonating with many kinds of other worlds. Resonance happens beyond our intentions. It is beyond our consciousness, but
Hijikata noticed it transparently. What are your other worlds? The dead world of the war? Your forgotten memories? Fetus dreams? Hidden hopes? Unhappiness in the world? Be aware of all of them and dance with them.

11. A garbage disposal place

This is also a qualia of the behind world. Contact the world through various perspectives. Lines 10, 11, 12, 16 and the red god are variations of the behind world from different perspectives.

12. When I rubbed a mirror, there was a swaying shadow of flowers

We can contact subtle signals from various behind worlds. Remember the times when you have contacted them. The hidden inner memories and present behaviors are always resonating in the subtle dimensions. Though our daily mind ignores them, we can feel them when we stop our daily consciousness.

13. A fragile sound collapsed in a storage barn

When we notice a subtle unknown sound from an invisible place, our life starts guessing “What is it?”. Resonance between inner and outer qualia is always happening. Life is always shivering with unknown signals from the invisible world. Continue to listen to them and open your transparent resonativity.

14. A can factory

This may also be one of Hijikata's inner memories. You can replace it with your own hidden memory.

15. A regeneration of a reduction by X

To reduce is to decrease something in size, shape, amount and so on. To regenerate means to return something to its former condition. Hijikata expanded its meaning to the maximum. X can be anything. We can reduce something by any one of its elements. A reduction by size is to reduce something to a smaller size. Regeneration is to return it to its former size. Hijikata used this method for expanding our imagination to the maximum. He researched the hidden logic that exists beyond the world of the separation into self and other.

To reduce a movement by time is to become slow or still. To reduce a
bird by time means that a living bird becomes a stuffed bird. It is also means decreasing the time dimension from the four dimensions that we are accustomed to in our daily world. When we reduce our three dimensional landscape by one dimension, the landscape becomes a two dimensional map. To regenerate it means to increase its spatial dimensions and the map returns to a three dimensional landscape. To reduce an adult by time is to regress him to a baby or fetus. When we amplify it to the extreme, a human returns to the origin life as a cell.

When we open our imagination to the maximum, we are able to transform anything beyond time and space. This is one of the Hijikata's main hidden techniques for seeing the world in different ways. To reduce a human by strength means that the human becomes a weakened body. To reduce a human by life strength means that the living human becomes a dead body. This is a universal magical method of Hijikata's butoh.

16. *Behind the mirror*

What lies behind the mirror? What do you see? Do not think, just feel it. Open the universal transparent mind and body to the multi-dimensional life resonance between the visible and invisible worlds.

**9. The mystery, the flower and the secret**

There are three important elements in the butoh creation process.

**1. The mystery**
The first one is the mystery, where everything is hidden in and comes out from. I also call it "the darkness of body". Everything comes out from the mystery of our body and life. We need to be aware of the depth of the mystery. We need to open our transparent eyes to the whole process in order to see what is happening. In spite of all of our efforts to see it transparently, we cannot see it at all. Still we must become aware of the whole process.

The flowers which come out are neither our creation nor the expression of our ego, though our ego mistakenly believes that it is the one who creates them. They come out through life resonance in the darkness of the mystery. The subbodies and cobodies are just
mediums in this creative process.

2. The flower
The second important element is the flower, which is a moment of beauty crystallized from the mystery. The flowers are crystallized through the subtle shivering that occurs through resonance with the mysteries. In our dances we only show the flowers and the background movements. However it is the depth of the mystery and the secret which support the flower as beauty. If there is no mystery or secret to support the flower, it is just physical shapes and movements.

When we transform between subbodies and cobodies in group improvisation, we can learn about the flower and they mystery. When a subbody movement come out and finds its best timing and location within the mysterious chaos of cobody transformations, then it can become a flower. The unknown stream of cobody transformations support the subbody movement as a flower through the resonance. Since the methods for opening flowers were imprinted in his body, it was not necessary for him to write about them with words. But the complexity of the mysteries could be lost, therefore they needed to be recorded as a butoh score.

3. The secret
The third element is the secret. There are two kinds of secrets. The first is the secret for opening flowers, which is imprinted in the body of the butoh dancer. They include the best timing to make flower a flower, hidden methods for guiding the inner qualia stream in a specific way and so on. They are too subtle to explain with words. The second kind are the secrets that we could not dance in spite of all our efforts to crystallize them as flowers. They remain in the darkness of body with pity qualia. Keep these secrets in the bottom of your bodies as your own secrets.

The continuous resonance between the unknown mysteries that move us, our desperate struggles to invent novel flowers and the secrets that remain in the bottom of our bodies become the melting pot of creation. Life is always resonating between them.

10. A girl who plans evil deeds in the rain
**A girl who plans evil deeds in the rain**

This is the first line of Hijikata's last butoh score entitled "Quiet House" (1973). Who is this girl and where did she come from? Hijikata was the last child born in his family. He had five elder brothers and five elder sisters. He was particularly fond of his sister in this picture with him which was taken around 1935 when he was starting elementary school.

(***).

She soon had to leave him to work in a distant town from her home village. Hijikata traveled a long way by train to meet her after starting elementary school. He saw his sister who was dressed extravagantly and wearing provocative makeup. Why did my sister have to leave? Why did she wear such colorful clothes? What did she do in that distant town? Young Hijikata asked himself these questions many times trying to solve the mystery around his sister.

