

Body

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Tenets

Body tenets are laws contained within the domain of Body to encourage fulfillment on the path of Body. You must create your own tenets and renounce tenets that do not aid your path. Tenets create freedom; they do not restrict it.

Do not neglect the body domain

At all times of life, you must pursue body mastery. Technological progress push to make the individual use the body less; the individual must push back.

This applies to parents. This applies to the elderly. All times during life.

The body is an orchard that must be cultivated in all seasons. If the orchard withers, you die soon after.

As you should touch each domain daily, training the body is required once a day, in any capacity. Sometimes training is a brutal session that leaves you crawling, other times it's low-intensity walking, or recovery activities.

Controlling your weather

Controlling your breath is controlling the weather inside your body.

Controlling your weather gives commanding power over your inner climate.

Your breathing should be deep, conscious, controlled, and manual at all times.

Proper Posture

Proper posture improves all things across all domains. It is an inherent mastery. There are no downsides to maintaining perfect posture.

Body anchoring

Body domain stillness is an inherent path to mastery. Stillness of the body encourages stillness(purity) of the mind and the spirit.

Be still while holding no tension in the body.

Relax all the muscles--the face, the fingers, the toes, every muscle; body scanning not for sleep, but for stress. Hold no tension. Sometimes you must body scan and relax each muscle one by one. Body scanning is effective to engage in before sleep to promote sleep, but can be done anytime.

Stillness is the proper appearance for a wanderer. Controlled and mastered.

An unstill body part, like a tapping foot or a twitching hand, demonstrates a lack of mastery over the body domain; but not always. Fidgets can be the body domain's way of crying out for attention, like an anxious dog who hasn't received enough physical activity.

Practice being as still as possible as an inherent mastery.

When you move, move deliberately. Otherwise, the body should be still and all muscles should be relaxed. Do not hold tension in any part of the body. When you observe tension, flex the tense muscle, then let it go.

Authentic sexual experiences

Do not pleasure yourself. Self-stimulation is the pursuit of pleasure which cannot be fulfilled.

Inauthentic sexual experiences are negative for the Body, Mind, and Spirit(BMS), where love and authentic connection is rewarding to all three domains.

The Menu(Template)

Make a list of the food and drink you consume. Creating your menu will help prevent overbuying and prevent buying everything you like each week, which can lead to waste and/or burnout.

Buy different foods and drinks in different weeks for variety.

Off-path foods are things you enjoy eating when you are off the path staying at The Inn. It may be wise not to keep off-path food in the house until you are off path. Or, never keep them in the house and go out when you want something at The Inn.

We have included starter categories below. Organize them as you wish.

The Menu

Meats

-

Grains/tubors

-

Vegetables

-

Dairy

-

Fruit

-

Nuts

-

Drinks

-

Herbs and Seasonings

-

Condiments

-

Misc.

-

The menu at The Inn(Off path)

Off-path foods should only be eaten off-path. The pursuit of good food is the pursuit of pleasure, which cannot be fulfilled. Eat for path-performance while on the path.

Musashi Dokkōdō Precept 13 | Do not pursue the taste of good food

The menu at The Inn

-

No list

Foods you tried that did not work out for you.

-

Posture & Presentation

Ad astra per aspera: Latin for “*To the stars through difficulties*”.

Proper posture is an inherent mastery for all wanderers. There are no downsides to maintaining proper posture—there are only upsides.

Posture

Ears over shoulders, shoulders over hips, hips over knees, knees over ankles.

"The golden thread above my head pulls me to the stars"

Imagine a golden thread on top of your head pulling you to the sky. You are a puppet controlled by your spirit by a thread attached to the heavens above.

This will keep your posture in line.

Your core must be lightly braced and pulled in as well. Your spirit thread pulled taut will lightly brace your core.

Presentation

Present yourself as a professional on and off the path— a little less professional off the path, but not less enough where the wanderer makes a fool of themselves and loses reputation with themselves, or amongst peers or their community.

You should appear impressive at all times. Accomplish this with proper body and facial posture.

Avoid touching your face and other sensitive areas of your body, like the inside of your nose or mouth, or your genitalia. Everything you interface with gets passed to the areas of your body you touch. Wash your hands before you touch sensitive areas.

Touching your face or other intimate areas can be physical manifestations of nervousness, fear, or other negative, omega emotions. When you allow your body to indulge in these negative emotional self-touches, you give the negative emotions more power. Instead of self-touching, be still.

Do not wear your feelings on your face unless you are with trusted allies. Practice having a “still face”, which is a relaxed face, with no tension. Allowing others to read your mind through your face is a vulnerability that others may take advantage of.

