

Kototama Inochi Medicine

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Doctor of Kototama Life Medicine
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Through the study of the basic sounds of human language he sought to convey the Grand Unifying Principle of the human intellect as a reflection of the unity of the Universe. He taught, "the voice is the self-expression of life," That is, 'reality' exists by virtue of the human expression of it.

To Ogasawara Sensei, the spiritual sense of "we are all one" and the religious sense that "we are made in the image and likeness of God" are fact which need be explored and used to reunite the world population. The Kototama Principle holds that the essence of humanity manifests as language; creating art, science, social intercourse, philosophy and medicine; and that the human can attune to the order and logic of the Creative Force. Thus, we as individuals may understand and act in accordance with this principle.

Just as the chemist understands that matter is comprised of four basic elements and the physicist speaks of the universe being comprised of four basic elemental energies, the principle of Kototama focuses on the basic rhythms of creation as being manifest in the five vowel sounds of language. Applying this premise to the Five Element Theory of Oriental Medicine is a keystone of Kototama medicine. By treating patients according to Kototama Five Element principles, the results are remarkably better than following the traditional order of the elemental energies.

This universal rhythm manifests in the meridians and the pulses used in traditional oriental medicine are the indicators of synchronicity of this energy. The mastery of the pulse at 'Stomach #9' ("Jingei Diagnosis") enhances understanding of the subtler aspects of the wrist pulse diagnosis.

The practice of Kototama medicine, while based on the principles of Sound Rhythm and mastery of seventeen pulses, also draws upon healing techniques developed over time in the Orient. Included in this system of medicine are the muscular/skeletal manipulative therapy, that evolved through the art of Judo, Kappo; the soft tissue treatment form developed by the Buddhist monk, Sakai Sensei; Sakai Hon Rei TE A TE; many of the dietary principles formulated by Professor George Oshawa; the techniques of Anma (Japanese massage); Shiatsu (treatment of the meridians by hand) and the Shinto appreciation of natural simplicity. This inclusive method of health care was developed through the studies and practice of Dr. Masahilo Nakazono and taught by him at his school, The Kototama Institute. Dr. Thomas E. Duckworth undertook an intensive ten year apprenticeship with Nakazono Sensei, earning the Doctor of Kototama Life Medicine degree in 1987 for his research and contributions in clarifying the Roku-Bu-Jio-Yi

pulse diagnosis based on the Kototama Principles.

Kototama Life Medicine has thus evolved as a system of health care in which diagnosis by the wrist and neck pulses are central to the practice of medicine, the principles of treatment are based on the application of the Kototama Principle to traditional methods and concepts and the system of treatment incorporates handwork, manipulative therapy, diet exercise, movement, centering techniques and acupuncture. Students of Kototama Medicine are able to correct pulse conditions with their hands before they learn acupuncture techniques. They know how to guide a person's diet by reading the pulses and they must work on themselves before they work on another. Kototama Life Medicine is not a system of acupuncture, it is a system of health care based on the pure energetics of the individual as discerned in the pulses; therapy may take many forms.

Inochi Medicine is a further evolution of Kototama medicine which recognizes, as did the Yellow Emperor, that knowledge from the East, North, South and West must come together for there to be a true holism in health care. Inochi Medicine seeks to bridge the gap between medicines. It incorporates regional herbalism, folk medicine, naturopathic and allopathic disciplines, as well as the latest advances in tactile therapy, psychological guidance and sociological needs, tempered by compassion and humility.

Inochi Medicine has grown out of the studies of Dr. Duckworth who practiced Hindu and Buddhist studies, western herbalism, mid-wifery, was an Emergency Medical Technician Instructor/paramedic as well as an organic farmer before he began studying the Kototama Principle and Oriental Medicine.

For nine years Dr. Duckworth studied the Roku-Bu-Jio-Yi (wrist) pulses in his clinic and attempted to clarify his understanding of them in light of his studies of the Kototama Five Element principle. In the summer of 1986, he made his presentation to his teacher, pointing out the inconsistencies of the traditionally held interpretation of the wrist pulses. Nakazono O-sensei acknowledged that he too had difficulties with the traditional interpretation of the wrist positions and they applied the Kototama order to this aspect of diagnosis, treating patients accordingly. This rearrangement and reinterpretation of various qualities found in the wrist diagnosis is the basis of Inochi Medicine.

In addition, Dr. Duckworth began incorporating the knowledge and wisdom of Occidental naturopathics and Western Medicine into the diagnostic and treatment plans in his practice. Western herbs, acute care techniques, natural medicine knowledge of America and Europe, including homeopathy, and the resources of modern medicine all fall within the realm of 'life medicine.' Ogasawara Sensei stated, "The voice (Kototama) is the self-expression of Life (Inochi)." Inochi Medicine is the ever inclusive method of health care which represents the dignity of life, the dignity of the individual and the boundless capacity of the human to synchronize with the Will and Power creating and sustaining life itself.