As a child he could not solve this mystery, though when he became an adult he easily understood the cruel reality. Later he talked about this, "During the times when the Japanese nation state was fighting against the world, our northern area had to supply three things. The first was rice, the second was horses and the third was women." It was a huge current that no one could resist or escape at the time.

In his forties, Hijikata spent time alone dressed in his dead sister's clothes (Japanese Kimono) and grew his hair long. He recounted, "I bred my dead sister in my darkness of body. We lived together. I learned how to comb long hair and behave with a woman's dress. I learned everything about her in the mornings. We have such a complex relationship. When she falls down in the darkness, I also fall down. When she stands up, I fall down. When I am engaged in creating a butoh piece, she advises me to stop all expressions. My dead sister is my real butoh teacher. We need to constantly learn difficult lessons from the dead (???). We must live together with the dead."

Hijikata spent a long time with his dead sister, from his childhood into his forties. Hijikata entered into her dream world so many times. "What did you dream? Your whole life was spent as if in a rain storm. Many men's bodies passed through your body. Nothing must have remained of your dreams. You must have only planned evil deeds in your dreams. You need to take back that which you lost in your life.
Let me know the details of your nightmares." Over the course of this long process, his dead sister's qualia and his own body transformed merged. They fermented, decayed and crystallized into a butoh piece in the depths of his darkness of body. Thus he wrote the first sentence of his last butoh score, "A girls who plans evil deeds in the rain."

He transformed into his sister and she starts to dance. Her outline transforms into the shape of an animal. She plans so many evil deeds and transforms into one after another. Hijikata's butoh score contains over three hundred lines with such complex and precise choreographies. His dead sister could accept all of them. The evil deed was an extreme creation of butoh. It was the completion of the weakened body butoh method. He could be burnt out and released from the bind of the anima as his dead sister.

After this performance he stopped dancing and concentrated on choreographing for his dance company. He entered into another process of creation. He continued to investigate the next stage of the weakened body technique. He wrote in his notebook in his fifties, "We must find the butoh of life. We need to enter into the non-dual world before the separation of self and other. Butoh must sink down into the hidden logic dimension where we associate with the spirits without any intermediaries."

These images were his last investigations into butoh. He called it the butoh of life. He had to stop his investigations before it came out into form. Now it is time for us to continue the investigations into the next stage of butoh. What is the butoh of life? Let us find out together.

11. The face of forest

One of Hijikata's students once asked him, "How do you make such complex faces in your solo piece?" He talked about many different elements of his choreography and said, "It is not possible to become a face of forest without multi-dimensional resonance between these complex conditions. You must associate with all of them on your face at the same time."

Now we can read his last and only butoh score that he left behind, the score for "Quiet house". It is composed of such complex multi-dimensional resonance between various elements. He called it "the face of forest", but it may be difficult for modern people to imagine the
qualia of the real forest that he was referring to, because few have seen the real forest. Most of the primeval, or virgin, forests have been completely destroyed by our agricultural and industrial revolutions.

There are such rich ecological systems in the primeval forest. Multiple kinds of creatures and materials resonate together deeply. It is the real natural condition of life that resonates with everything in multiple dimensions. This picture shows how the old tree in the primeval forest is a world in itself.

(***)

So many different kinds of life and death resonate together on the tree. Some of them survive for as long as ten thousand years. They have experienced all kinds of changes, events and dramas between life and death. The face of forest that Hijikata talked about is like the face of these old trees. He completed the method of how to transform into it and we can see it in his butoh score. I translated a section of it in the previous chapter. Though it is only the first paragraph, you can still see that it contains so many complex elements resonating together in multiple dimensions.

When you see his butoh video for the first time, you may not be able to recognize what is happening. It only looks like various parts of his body are swaying in different directions. It took me over ten years to be able to see it. But after ten years of both watching it and reading his butoh score, it gradually becomes clear that the essence of his butoh is multiple resonance between all kinds of physical conditions and invisible qualia.

12. The nest body

13. Warped qualia

According to her book, one day Hijikata Tatsumi said to his wife, Akiko Motohujzi, "I wonder what the warped body is like." She said that he often used to make various sounds from his joints in bed. It was his secret training for researching warped qualia. Traditional Japanese houses were made of wood. When dried wood becomes warped, it makes sounds. Warped qualia are familiar for Japanese people.
Hijikata researched it in his body which is unable to forget.

Hijikata grew up in the Akita district which is located at the Northern edge of Japan. They have their own culture which is quite different from the modern Japanese culture he encountered in Tokyo. Hijikata felt deep warped qualia in his body when he confronted the huge culture gap between his home town, Akita, and Tokyo, where he moved in his twenties.

I also investigated warped qualia for many years. I moved from Japanese countryside to the big city of Osaka. I too felt a huge culture gap in the modern city life of Osaka. What is warped qualia? It is the special uncomfortable qualia that life experiences against the world in the deeper realms.

The Affirmation Manifesto (potential intro or preface)

“Affirm everything in your whole self.” This is a manifesto for all people in the world, including those with psychosomatic disorders, to change their way of life. The Affirmation Manifesto is both a theory and a practice for creating a hopeful future for all of us. I will develop it step by step in the Indian Himalayas. I will look for people to collaborate with us. Our main principle is self help and resonance.

