

# Fundamental design of Lab Link nature tour

--Harmonized lifestyle that design of Lab Link creates

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## <Let's feel your self now>

Do you feel what is your self now?

Please close your eyes, till you feel the sound of your heart

Please apply consciousness to the inside sound of your body, while you breathe calmly.

You keep breathing deeply calmly.

Please apply consciousness to an inside sound from an outside sound.

Please wait till you feel a sound of heart

You can listen to the sound of bloodstream in your ears.

Your mind creates various images and words. But let's leave it.

You merely try to watch images and words that your mind gives yourself.

Please continue watching them so that you watch a movie.

## Let's ask ourselves, " How do I feel now? "

I have pain in my waist.

I am tired.

I am irritated.

Do various messages reach you from a body?

Please apply consciousness to your outside, sound of the room.

Let's ask ourselves, " How do I feel now? "

I feel uneasy about the sound of the air-conditioner.

I feel uneasy about the odor of the other person.

Our body catches a lot of stimulation.

The stimulation that our body catches ties to our mind.

Please open the window right now

Please look at blue sky and trees for a while.

Please close your eyes,

Please wait till you feel a sound of heart

Let's apply consciousness to the sound outside.

## Let's ask ourselves, " How do I feel now? "

Wind passes through a nape.

Light warms skin.

Do your senses of the body change?



Let's skip on the spot.

What kind of feeling do you catch when you continued it for one minute?

What kind of feeling do you catch when you hum on the way?

Do you remember the time of the child?

Does your face turn into a smile?



Much stimulation that your body catches and usual movement of your body make your mind.

When you change some stimulation and movement of the body,

You can greatly change the situation of your mind.

### **< Our body continues feeling >**

Our body always knows everything that our mind needs.

Through power to feel,

Our body continues always giving our mind various messages.

Our body always seeks pleasure for our mind.

Pleasure or unpleasantness decides various situation of our mind.

Our body complains to our mind by some pain, fatigue and depression

These are messages of our body.

When our body wants to change stimulation and way of moving,

Our body gives our mind these messages.

When we feel weariness slightly, we want to eat a sweet thing.

When we feel tiredness a little, we want to become alone.

When we feel strain, we want to leave this place.

When we feel fatigue, we cannot completely move.

### **Which is your present condition of tiredness?**

We unconsciously try to change stimulation,, depending on the difference of tiredness.

All sense of body tells to our mind that

we change to the stimulation of pleasure from unpleasantness.

Our sense tells to our mind that we change movement of body for pleasure.

These sense are messages from our body

Sense is bridge that our body links to our mind.



### **When we change all stimulation, how does our sense change?**

Please look around everything in your room.

All stimulation except of you, family, the pet and planet, is artifacts.

Our lifestyle that is surrounded by artifacts may be unnaturalness.  
Our lifestyle that is surrounded by artifact becomes our life itself.  
Therefore our mind cannot recognize unnaturalness.  
But our body always becomes aware about unnaturalness.

A lot of places in the world exist without much artifact stimulation.

The places are naked nature, wild nature.

Numerous creatures live in the places.

Some places exist in much artifact stimulation.

The places are artificially developed area.

Most of modern human live in artificially developed region.

Our body belongs to natural creatures.



### **When we stay in wild nature, how does our body change?**

How does our mind change?

Can you become aware about origin of yourself?

Wild nature has power of the life.

We also have potential power of life here now.

Ourselves are nature itself.

### **<Harmony with nature>**

Have you visited to place that there is nothing of artifact?

Have you looked at a blue sky, the sea, forest and the wilderness in there?

We can feel the most pleasure in nature region that there is nothing of artifact.

We can feel the most pleasure in wild nature region where nobody comes in.

We can feel that a flow of time changes immediately.

Let's experience to do nothing in place that artifacts exist in nothing.

Please lie down in the grass, and look up at the sky and look at the wilderness.

Please lie down in beach where we can look at only the ocean, and listen to the sound of the wave.

Please float on calm deep blue oceans, and abandon ourselves to quiet wave lapping on the edge of the surf.

You can feel that your breathing change deep in the whole body without your awareness.

### **We live here now.**

#### **Itself of living as ourselves gives excellent relaxation to our mind.**

Please enjoy simple movement in wild nature region.

Please try to stretch and shrink.

Please shake your hip.

Please sweetly touch your all parts of body.

Let's move your body depending on the request of the body.

Move your body freely from your mind.

Stretch your hands with your total body.

Walk on shaking your body.

Swing rhythmically waist as dancing.



You can discover that all movement leads to pleasure and your body unifies  
with your mind through sense.  
Then you are astonished at the fact.



**The best gift that our body gives our mind is all movement.**

When we get relaxation and move freely our body in wild nature region,  
our mind recognizes potential power of our body.  
Our body as natural creature is power of the life that we have.  
We are one species of natural creatures

**<The secret key >**

The most pleasure links to rich emotion with laughter and the tears.  
The most pleasure links to power for changing of your everyday life.

**When we accept request from our body, our body gives gift to our mind.**

**Please experience deep relaxation in wild nature region.**

The memory that is unforgettable in your mind.  
The unforgettable memory becomes your imagined scenery.  
When you are suffering and miserable, imagined scenery helps your mind.

**Please move slow and freely depending on request of your body in urban region.**

As soon as you look up at the sky in urban region, your mind can fly in imagined scenery.

**Please feel message of your body in your peaceful room before sleeping.**

As soon as you remind imagined scenery, your body revivifies the most pleasure.

**The secret key that you open the door of your sub consciousness.**

**While you stay in urban region, you can obtain a secret key that makes your mind calmly.**

You can open the door of your mind by the secret key.  
You can get genuine health and beauty by self-acceptance  
You can notice that yourself are love itself.

**<Our mind can be harmonized with our body in power of our lives >**

When you experience natural tour of Lab Link that is a kind of sustainable tourism,  
you can get the most important potential power  
by your psychosomatic development.

The most pleasure  
Unforgettable image scenery  
The secret key that you can open door of sub consciousness.

**Design of Lab Link guides you  
that your mind is harmonized  
with your body in your daily lifestyle.**



**Lab Link**

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