



Popular Buddhism

Soji Within Yourself Beyond Cleaning, Beyond Meditation, Beyond Borders

お坊さんと歩む こころの掃除道 Shoukei Matsumoto **Coming in Spring, 2019**

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1 Prelude

(1) Post-religion is today's reality. Dialogue is endless and hopeless. In this difficult time, however, Soji can take us beyond meditation and mindfulness.

2 Why Soji?

(1) Difference between Soji and cleaning

- 1 Soji is everyday practice. No one else can do it for you.
- 2 Through the everyday practice of Soji, daily life is turned into meditation.
- 3 Through Soji, the Mother Earth is brought into our consciousness (SDGs).

(2) Soji is beyond borders

- 1 Beyond gender
- 2 Beyond social status
- 3 Beyond age
- 4 Beyond ability and skill
- 5 Beyond religion
- 6 Beyond wealth

3 Everyday Soji

(1) Have it simple

- 1 Have only a few things around
- 2 Have only good things around
- 3 Have no waste

(2) Be tidy

- 1 Be attentive to what objects say
- 2 Be attentive to where objects belong
- 3 Be attentive to the essence of objects

(3) Clean

- 1 Leave no dust in space
- 2 Leave your mind and heart pure

(4) Polish

- 1 Keep space empty and polished
- 2 Keep your mind and heart clear

4 What Soji can teach us:

- (5) See things as they are
- (6) Go beyond logical thinking
- (7) Be free from abstract thinking
- (8) Stop arbitrary value judgment
- (9) Power of habit
- (10) Know when to be content
- (11) Stop comparing oneself to others
- (12) Accept the unexpected
- (13) Rely on no one and nothing
- (14) Be in sync with others
- (15) Clean karma
- (16) Know when to accept the fate
- (17) Be free from self-esteem
- (18) Clean interpersonal relationship
- (19) Cleaning dust is self-interested?

5 The way of Buddha and the way of Soji

- (20) Shuri Handoku, a Buddha's disciple who was enlightened through Soji
- (21) Shinjin Datsuraku (Clean off the dust in mind and heart)
- (22) Hiei temple's practice of Soji Hell w/Master Somon Horisawa (Sanzenin temple)
- (23) Everyday practice at Enkaku temple w/Nanryo Yokota Roshi (Enkaku temple)
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- (27) Practice of alms collection is Soji of fear
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The author's previous work



A Monk's Guide to a Clean House and a Sound Mind

Shoukei Matsumoto
978-4-7993-1096-0
December 15, 2011
176p

Rights sold:
English (UK), (US),
French, German,
Italian, Dutch,
Korean, Lithuanian,
Portuguese (Brasil),
Russian, Spanish,
Vietnamese,
Simplified Chinese,
Complex Chinese (Taiwan)

About the author

Shoukei Matsumoto is a Shin-Buddhist monk who serves at Komyoji Temple in Kyoto. He was selected as one of the Young Global Leader Honourees by the World Economic Forum 2013. He is an author of many books, and is regarded as one of the most charismatic figures in the Buddhist world today. Graduating from Tokyo University's School of Religious Studies and completing MBA at Indian School of Business, Matsumoto opened the website higan.net, using it as a platform to hold concerts, as well as attract customers to his temple café "Kamiyacho Open Terrace." Having been undertaking unique activities, he has received domestic and international attention including the Financial Times UK. Matsumoto is a member of the Renge-Ji Institute for Buddhist Research, as well as a delegate for The U.S.-Japan Leadership Program.



300 Yards Golf Drive Made Easy For Everyone

300ヤードは可能です！ Takahisa Yanaga ISBN 978-4-7993-2349-6 176pages August 30, 2018

No stamping. No body turn. No follow through.

Based on ancient Japanese martial arts and theories of physics, this revolutionary golf theory will unleash the potential of your drive.

You can break your record at any age!

The author's YouTube video "300 Yards Drive Made Easy" went viral among Japanese golfers. Now, the secret of his record-breaking 405 yards drive will be revealed in one book.