Affirm all of your peculiarities. As I sank into the darkness of body through meditation, I have gradually understood the most important thing in life. I have been trying to listen to life every day now for many years. The most essential thing for humans is to affirm everything in their whole self. Life does not want to be negated. Life needs unconditional and infinite affirmation. This is the most important necessity for life. Even if your whole self is dissociated in a far off place, even if your identities have disappeared, even if you fall into depression, even if you are attacked by strange schizophrenic imaginations, it is essential that you affirm everything in your whole self. Affirm everything! and find a new way of living. We desperately have to find a way, because we cannot wait until we lose our lives to the attacks of our disorders.

The Reso-Touch Method T.O.C.
1. Opening our life resonance sense
2. What is resonance touch?
3. Basic positions
   3-1. Side position (behind)
   3-2. Side position (stomach)
   3-3. Face down position
   3-4. Face up position

Opening our life resonance sense
Resonance touch is a method for experiencing the subtle resonance between life and life. When we calm down our daily body's gross senses, we are able to listen to life resonance. We need this technique to help cure ourselves when we undertake traveling in our subbody world, because so many unexpected things can happen during our travels.

Whenever any strange experiences occur, we will feel strongly encouraged and supported if we are able to contact our life resonance and tap into the proto vitality hidden in our subconscious world. The ability to self cure, creativity and the capacity to resonate are all folded in this proto vitality. The purpose of this resonance method is to unfold these potential abilities of life, much like the shiatsu technique. I developed the principle of life resonance that I learned from Endo Ryoukyu, founder of Tao shiatsu, and Masunaga Shizuto, founder of Zen shiatsu.

What is resonance touch?
Life does not want to be ignored or denied. Life is always looking for infinite and unconditional affirmation. The resonance touch (or reso-touch) allows us to give and receive the affirmation that our life wants most. Reso-touch is a healing method whereby we share comfortable vibrations between life and life. When you rest your daily consciousness, you are able to listen to the subtle resonance between life and life, body and body. As you slowly amplify it while listening to the life resonance, you can share comfortable vibrations between two living bodies. This method does not take place between physical bodies, like normal massage or shiatsu, but between subconscious bodies (or “subbodies”). As a result, we do not need to use so much physical strength like in massage or shiatsu. We only need to share minimal subtle life vibrations.

Our subbody always wants to feel resonance between living bodies through comfortable subtle vibrations like the ones we received in our
mother’s womb when we were a fetus. The phenomenon of resonance has neither subject nor object. It takes place naturally and equally between two things. Thus reso-touch is not the standard “give and take” relationship, but a natural sharing process between living bodies.

All you need to do is to notice the subtle resonance phenomenon between living bodies and amplify it. The essence of resonance is mutual affirmation. Our lives really want to resonance. We need this technique in order to be able to give others what they want most. The subbody butoh method for uncovering your whole self and creating your own dance and the resonance healing method are like the two sets of wheels of a car. These two methods guide you towards opening your creativity, originality and resonance capacity to the fullest. Through this experience you can invent your own way of life.

**Basic positions**
Reso-touch has four basic body positions. I will use the terms “giver” and “receiver” for convenience of explanation, but you must remember that resonance has neither subject nor object. Resonance takes place spontaneously, mutually and naturally. The 'giver' should do the practice with an open heart to allow for sharing life resonance with the “receiver”. The “receiver” should also receive it with the same open heart. Then life resonance will emerge as the main way of relating and encountering the world.

**1. Side position (from behind)**
The receiver lays down with a rounded back on his/her side and the giver sits down behind the receiver's back. Start by listen to the receiver’s life. Place your left hand on your partner’s sacrum and the right hand between his/her shoulder blades. At first do not come into physical contact with your partner. Keep a distance of 5 mm and listen to the life resonance in your hands.

Listen to all kinds of life’s sways - breathing, heartbeat, blood stream, inner breathing, stream of informational substances, tension, relaxing and so on. When your hands feel some life resonance, like a hum or a babble, start to touch your partner and follow the resonance. You can slightly amplify the vibrations with your empathic imagination. Vibrate together from the base of your spine, not just by moving your hands. Adjust the size and tempo of the vibration until you find the most comfortable rhythm, then you can share it with the receiver.
Move your right hand from the base position to the lower back. Taste the life vibration of each one of your partner’s vertebra. Once you reach the lower back, move towards the head, and then down the shoulders, arms and hands.

Then move your left hand from your partner’s sacrum to his/her pelvis, legs, feet and then toes. Return to the home position and separate from your partner, maintaining a distance between touching and not touching while keeping the subtle vibration. Transform from physical vibrations to life resonance. Once you feel the pure life resonance, you can separate from your partner. Quietly wait until your partner comes back from the journey in the subconscious world.

2. Side position (from stomach)
Repeat the same process from the stomach to stomach position.

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The receiver lies down, placing his/her head on the giver's right thigh, his/her left leg under the giver's left leg and his/her right leg on top of the giver’s right leg. This position is the most deeply relaxing position. Here the receiver can feel the feeling of oneness between the mother's womb and fetus, like when we were a fetus in our mother's womb. The giver gently sways like a womb for the receiver who becomes like a fetus.

3. Face down position
The receiver lies down in face down position. The giver sits down next to the receiver, placing his/her thigh on the receiver's thigh. Listen to the receiver’s life sway as in the first position. When the giver's subbody feels life resonance with the receiver, he/she places the right hand on the receiver’s sacrum and the left hand on his/her shoulder. Listen to the receiver's life sway and slightly amplify the life resonance.
From this position, the giver should also vibrate from his/her sacrum, resonating with receiver with his/her whole body's subtle vibration.

