

# **Zen Training Kit: Manual**

Hi, this is Kaz Iso.

Welcome to your Zen Training Kit!

I have been practicing Zen for 30 years now, and it has helped me tremendously with my career, business, wealth and happiness, and I'd like to share with you my essence of 30 years of practice first time to American audience free of charge.

In this free Zen Training Kit, you will learn how to:

- Make “right” life decisions every time!
- Know which path leads you to success AND happiness
- Decide which way to go at the turning point in your life

Learn the secret of practical Zen and be the driver of your life! Read below for instructions on how to start. I am excited for your success and wish you the best.

Your Spiritual Master,



Kaz Iso

## Instruction On How To Start:



1. Read the ***Zen Kit Workbook*** and answer the exercise on “Before Zen Program” exercise.
2. Set up a clear environment. Turn off your cell phones, unplug your landline. Tell your family members you will be doing zen so there is no disturbance.
3. Decide your sitting posture where your spine will be straight from your pelvis up. Posture is very important to ensure your smooth energy flow through your spine. Choose a position you can sit for as long as half hour. You can sit in a chair if that’s more comfortable.
4. Decide your hands position. Some prefers putting their hands on the knee, and some create circle with both hands in the center of your body. Any position is fine as long as you are comfortable and be able to stay in that position long enough.
5. Close your eyes and start breathing out slowly. Start with 10 seconds and as you get comfortable, breathe out even slower for 15 to 20 seconds.
6. Just focus on breathing out. When you breathe out completely, you will breathe in automatically.
7. When you focus on breathing, some ideas may pop up in your mind. Make a decision not to pursue them. Let them go. Keep your mind empty.
8. Stay focused on your exhale. It’s a good way to not think of anything else.
9. When you feel completely relaxed, start moving your toes, fingers and other parts of your body. When you are ready, you can open your eyes slowly.
10. Read the ***Zen Kit Workbook*** and answer the exercise on “After Zen Program” exercise.