

MisogiManager

COLLABORATORS

	<i>TITLE :</i> MisogiManager		
<i>ACTION</i>	<i>NAME</i>	<i>DATE</i>	<i>SIGNATURE</i>
WRITTEN BY		April 12, 2022	

REVISION HISTORY

NUMBER	DATE	DESCRIPTION	NAME

Contents

1	MisogiManager	1
1.1	MisogiManager 0.15 - Guide	1
1.2	MisogiManager 0.15 - Requirements	2
1.3	MisogiManager 0.15 - Copyright	2
1.4	MisogiManager 0.15 - Disclaimer	2
1.5	MisogiManager 0.15 - Introduction	2
1.6	MisogiManager 0.15 - Installation	3
1.7	MisogiManager 0.15 - Usage	3
1.8	MisogiManger 0.15 - Settings	3
1.9	MisogiManager 0.15 - ToolTypes	4
1.10	MisogiManager 0.15 - History	5
1.11	MisogiManager 0.15 - Contact	5
1.12	MisogiManager 0.15 - Misogi	5
1.13	MisogiManager 0.15 - The Art Of Peace	6

Chapter 1

MisogiManager

1.1 MisogiManager 0.15 - Guide

MisogiManager 0.15 - Index

Introduction

What? Why?

Disclaimer

Responsibility.

Copyright

About rights and wrongs.

Installation

No need to read.

Requirements

What you need to have.

Usage

Can you double-click?

Settings

No one is the same.

History

The evolution.

Contact

The author.

Misogi

The technique.

Aikido

The Art Of Peace.

1.2 MisogiManager 0.15 - Requirements

Requirements.

Misogi Manager does not play samples itself, therefore you must use a sample-player. Misogi Manager has been tested with both Play16 1.7 and OmniPlay 1.231.

Depending on the player, you can use any samples you like.

Play16 - Thomas Wenzel,
wenzel@unixserv.rz.fh-hannover.de

OmniPlay- David Champion,
dgc3@midway.uchicago.edu

1.3 MisogiManager 0.15 - Copyright

Copyright Notice.

MisogiManager is FREEWARE and may be henceforth distributed without any notification towards the author AS LONG AS you distribute it contained in the original archive, or an exact copy. No charges may be made to consumers, other than the cost of the carrying media added to the cost of transportation. In some cases administrative overhead may be charged as well.

Notification, although not obligatory, would be much appreciated.

1.4 MisogiManager 0.15 - Disclaimer

Disclaimer.

The author can and will not be held responsible for any damage to ANYTHING caused by the use of this program.

1.5 MisogiManager 0.15 - Introduction

Introduction.

Program: MisogiManager 0.15 - Breathing timer

Status: FreeWare

Function: Plays samples on regular intervals set by the

user.

Features: Font-sensitive, rescalable windows.

Motives: Wanted timer for Misogi breathing sessions.

Language: Assembly, Devpac Lite.

Editor: CygnusEd Professional V3.5.

Requirements: OS3.+, 68020+.

1.6 MisogiManager 0.15 - Installation

Installation.

Just throw everything in a drawer, but make sure that MisogiMan has an icon, otherwise you won't be able to save/load any settings.

1.7 MisogiManager 0.15 - Usage

Usage.

Double click the MisogiMan icon and away you go.

Window: The Misogi Manager window has a few gadgets:

- Start - Start your breathing session.
- Reset - Stop/Reset the timer.
- Pause - Pause your session.
- Cont - Continue if you were pausing.

Settings... - Bring up the settings window.

Quit - Quit the program.

1.8 MisogiManger 0.15 - Settings

Settings.

The Settings window consists of three parts:

Files - Player - to play the samples.
- Command - to be fed to the player.
(if you don't specify a command, the samples will be fed to the player as they are.)
- In Sample - to be played on breathing in.
- Out Sample - to be played on breathing out.
- Final Sample - to indicate the end of your breathing

session. (if you don't specify a sample here, the 'In Sample' will be used.)