Share the most comfortable life vibration together. Give a subtle shake to each one of the receiver's vertebra in varying three dimensional directions, moving from the sacrum to the head. After shaking the entire spine, move on to the shoulders, arms, pelvis and legs.

4. Face up position
The receiver lies down face up and the giver sits down placing his/her
thigh on the receiver's thigh, like in the face down position. Carefully listen to the receiver’s breathing. Slowly bring your right hand to the receiver’s stomach while keeping the same breathing. Making contact with the receiver’s stomach, start tracing small circles from navel. Gradually increase the size until you reach the maximum size. Make a total of thirty circles. Then reverse the circles, gradually reducing the size until you reach the navel.

Next put one hand on the receiver’s stomach and the other hand on another part of receiver's body. Give subtle vibrations while amplifying the receiver's life stream. Move flexibly from the stomach to any other part of the body, sharing the comfortable vibrations.

**Illustrated Guide T.O.C.**

**ILLUSTRATED GUIDE**

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0. Preface

This illustration guide is just a metaphor. The darkness of body is a non-dual and multi-dimensional world. There are no clear stages or levels and there is no hierarchy. The illustrations are just intermediary aids to facilitate understanding in the beginning.
There is a whole self that exists like the Tao. Everything is just resonating there. When we were a fetus in our mother’s womb, there were no borders between inside and outside, mind and body, self and other, individual and group. It was non-dual and multi-dimensional realm. The whole self and the whole world were merged as oneness and resonating. Qualia flows were streaming and resonating with the
world.

Our fetus has experiences of each stage of our four billion years of life history, from the age of one celled creatures to multi-celled creatures to various species of animals and so on. We were dreaming as another creature in another world at another time. Our subbodies (or subconscious bodies) come from these worlds. They have much richer histories and deeper memories than our consciousness through these experiences. Now we will start traveling into the darkness of body where our subbodies are living.

2. The three realms

Once we were born as babies, we got our consciousness and also learned language. The differences between inside and outside, mind and body, self and other and individual and group were generated. We developed our egos, which forgot about resonance. The qualia flows that were resonating with the world began to sink below the threshold of consciousness and the subconscious was produced.
3. The eight channels

The conscious world is the divided world where everything is separate. Consciousness can use only one channel at a time, because consciousness needs millions of neurons to fire together at once. These channels can be roughly represented by the following eight channels.
4. Details of the eight channels

The eight channels include the movement channel, body channel, visual channel, audio channel, feeling channel, human relationship channel, world image=self image channel and thinking channel. The subbody has no channels in the subconscious world, but it needs to use a channel in order to appear in this conscious world. When you
listen to the channel that the subbody wants to use to come out through, you can catch the channels.

5. The introvert and extrovert channels

Each one of the eight channels has an introvert and extrovert channel. The extrovert channel receives qualia by resonating directly with something outside. The introvert channel receives the same reality by activating the resonance of inner stored qualia. Actually, these two kinds of qualia are always resonating together. Thus we always experience a double reality. This double reality of qualia can become
the cause of delusion and neurosis, while at the same time it is also the source of creativity.

When we calm down our language thinking and shift to the subconscious mode of body (=subbody mode), we can catch subtle signals of qualia in the introvert channels. In conscious mode, neurons are firing together with electric signals. These noises mask the subtle qualia stream in our bodies. When we are in conscious mode, we cannot catch these subtle signals because of the disturbing noises of neuron activity. This is the reason that we must quiet down our thinking mode and concentrate on the subtle introvert signals in order to enter into the subbody world.

6. Sub-signals

When you calm down your daily conscious mind and start to listen to the darkness of body, you may notice subtle sub-signals from your subbody. They are, for example, strange subtle body feelings, movements that comes out spontaneously, visions, whispers, momentary feelings, unknown fear, a vague sense of discomfort, subtle awareness from the body and so on. Each sub-signal appears
instantly and disappears immediately. You need to concentrate in order to catch it because it is very quick. Once you catch it, amplify it using your whole body and mind.

7. Travel in the world of the eight channels

We must travel and experience the limits of each channel, between death and life. I will guide you how to sink into the darkness of body. There you will discover how your daily ego is bound by archetypes. We need to realize it and release ourselves from archetypes as modern humans. Traveling into the darkness of body beneath the ego-persona illusion, this is the subbody process.
At first you travel through the extrovert channels (following the black curved line in the illustration) in each one of the eight channels from birth to growth of the ego, persona-ego and the collapsing process. Until you finally arrive at near death, dying and near life. Near life means looking upon this living world from the realm of death as a dead body. Next you travel through the introvert channels (the red curved line) in each of the eight channels. At first, the introvert channel seems strange and you often lose track of it. Strange delusions attack you from outside until it possesses you, but everything is merely passing through. You start to heal and recover and finally you reach the level of super recovery (#integration), when you can use and control everything that you have experienced. The unique world of individuation opens and you can resonate with other people's worlds of introvert individuation.

The important thing is to find beauty in each aspect of the journey, even in craziness, collapsing and dying. Western mainstream culture can only see beauty in young, healthy, energetic bodies. But if you can stop your ego and recover your resonance ability, you will realize that all the aspects of human qualia are always rich and beautiful. This is true maturity for humans.
7-1. Travel map of the three realms
7-2. Body channel
7-3. Visual channel
7-4. Audio channel
7-5. Emotion channel
7-6. Human relationship channel
7-7. World image = self image channel
7-8. Thinking channel
8. The five Desires

When we travel into the lower levels of the subbody world, we leave behind the eight channels and enter into the basic desires level.
9. Details of the five desires

The desire for life (or survival) is the most basic desire. It maintains life and continues to create new things for living. The comfort desire
seeks pleasure for the body - eating, drinking, moving, fucking and so on. The safety desire guards oneself from danger and enemies. The connection desire is also a basic desire for generation (???) and maintaining group life. All creatures share these four desires. The individuation desire is uniquely human. “I want to be 100% myself!”, "I want to develop myself to my highest potential." Jung used this term to describe the principle that the psyche tends towards wholeness.

