



MMA Vol. 10 Why Do We Need To Lie Down?

I talked about the importance of "nose breathing" and "warming the intestines" in the last two volumes. These are important because they strengthen the immune power. Now there is one more thing which is important to strengthen the immune power. That is "GIVING REST TO THE BONES."

The bones are not just supporting our body but also creating our blood. When we are doing something contrary to the pull of gravity, during that time we do not create blood in the bones. This is because we need to consume a lot of energy due to the stress that gravity causes. Even when sitting in a chair the body is still affected by stress from gravity.

On top of that, sleeping while lying down is important because when we are awake, we have to consume energy for the brain.

In Eastern Medicine, it is said that walking damages the Liver energy, standing damages the Kidney energy, sitting damages the Spleen energy and lying down damages the Lung energy (Watching damages the Heart energy.). You want to say, "lying down still damages our energy!", don't you? That is right because it is considered that lying down makes the circulation of energy difficult. That is to say, if you don't move your body the proper amount, you can't make the circulation of the energy better, but if you don't lie down, you can't create the energy.

Proper amount is important for everything, but if you are diseased, it is especially

important to lie down for a long time and sleep soundly to get back the energy to fight against disease.