All the conventional golf sayings are actually wrong?

"Stamp your foot on the ground in address position."

"Twist your body and charge the force in take back position."

"Shift your weight in swing position."

"Twist your waist sharply at the lowest point."

"Get a good follow through."

"A golf club with a heavy head and hard shaft is good for a long distance swing."

And so on and so forth.

Golfers are familiar with all these teachings, but actually, they are simply wrong.

A perfect drive does not require neither muscle nor vitality. Technically, any average golfer can easily hit 250 yards.

Furthermore, 300 yards drive is quite possible by learning a bit of techniques.

- Narrow your stance almost to an unstable degree.
- Do not twist your body at take back position, but simply turn your body to the right.
- Drop your golf club from top to bottom, instead of swinging it around your body.
- Keep your arms in front of your chest.
- Stop your stroke right before it hits a ball.
- And etc.,

14 drills and 3 lessons in this book will forever change what you know about golf.

Prologue

Part 1: 10 conventional golf sayings that are actually wrong

Address / Take back / Twist / Swing / Weight shift / Turn

Head speed / Follow through / Power / Club spec

Part 2: Break your mental limits! Drive drills for the maximum distance

Drill 1 Free flow address and starting position that frees your back and lower body

Drill 2 Do not twist your body at take back position, but fold the left side of your body

And more...

Special, advanced lessons that will instantly add 50 yards to your drive

Lesson 1 Know your 300 yards muscle

Lesson 2 Swing with both of your foot on the ground

Lesson 3 Break your mental limit

Part 3: How to win a driving contest

What is driving contest?

Mental training for driving contest

Body care for driving contest

Sports



Anger Free Life: The Essence of Anger Management

September 30, 2018

「怒り」が消える心のトレーニング＝アンガーマネジメント超入門＝ Shunsuke Ando ISBN 978-4-7993-2359-5 208pages

This one book is all you need to know knots and bolts of anger management.

The author is the forerunner of anger management in Japan who has published more than 20 books on the subject.

“This book comprehends all the teachings I have written and spoken.”

“The most comprehensive book on anger management one could find in Japan.”

“Highly recommended not only for practitioners, but also for beginners”

So he says, regarding his new book, Anger Free Life: The Essence of Anger Management.

In November 2017, an illustrated version of the same title was published in limited circulation all around Japan. Immediately, there were numerous requests from the readers for the complete version and full circulation. Now, it is finally published in the complete form, with special additions and new lessons.

Personal Growth

Chapter 1: 7 ways to instantly control your anger

- The peak of anger only lasts for 6 seconds
- Observe and describe your own behavior
- Evaluate your anger by a scale of 10

Chapter 2: 9 habits to make yourself anger free

- Do not go for alcohol or grumble! Deal with your stress wisely
- Keep “Anger Log” and know thyself
- Separate facts from ideas

Chapter 3: 10 habits to remain peaceful

- Face true feelings behind anger
- Do not blame yourself for being angry
- Know what is beyond your control

Chapter 4: 7 rules to properly use anger

- Use “I” instead of “you” to express anger
- Avoid saying “before” and “always”
- Do not be “about” but precise in expressing anger

About the author

Chief board member of Japan Anger Management Association. He went to the United States to learn anger management and brought the teaching back to Japan. He is the only non-American holder of the highest rank of the anger management training professional. Currently, there are only 15 holders of the highest rank in the world.

He has spoken and taught at numerous companies, educational committees, medical institutions and so on. Every year, more than 20000 people go to his seminars, lectures and workshops. His books sold more than 350000 copies in total.



A Zen Psychiatrist's Wisdom for A Restful Life

September 30, 2018

精神科医の禅僧が教える 心と身体の正しい休め方 Taishu Kawano ISBN 978-4-7993-2358-8 288pages

When is the last time you were truly well-rested? If you always feel tired no matter how much rest you get, you are probably not doing it right. The author, a Zen Buddhist and psychiatrist, will teach you the cutting edge, mindfulness approach to truly resting your mind and body. When is the last time you were truly well-rested? If you always feel tired no matter how much rest you get, you are probably not doing it right. The author, a Zen Buddhist and psychiatrist, will teach you the cutting edge, mindfulness approach to truly resting your mind and body.