10. Travel in the world of the five desires
11. Folded qualia
12. Mind-body interaction
Transparency T.O.C.

1. Introduction: Moved to become transparent
2. The life principle: Tracing back origin life
3. The qualia principle: Becoming whole
4. The resonance principle: Phenomena as resonance
5. What are qualia? (*separate section - all listed in transparency)
6. Everything is resonating (*separate section)
6. Transforming into the resonance body (*separate section)

1. Introduction: Moved to become transparent

How opaque am I! Though everything takes place within myself, I still cannot understand what is happening and why it happens. I live being moved by some unknown force. I have always been attacked by sudden feelings, unknown emotions, sexual impulses, drinking, smoking and drug addictions. I am controlled by my darkness of body. What is worse, so many dissociated characters began possessing and controlling me in my fifties. Why does this happen? Why am I moved by these strange energies beyond my control. I cannot endure them. There must there be a way to see these opaque processes transparently, since they are happening in myself. This is the reason why I have been researching transparency for so many years.

Losing contact with life
The first disturbance is to regard ourselves as human. It troubles us to be life. We forget that we are participating in life, which has continued to survive for over four billion years. Life has differentiated into so many different species, but it continues to live without any breaks. Most of people who live in the contemporary world consider that they have their own life, as if it were a kind of private property. This is a complete illusion that makes us lose contact with life. This illusion is deeply connected with the system of private property in capitalistic societies. Everything, including life, is regarded as private property in these societies. All of us in this contemporary world have completely lost contact with life. We regard ourselves as human. This is the biggest hindrance to life and understanding the world transparently.
We were born as humans four billion years after the birth of origin life. Our consciousness has the strong tendency immerse us in the 'now-here' world that surrounds us. It ignores our connection with the life in our fetus age. Not only that, we have forgotten that our life has continued with all life from before we participated in life as individuals. In our modern culture we have closed our eyes to our connection with life from the time of its birth as origin life.

Philosophers from many cultures and traditions have investigated what is life, what is being and how we should we live. But in those ages, we did not have sufficient knowledge to see the whole sequence from the beginning of life to the present. Western culture has been especially bound by the illusion of Christianity, according to which God created the world and the human at the same time. Western culture is bound by the bias that humans are special in the cosmos. It has emphasized the egoistic bias that regards the human as an extremely special species. What is life? We must start from here.

2. The life principle: Tracing back origin life

By investigation the darkness of body, I discovered my own methodology. It goes through life, qualia, resonance, consciousness, subconsciousness and the eight channels of body, movement, visual, audio, emotion, relationship, world image=self image, and thinking. In one word, we need to grasp all of life and human phenomena at once and as a whole.

My method has the following three principles:

1. Life principle - to grasp life from its very inception
2. Qualia principle - to grasp all the qualia through becoming
3. Resonance principle - to grasp all phenomena as resonance

I will begin by describing the first principle.

In order to truly understand our mind and body, consciousness and subconsciousness, we need to grasp them from the proto state of origin life. Only then can we understand them in their entirety. What subtle qualia does the single celled creature feel? We must understand our minds from this point of view.

The modern scientists who investigate consciousness and the mind
have tried to research human consciousness directly. Some scientists, for example the famous scientists Crick and Watson who discovered the double helix of DNA began investigating consciousness in the visual cortex of brain. Others tried to research the neuron network, but these methods could not understand it from the most fundamental level. Consciousness is supported by each glia and neuron cell in our brain. It uses the same process of catching and using qualia as our life. Our glia and neurons use qualia in the same way as single celled creatures like amoeba and bacteria. All sixty trillion cells each feel qualia, and through their resonance our consciousness is unified. A cell in our brain feels subtle qualia in the same way as one celled creature, and the resonance process between them unifies our consciousness.

In addition, the scientists who investigated qualia, also tried to understand consciousness directly. Then did not know the important role that the subconscious plays. Most of them did not even consider the subconscious and unconscious, because they belong to the culture of consciousness. They are bound by consciousness.

### 3. The qualia principle: Becoming the whole

The next method is the qualia principle, which means grasping everything about life and humans as qualia. To grasp means to catch from the most radical basis. The origin of life was born on this planet four billion years ago. It occurred when the resonance pattern of String as matter went beyond the normal pattern of matter. How did it occur?

A new resonance pattern of String was born that was capable of sensing other matter as subtle qualia. This was the origin of life. Life was able to select better resonance patterns by sensing subtle differences in qualia among all kinds of resonance patterns that were occurring between life and matter in the environment. Life could store memories of resonance patterns as qualia between life and its environment. According to String theory, the universe contains eleven dimensions including the four gross dimensions that we are accustomed with as well as seven subtle dimensions that are folded into a miniscule size.

Qualia was generated at the same time as life when it sensed them through resonance. Neither life or qualia are generated in the four gross dimensions of matter and energy, but in the eleven dimensions
including the seven subtle dimensions. This is the main reason why all attempts to regard life as matter have not succeeded up until now. The scientists who researched life did not know that life and qualia belonged to dimensions other than the four gross dimensions, even though String theory was discovered forty years ago.