Timing - In - in breathing duration.
 - Out - out breathing duration.
 - Times - number of breath in/out pairs.
 - Delay - delay before a session starts.

Misc - Save Checkbox - check it if you want all window dimensions and positions to be saved if you press the save button.

Save - Saves the settings to the MisogiMan icon.
 Load - Loads the last saved settings from the MisogiMan icon.
 Use - Uses the current settings.
 Cancel - Cancels the changes made in the settings window.

All settings can be set via
 Tooltypes
 , but why would you want to
 do that?

1.9 MisogiManager 0.15 - ToolTypes

ToolTypes.

All tooltypes can be accessed via the settings-window.

PLAYER=path/player player that plays the samples

COMMAND=string command to be fed to the player

ISAMPLE=path/sample breath in sample

OSAMPLE=path/sample breath out sample

FSAMPLE=path/sample final sample to indicate end

IN=number breath in duration in seconds

OUT=number breath out duration in seconds

TIMES=number number of breath in/out pairs

DELAY=number delay duration in seconds

MAINX=number window x-coordinate in fontwidth/4

MAINY=number window y-coordinate in fontheight/4

MAINW=number window width in fontwidth/4

MAINH=number window height in fontheight/4

SETTINGSX=number settings-window x-coordinate in fontwidth/4

SETTINGSY=number settings-window y-coordinate in fontheight/4

SETTINGSW=number settings-window width in fontwidth/4

SETTINGSH=number settings-window height in fontheight/4

FREQX=number file-requester x-coordinate in fontwidth/4

FREQY=number file-requester y-coordinate in fontheight/4

FREQW=number file-requester width in fontwidth/4

FREQH=number file-requester height in fontheight/4

1.10 MisogiManager 0.15 - History

History.

- 0.1 - aminet release.
- 0.11 - 2 enforcer hits found and fixed.
- 0.12 - Minutes left gadget now works.
- 0.13 - Current file in file-requester file-gadget.
Improved gadget-macros, saves some bytes.
Added Aikido information to guide.
- 0.14 - Improved GUI-code.
Remembers settings window position.
- 0.15 - Better support for proportional fonts.

1.11 MisogiManager 0.15 - Contact

Contact.

Author: Rafael Calderon
Zd. Parallelweg 155
6812BZ Arnhem
Gelderland
The Netherlands

Email: damian@cybercomm.nl

http: www.cybercomm.nl/~damian

Append '/personal/projects.html', without the quotes, to go to the 'Projects-Page' directly.

1.12 MisogiManager 0.15 - Misogi

Misogi.

What is Misogi?

Misogi is a breathing technique that can help a person to relax and to build up energy(ki).

How do I practice Misogi?

According to Koichi Tohei, an Aikido master, you should practice it like this:

Sit down on your knees and straighten your back.
The space between both your knees is two fists.
Your big toes must touch eachother or overlap.

Let your hands rest on your legs.
(this sitting position is called 'SEIZA'.)
Focus on your body's centre of gravity, just below your belly-button. (seika-no-itten, hara, one-point, seiko-tanden.)
Relax your shoulders and close your eyes.
Your eyes should be closed throughout the entire session.

Delay 1b. Shape your mouth as if you are saying 'ah'.
Now slowly start breathing out, squeeze out every single molecule of air. While squeezing out your 'last' breath, bend over a little.

1c. After breathing out, hold it for two seconds.
In Close your mouth and start breathing in gently.
Let the air flow via the back of your head.

1d. After breathing in, bring the air down to your centre as if you would let it slide via the muscles of your back into your abdomen.

1e. Hold it for two seconds.
Out Now breath out as described in 1b.

Times Repeat this process over and over until you feel relaxed.

Beginners can start with 15 seconds in breathing and 15 seconds of out breathing, but your goal should be to extend the period to maybe 1 minute. (30 seconds in, 30 seconds out.)
In total you should try to Misogi for half an hour at least and you should really try not to cheat yourself.

This explanation is a rough translation of what was printed in a book by Koichi Tohei, 'Aikido in daily life', but it might deviate from what he actually has written.

