

Koichi Tohei

Quotes

*World, Body, People, Art, Mind, Philosophy, Practice, Moving, Determination,
Matter, Doe, Mean, Light, Might, Hands, Blessed, Absolutes, Understanding,
Lions, Infinite*

Be vigorous and full of energy, and make ceaseless efforts. This means that little things do not discourage you and that you approach all things boldly and with an attitude of determination.

~Koichi Tohei

Practice is not a matter of years and months. It is a matter of concentration.

~Koichi Tohei

Let us have a Universal Mind that loves and protects all creation and helps all things grow and develop. To unify mind and body and become one with the Universe is the ultimate purpose of our study.

~Koichi Tohei

You must practice to be able to return to essential principles at any moment.

~Koichi Tohei

Power of mind is infinite while brawn is limited.

~Koichi Tohei

After realizing a principle, unless you learn it with your body you cannot expect to get true understanding. Scholars in particular tend to learn in theory only.

~Koichi Tohei

If might is right, then the world will tear itself apart. We must strive to create a world in which right is might.

~Koichi Tohei

They say that a lion puts his all, even into catching a rabbit. You should make it a habit of putting your all into every little thing you do.

~Koichi Tohei

There is no conflict in the absolute universe, but there is conflict in the relative world.

~Koichi Tohei

When you coordinate your mind and body, you have unlimited access to the wisdom of the universe.

~Koichi Tohei

One little light can light 10,000

~Koichi Tohei

When a watch is broken you take it apart to analyze what is wrong with it. When a technique does not work, if you analyze it carefully you can always find out what is wrong.

~Koichi Tohei

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