The qualia that life senses enter into life as specific resonance patterns of strings. For example, when life receives sunlight, it warms the cell a little bit. Life can keep these subtle changes as inner qualia in the subtle dimensions of it's cells. Life stores these memories about all kinds of matter and energy and records them in it's DNA or RNA. They are then passed on to the next generation of life by cell division. Recently, scientists have been calling it "genetic information", but it is a big mistake. Information can be used by machines like computers, but qualia are only able to be sensed by life. Qualia are imprinted in th genomes, they are not information. Life and qualia are co-generated through resonance. Machines cannot resonate with qualia.

The second method, the "qualia principle", is to grasp everything as qualia, not as information. Only life can use qualia. We need to become life in order to use qualia. The essence of the "qualia principle" is to relate with everything through subtle qualia resonance as life. The qualia that life senses are converted into language by our brains. Words are information which machines can process. These days, most of us mistakenly believe that we think with language. This misunderstanding exists because the memories of qualia are forgotten and ignored by our consciousness when they are transformed into language.

If we want to grasp qualia, we need to stop our language consciousness. Once we have shifted from conscious mode to subconscious mode through the swaying meditation, we can sense qualia streaming in the non-dual and multi-dimensional world. I call the body in subconscious mode the "subbody", because in the subconscious world our subconscious and our body are oneness. As a subbody we can resonate with everything through the qualia stream. Not by thinking with our heads, but by grasping our whole subbody as life. When we become the subbody and enter into the ocean of qualia that is streaming and changing in the non-dual and multi-dimensional world, we can grasp life and qualia as they are.

4. The resonance principle: Phenomena as resonance
To become another life or a lifeless entity is to resonate with the bottom layer. We can grasp anything through the whole experience of becoming it. Then we will have the complete and transparent view of its resonance pattern. Even if our consciousness receives the dualistic phenomena of subject/object, upper/lower, inside/outside, self/other, right/wrong and so on, we need to transparently perceive the subtle resonance from the deepest foundational level. Modern consciousness has ignored this implicit resonance, thus it has mistaken it for dualism by reducing the multi-dimensional to the lower dimensional level. Finally, modern science discovered the binary scale system and the computer was invented. It is indeed our preasure (???), but we need another approach into the non-dual and multi-dimensional world of life qualia and resonance.

These days our daily consciousness is entirely bound by dualism. It is not easy to release ourselves from these deep binds. One of the reasons that it is so difficult is that consciousness is million of times stronger than the subconscious. The resonance that life feels subconsciously is millions of times weaker than consciousness. When our subconscious feels a qualia, one glia cell and one neuron cell are resonating in our brain at a minimum scale. Resonance is such a subtle phenomena. Glia does not use electric signals, it uses chemical signals. It's energy is much more subtle than the electric signals used by our neuron networks. When our consciousness uses language, millions of neurons have to fire at the same time and cross over from the right brain to the left brain where language is stored in our brain. When we continually use language thinking, we must sustain this high level of energy in our brains for long periods of time. We need to concentrate, and the subtle signals of qualia felt by the subconscious are masked by the stronger signals of language consciousness.

Especially in modern western society, we are forced to keep our consciousness and ego always active. This strong pressure forced our life to forget about qualia and the separation of consciousness and unconsciousness. It has developed into the dissociation of the unconscious from consciousness. In order to release ourselves from this dissociation, we need to quiet down our consciousness and maintain a transparent state, where the consciousness and the subconscious are equally balanced at the subtle level. When we enter into subbody mode with the swaying meditation, we can release ourselves from this separation and recover the subtle resonance of life.

My third method is to overthrow the dualistic illusion of our
consciousness, even when consciousness feels the strong divisions of subject/object, in/out, up/down, high/low, center/edge, me/you and so on. Our consciousness is deeply effected by the need to keep our ego and consciousness always active, otherwise we cannot function as members of society. Ego and consciousness are the obsessions of our age. They are the strongest universal archetypes in modern times. We need to deconstruct ego and consciousness so that we can get back the transparent intelligence that is able to go back and forth between tree system, which is bound by dualism, and the rhizome world, which is the non-dual and multi-dimensional world where our life exists with resonance. This transparency is the new type of intelligence in our age that has come to replace consciousness.

5. What are qualia?

What are qualia? Qualia are everything that our life feels. When we think about something, we use language as labels for the qualia of that thing. Red has the specific qualia of red. There are so many different gradations of the qualia of red. An apple, a sunset and fire each has its own specific qualia. They are imprinted in our genomes, and that is how we can share the subtle differences in the qualia of red. Gravity, light, color, sound, taste, touch and feeling, everything has its own qualia.

Not only humans, but all creature feel qualia. Animals, plants, amoebas and bacteria all use qualia for living. From the first moment when the origin life was born on this planet, life felt and used qualia for survival. There were so many different types of material and energy in the origin life's environment. When life met with a specific type of material or energy, for example sunshine, wind, sound, oxygen, hydrogen or water, it effected a specific change inside of the cell. Each time a stimulus passed through life, some change remained in the cell. This is the origin of qualia. When life experienced the same stimulus over and over again, the subtle changes were imprinted inside of life as qualia, like deep memories. The next time that life encountered a similar stimulus, it could choose better behaviors to deal with the stimulus than before. This is how life survived for four billion years using qualia. Without using qualia, life would not have been able to survive.