Breath

The breath is your wind. Control your wind to control your mind. You must be in control of your mind at all times. The breath is the anchor that binds you to the present moment; you have to be here to thrive here.

Use your wind to replace thoughts in the mind with Mushin(無心), a state of no thought—purity of mind. This mind-domain state can be described with a glass of water with sediment at the bottom.

When the mind is pure, the sediment is at the bottom of the glass. You do not have anxious thoughts swirling in your mind, the “monkey mind” as the Buddhists call it, or the overthinking, loud, anxious mind. When the mind is loud, the water in the glass is no longer clear. A loud mind taints the water as sediment(thought) takes the entire form of the water(mind).

When your mind is in the **Mushin(無心)mind** state, you slow the river of time because no time slips past you. The current slows. Most of the world is led by their minds instead of controlling their minds, so they aren't here—time slips fast when you're out of the moment. The mind is more useful when you lead it, as opposed to it leading you.

Breathwork should be conducted whenever the water of your mind is dirty. Purity of mind should be pursued at all times and is possible at all times.

After you have taken control of your mind by controlling your breath, you will observe a still mind. This can be accomplished with breathing methods. You will know when your breathwork is complete when the sediment of your mind is still.

Breathing affects the pH level of your blood. Breathing methods lower CO₂, which engages the body, which engages the mind, which engages the spirit. Both body and mind activation engage the spirit.

Breathing Methods

“Enjoy getting high on your own supply”

Wim Hoff

Manual breathing

Manual breathing instead of automatic breathing. This is the default breath pattern for a wanderer on the path.

The first thing a wanderer must do as part of their morning primer is switch to manual breathing. Every morning we take the responsibility of breathing back from the subconscious. Consider thanking your subconscious for breathing for you.

The Wim Hoff Method

Breathe all the air in through your nose, and let it go from your mouth. Full inhales, and a single pushing exhale. This pattern is repeated 20-50+ times, then full inhale/exhale recovery breathing, then holding the breath in a safe location.

Hoff provides free and paid tutorials for his method you can find. His training is recommended.

Komuso Design Shift Breathing Necklace

[The Komuso shift](#) is a breathing necklace inspired by the Komusō monks from the Edo period of Japan. The monks were known for using a bamboo flute not for music, but for their Zen meditation.

The shift necklace is for your exhale. It slows the exhale down, mimicking the meditation style of the Komusō monks. It is an effective tool for entering the Mushin(無心) mind state.

We highly recommend the Komuso shift. It is effective for meditation and breathwork, built to last forever, and an aesthetic compliment to any style.

[Take 15% OFF your Komuso shift](#)

Breath of Fire

The breath of fire comes from Kundalini yoga.

Rapid pushing inhales and exhales through the nose. Rapid fire, short, half-second duration inhale/exhales. 2-3 breaths per second.

Inhale - core expands

Exhale - core contracts

Full breathing

Inhale as deeply as you can. Hold it for as long as it is comfortable. Exhale as deeply as you can. Hold it for as long as comfortable.

Supplements(Template)

Having a vitamin or mineral deficiency will lower your quality of life and reduce performance across all domains. If you cannot get all of your vitamins and nutrients through food, you must supplement. Find what you are deficient in and supplement it.

Supplement 1

- Dosage procedure
 - benefit
 - benefit
 - benefit

Supplement 2

- Dosage procedure
 - benefit
 - benefit
 - benefit

Supplement 3

- Dosage procedure
 - benefit
 - benefit
 - benefit

No List

Supplements you tried that did not work for you.

Supplement 1

What didn't work out.

Supplement 2

What didn't work out.

Sleep

Good sleep is paramount for the wanderer.

The pursuit of mastery on the path is intertwined with sleep. The pursuit of mastery is taxing, while sleep is rejuvenating.

By pursuing mastery diligently on the path, you prepare for sleep, which prepares you for the pursuit of mastery. This cycle continues until death and maybe beyond.

The wanderer should aim to get the amount of sleep that makes them most effective in their pursuits of mastery. Seven hours is a good target for most, but the wanderer must do what is most effective for them.

In general, the harder you pursue mastery, the more sleep you will need, and the better your sleep will be.

If you cannot fall asleep, you likely have not pursued mastery in the domains of body and mind with enough vigor.

Body scanning

When preparing to sleep, scan your body and release every muscle so you hold no tension. By relaxing the body domain, your mind and spirit will follow suite. This includes the muscles in your face.

Wanderers are advised to begin their body scan from their toes, working their way up to the face and head.