Theory: Understanding why you are tired and how to properly rest your brain

- There are 3 types of mental and physical stress
- Multi tasking is the cause of mental stress
- Mindfulness is about moving from multi task to single task

Practice: 41 prescriptive tips to rest your brain

Chapter 1 Be aware of how your body is feeling

- Focus on your breathing, Body scanning meditation,
- Focus on how your feet feel

Chapter 2 Mindful approach to eating

- Be aware while drinking coffee and wine, Cook attentively

Chapter 3: Get the highest quality sleep

- 4 patterns that negatively affect the quality of sleep,
- Take a bath one hour before you sleep

Chapter 4: Be aware of how the nature is changing

- Stare at fire, Observe colors around you and describe them by words

Chapter 5: Treat yourself with care and love

- Brushing meditation, Self-care routines in a bath tab

Chapter 6: Communicate in a state of equanimity

- Always pay attention to the good side of others, Listen to negative stories while objectively summarizing them

About the author

Psychiatrist / chief monk at Rinkoji (a Rinzaï Zen temple). After practicing psychiatry for many years, he started his training as a Zen monk in 2011. Currently, besides his work as a chief monk at Rinkoji, he practices psychiatry by applying Zen and mindfulness approach to depression, PTSD, sleeping disorder and more.

Lifestyle



cover A



cover B

Lifestyle

The Secrets of Lifelong Beauty Beyond 45 Years

September 30, 2018

永遠美貌(エターナルマドンナ) R45編 女医が実践するいつまでたってもキレイの事典 Mana Iwamoto ISBN 978-4-7993-2365-6 (cover A)、978-4-7993-2378-6 (cover B) 296pages

Elegant wives, gorgeous celebrities, beautiful business women... How do they all keep their beauty regardless of their age?

The secret is now revealed. A 50 years old doctor, who is beautiful beyond age herself, will teach you the way of beauty and anti-aging!

20 common questions and concerns regarding anti-aging are answered with such clarity and depth!

To each question or concern, a prescription is given with the following 5 steps.

- STAGE1 Make up
- STAGE2 Skin care
- STAGE3 Non-surgery medical care
- STAGE4 Surgery medical care
- STAGE5 BACKSTAGE

- 1 A perfect plan to sharpen your face line!
- 2 Erase nasolabial folds, marionette lines, golgo lines... and goodbye to the old, saggy face!
- 3 What to do? My skin below nose is so loose and stretched now!
- 4 In my younger days, wrinkles on forehead was maybe charming, but...
- 5 How to erase skin spots?
- 6 What to do with black lines below eyes!
- 7 My eyes seem smaller than before... is it true?
- 8 Cheek, eyes, forehead... different parts of my face are being saggy....
- 9 There are many ways to cure skin smear and blurriness!
- 10 What to do with skin spots that get worse with aging?
- 11 My face pores are so loose now that my makeup does not stay long!
- 12 Red spots on your nose are what makes you look older!
- 13 My skin is so dry that it resists any moisturization!
- 14 Please come back my shiny skin of younger days...
- 15 Your neck tells more about your age than your face does!
- 16 The back of your hand is more important than you think
- 17 My teeth are yellow and gum is way below where it was before...
- 18 People can tell how old you are from the back
- 19 How to treat your body hair properly
- 20 When you are 45 years old, shall you aim for being skinny or chubby?

About the author

The author is a graduate from Tokyo Women's Medical University. After her residency at dermatology department of Keio University Hospital, she went to France to develop her expertise further. At several university hospitals, she learned and practiced dermatology, specifically, laser therapy and anti-aging treatment.

Based in France, Japan and Cambodia, she publishes information regarding beauty, health and lifestyle. Her book includes A Life-long Love Life: Learning Under A Parisian Madame (Discover 21 Inc.,) and others.