Only life can feel and use qualia. This is the main characteristic of life.
We can not separate life and qualia. This is why qualia are so difficult to understand. "What is life?" is essentially the same question as "What is qualia?". I investigated qualia for many long years, but I still have not been able to find a clear definition of qualia. I have only been able to uncover several of their characteristics. I need to continue researching qualia and life by moving deeper into the following characteristics.

1. Fluidity of qualia
I discovered that qualia are not still, they are always streaming and changing. This is the first characteristic of qualia, which they also share with life. Life does not stop. It is always swaying and changing. When life stops, it means that life has changed to something other than life.
Qualia are similar. When qualia stop, they transform into dead information.

2. Originality of life
What is the difference between qualia and information? Information can be processed and used by machines like computers, but qualia can only be used by life. Machine can neither feel nor use qualia. This is the biggest difference between qualia and information. Qualia are the originality of life. Not only humans, but all creatures feel and use qualia for survival. Qualia are universal to life.

3. Resonativity
Life and qualia are born at the same time as resonance. When life feels a specific qualia, those qualia are born simultaneously. Each qualia resonates together with a similar qualia in life. One qualia is always associated with another qualia. When we remember the qualia of someone's face, some associated memories arise together at the same time.

4. Double process
There are two kinds of qualia. One is the outer qualia, that life feels as real time stimulus from the environment. The other is the inner qualia that are stored as memories. When life feels outer qualia from an outside stimulus, inner qualia are also resonating at the same time. Inner qualia have the same strength as outer qualia, thus our brains cannot distinguish between inner and outer qualia. This is the reason why it is so difficult to distinguish between illusion and reality when we are possessed by strong illusions.

5. Multiple dimensions
Qualia are always resonating beyond all boundaries. They do not belong to the three dimensional space and one dimensional time that our daily body's are familiar with. They are resonating beyond space and time. This is how we are able remember our mother's face and voice so clearly despite huge lapses of time. They belong to another multi-dimensional world. Perhaps they belong to the eleven hyper dimensions postulated in string theory.

6. Contents of the subbody
The subbody is the subconscious body. In the subconscious realm, the body and the subconscious are not separate. They are oneness. The subbody is made up of qualia. It is neither a physical or mental thing. Qualia too are neither physical or mental. They exist beyond the boundaries of duality, just like life. Life is neither physical or mental. Like life, qualia and subbodies are created by the resonance patterns of string. According to string theory, all matter and energy are made from different resonance patterns of string. I believe that the same goes for life and qualia.

7. Rhizome
Qualia are rhizomes. Rhizome is the opposite of the concept of tree system. A tree has a top, a trunk, branches and roots. The rhizome has neither top, nor trunk nor branches, because everything is streaming and changing in the multi-dimensional world. There is no up or down, no inside or outside and no good or bad. These dichotomies only belong to the daily world. Qualia are not bound at all by dualism. We need to invent a rhizome logic and a rhizome language in order to understand life and qualia.

8. Flexibility beyond channels
Our consciousness can only catch one channel and one qualia at a time. However qualia and subbodies belong to the non-dual world, where there are no channels. Thus a given qualia is only able to come out through a given channels. We have eight main channels - body, movement, visual, audio, emotion, human relationship, world=Self image and thinking. Qualia exist and transform from beyond these channels.

9. Glia and neuron networks
Qualia are folded in the glia cells of our brain. The glia and neuron network are recent remarkable findings in brain science. Up until ten years ago, glia were only considered as supports for neurons. But scientists have recently discovered that the role of glia is actually more
important than that of neurons. They found that memories and learning are stored in the glia. There are thousands of billions of neurons in our brain and around one trillion glia. The inner qualia are stored in the glia and life uses them freely for living. This new wave of research has just begun. By researching glia, we may find the secret of life and qualia sometime in the near future.

However the subbody butoh dancer does not need to wait for proof. Even without proof we can use the inner and outer qualia freely. When a subbody dancer opens the transparent mind and body, he/she can become a specialist at using qualia.

6. Everything is resonating

Strings vibrate in Calabi-Yau space. Everything is resonating. When you stop daily consciousness, you can catch it. According to string theory, the universe is made up of tiny strings whose resonance patterns are the microscopic origin of particle masses and forces of change. Contrary to standard physics, which is bound by the old three dimensional intelligence, string theory has opened a completely new perception into the multi-dimensional universe. It suggests the possibility of a new way of thinking way.

I will expand the concept of string theory one step further. I believe that not only things, like light, sound, gravity, electromagnetism, etc., but also qualia are composed of resonance patterns of string. All human beings are resonating with life by feeling qualia resonance.

What are qualia?

Qualia are the feelings of something's qualities. For example, everybody recognizes the qualia of red. There are many variations of the qualia of red. There is the red of the apple, fire, the sunset, blood, etc. There are so many variations and gradations of the qualia red. We do not mistake the qualia of a sunset for the qualia of an apple. Even though we have many different qualia of red, we know the difference between the red qualia of the apple, fire, blood, etc. without using words, without using consciousness.

We continuously feel qualia in relation to everything subconsciously, though our consciousness does not notice it. How is it possible to distinguish between them without words? Because of qualia resonance. The red qualia of an apple resonates with the red qualia of fire in a specific resonance pattern. It resonates with the red qualia of blood in a slightly different pattern. This is how we are able to recognize the
differences and similarities at the same time.