1.13 MisogiManager 0.15 - The Art Of Peace

Morihei Ueshiba

Morihei Ueshiba (1883-1969) was history's greatest martial artist. Even as an old man of eighty, he could disarm any foe, down any number of attackers, and pin an opponent with a single finger. Although invincible as a warrior, he was above all a man of peace who detested fighting, war, and any kind of violence. His way was Aikido, which can be translated as "The Art of Peace." Morihei Ueshiba is referred to by the practitioners of Aikido as O Sensei, "The Great Teacher".

The Art of Peace is an ideal, but it developed in real life on many fronts. Morihei in his youth served as an infantryman in the Russo-Japanese War, later battled pirates and bandits during an adventure in Mongolia, and then, after mastering a number of martial arts, served as an instructor at

japan's elite military academies. Throughout his life, however, Morihei was sorely troubled by the contention and strife that plagued his world: his father's battles with corrupt politicians and their hired goons, the devastation of war, and the brutality of his country's military leaders.

Morihei was on a spiritual quest and was transformed by three visions. The first occurred in 1925, when Morihei was forty-two years old. After defeating a high-ranking swordsman by avoiding all his cuts and thrusts (Morihei was unarmed), Morihei went into his garden. "Suddenly the earth trembled. Golden vapor welled up from the ground and engulfed me. I felt transformed into a golden image, and my body seemed as light as a feather. All at once I understood the nature of creation: the Way of a Warrior is to manifest Divine Love, a spirit that embraces and nurtures all things. Tears of gratitude and joy streamed down my cheeks. I saw the entire earth as my home, and the sun, moon, and stars as my intimate friends. All attachment to material things vanished."

The second vision took place in December of 1940. "Around two o'clock in the morning as I was performing ritual purification, I suddenly forgot every martial art technique I ever learned. All of the techniques handed down from my teachers appeared completely anew. Now they were vehicles for the cultivation of life, knowledge, virtue, and good sense, not devices to throw and pin people."

The third vision was in 1942, during the worst of the fighting of World War II and in one of the darkest periods of human history. Morihei had a vision of the Great Spirit of Peace, a path that could lead to the elimination of all strife and the reconciliation of humankind. "The Way of the Warrior has been misunderstood as a means to kill and destroy others. Those who seek competition are making a grave mistake. To smash, injure, or destroy is the worst sin a human being can commit. The real Way of a Warrior is to prevent slaughter - it is the Art of Peace, the power of love." Morihei secluded himself in the country and devoted every minute of his life thereafter to refining and spreading Aikido, the Art of Peace.

Unlike the authors of old-time warrior classics such as *The Art of War* and *The Book of Five Rings*, which accept the inevitability of war and emphasize cunning strategy as a means to victory, Morihei understood that continued fighting - with others, with ourselves, and with the environment - will ruin the earth. "The world will continue to change dramatically, but fighting and war can destroy us utterly. What we need now are techniques of harmony, not those of contention. The Art of Peace is required, not the Art of War." Morihei taught the Art of Peace as a creative mind-body discipline, as a practical means of handling aggression, and as a way of life that fosters fearlessness, wisdom, love, and friendship. He interpreted the

Art of Peace in the broadest possible sense and believed that its principles of reconciliation, harmony, cooperation, and empathy could be applied bravely to all the challenges we face in life - in personal relationships, as we interact with society, at work and in business, when dealing with nature. Everyone can be a warrior for peace. Although Aikido originated with Morihei in Japan, it was intended to be a gift for all humankind. Some have chosen, or will select in the future, Aikido as their own particular Way, practicing it on the mats and applying it to their daily lives. Many more have been and will be inspired by the universal message of the Art of Peace and its implications for our world.

The divine beauty Of heaven and earth!
All creation, Members of One family.

Excerpted from the Introduction written by John Stevens for The Art of Peace. A collection of quotes from the teachings of Morihei Ueshiba, the Founder of Aikido.

More can be found at:

www.aiki.com - 'Aikido Today Magazine'

Or try 'aikido' at search engines, there are even some great mpegs around.