**String theory and qualia resonance**
According to the most recent developments in string theory and physics, all masses and forces are generated by the differences in resonance patterns of tiny strings. Strings are vibrating in eleven dimensions, including the four dimensions of timespace that we are accustomed to as well as the unknown seven subtle dimensions that are folded into microscopic space. The resonance patterns of string are infinite, according to string theorists. I believe that we can expand string theory to include qualia. If all of existence is generated by strings, then qualia too must be generated by strings. According to my postulation, all qualia are generated by different resonance patterns of string. The infinite variations and gradations of qualia must be related to the infinite resonance patterns of string. I cannot imagine that besides the infinite resonance pattern of string, there are no other parallels with the infinite nature of qualia. This is the reason why I have proposed the resonance theory of qualia.

**All creatures are resonating in the Himalayas**
I moved to the Himalayas five years ago. One day during the monsoon season, I looked at a bird singing in a tree in my garden. I asked her, “What are you doing?” She answered, “I am just resonating with nature. It is so beautiful.” Suddenly I realized the simple fact that all creatures are resonating with the world. After this experience, I slowly started to change my way of thinking from the egoic point of view, which I had held in Japan, to the resonance point of view. Many secrets in subbody dance are solved by switching to the resonance viewpoint. That was when I started to create this resonance theory.

**We are always resonating**
We are always resonating through qualia resonance with everything. Whenever you see an object, you resonate with the reflection of light off that object. When you hear a sound, you resonate with the vibrations of air. When you read this sentence, you are resonating with my thinking process. Warmth, gravity, light, color, sound, taste, smell, imagination, thinking... everything has its own qualia. Through qualia we resonate with everything in the real and imaginary worlds. Qualia does not distinguish between the real and the imaginary. Qualia are always just freely resonating together beyond the boundaries of the eleven dimensions.
7. Transforming into the resonance body

Everything is resonance. We must start from here. This is a completely new way of recognition for life and the world. In our modern cultures, we have completely lost the ability to resonate. It is too subtle for our consciousness. Our consciousness only catches the strong stimuli that are above the "threshold of consciousness". It is at this level that our consciousness feels "a sense of self". It seems so natural. We believe that 'I am a self', and are bound by the ego. But underneath the threshold of consciousness, our life is resonating with everything. When we quiet down our consciousness to the minimum level through meditation, hypnosis, and so on, we can become aware of the subtle resonance between life and the world. I will guide you on how to transform into the resonance body.

Life sway
When you first wake up in the morning, try to sway for a little while. Our body becomes stiff during sleep. Do not keep this stiff condition of body, because it is difficult to feel subtle resonance with a stiff body. Make it a habit to begin every day by swaying to release the bodymind so that it can feel the subtle resonance. Choose a position, either sitting, standing or lying down and ask your life, "Which one do you prefer today?"

Sway by being moved by somebody
Imagine that your imaginary tail is being moved by someone underground. All of your vertebra are moving in different directions. Sway from your bottom, chest and head.

Fill yourself with pleasant sensations
Continue swaying until your whole body is filled by comfortable, sweet feelings. Remember when we were a single celled creature that just swayed in the ocean a long time ago. Forget that you are human. Return to the single celled life which is only swaying with subtle pleasure.

Inner cellular resonance
Become a single celled organism. We have six trillions cells in our body. All of our cells are connected to each other and influence each other in the comfortable sway. Become a stream body, in which all six trillion cells are streaming as one group. Change the quality of the stream, from liquid, sol (??), gel and solid. Flexibly change its speed, strength, rhythm and temperature.
**Multi-channel resonance**
Limit the visual qualia by keeping your eyes half closed and releasing your jaw, like a foolish face. Open all of the channels equally, while tasting gravity, light, sound, air, wind, temperature, memories, dreams, emotions, relationships, worlds, instincts and so on.

**Beyond time**
Release yourself from the "now here" world and enter into the "no where" and "no when" dimensions. Become a child, old, mother, father, fetus, origin life and lower creatures before you become human. Resonate with various dimensions of time.

**Space travel**
Travel from the daily sized world to the microscopic and macroscopic worlds. Shift from the gigantic size of the galaxy to tiny size of string. Expand and shrink flexibly. Shift into different dimensions of time and space.

**Become the resonance body**
Everything is resonating. This is the most fundamental principle of the real world. There is neither subject or object, self or other, inside or outside. All boundaries are illusions that bind our daily bodies. Taste everything in the realm of resonance. Everything happens through resonance. Become a transparent body that can show the connections between one happening and another.

**Calabi-Yau resonance body**
Google 'Calabi-Yau space' and find your favorite image. Watch it on your computer or print it out. While looking at the picture of Calabi-Yau space, remember that everything is generated by variations in the resonance pattern of strings. We need to support the image with our imagination. Strings are vibrating by expanding and shrinking in eleven dimensions. Each dimension is effected by the others, so the shape of the strings is always changing in an unexpected way. Of course, it is impossible to correctly imagine the eleven dimensions correctly with our visual imagination. Go beyond the limits of your visual imagination and imagine it with body feelings and movement. Slowly enter into the fetus state that exists before the differentiation of channels. Remember the borderless imagination as a fetus in your mother's womb.

Move your body by changing shapes like the string in the multi-dimensional Calabi-Yau space. Continue swaying until all boundaries disappear and enter into the borderless world. Allow all the borders
between body/mind, inside/outside, self/other, subject/object, individual/group melt away. Now you can transform into the Calabi-Yau resonance body. It is one of the most comfortable states of subbody.