

# I RETURN TO THE LIGHT ; A Kokishindo Practice.

## Replacing Negative and Spirit Harming Emotional Practices with Healthy, Empowering and Peaceful ones. A Practice for Husbands

### The Root of the Wound

- When shaken by two blows at once: a moral collapse and then a physical injury. That double strike carved deep grooves into your mind and spirit.  
Since then, when you feel like control slips away, you grasp for something that gives quick comfort but leaves you emptier—porn. It is not really desire, it is medicine for panic, stress, or despair. But the medicine is poison.

### The Pattern

- **Trigger:** feeling powerless, overwhelmed, or attacked.
- **Reflex:** turn to fast escape (porn bursts).
- **Result:** temporary relief, followed by guilt, diminished worth, and distance from Angela and the Lord.  
This is not lust alone—it is pain-management gone astray.

### Wife/Spouse will Detect Spiritually Something is off.

Their spirit senses truth. A wife often feels what the husband hides. Dreams may show her the shadow you wrestle. Not as condemnation, but as warning and plea: “Do not lose yourself.”

### Path Back to Honor

1. **Name it clearly** – Do not hide. Say aloud in prayer: “Lord, this is my weakness. This is where I fall.” Darkness hates the light.
2. **Interrupt the cycle** – When the urge rises, breathe, stand, move the body. Replace the reflex with small ritual: mokusō, karate stance, scripture verse, cold water on face. Build a new first move.
3. **Seek safe fellowship** – Confide in trusted brother, priesthood leader, or counselor. You do not need to fight alone.
4. **Anchor in Word of Wisdom** – Step away from false fires of the mind. Both are quick flames that burn out the soul.

**Rebuild Makoto (誠, sincerity)** – Each day practice one act of clean truth: a word of honesty, a moment of service, a prayer of confession. These stack stones for a new altar of self.

### Insight into You

Your flaw is not that you are corrupt—it is that you seek comfort when control is lost. The weakness is *escape*. But the strength is still there: you keep returning to the Lord, to your wife, to the vow of Kokishindo. That shows your true intent is pure. Like Miyagi say: *“Lesson not just karate only. Lesson for whole life. First lose balance... then fight with self. When balance return... peace return.”*

a **Daily Mokusō Shield** for you—simple, repeatable, and rooted in Kokishindo and the gospel. This will be your *first move* when temptation rises.

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## Daily Mokusō Shield – “I Return to Light”

### 1. Posture

- Stand in **yoi** stance or sit straight.
- Hands open, palms upward, symbol of honesty.  
Breathe deeply, slow.

### 2. Three Breath Pattern

On each inhale, say silently:

1. “**I draw power from Heaven and Earth.**” (Heaven = God, Earth = creation)
2. “**I become the mountain—unshaken.**”  
“**I return to Light.**” (turning away from shadow, toward Christ)

### 3. Kanji Anchor

Visualize this phrase glowing before you:

- 光助 (*Kōsuke* – Helper of Light)  
Say: “*I choose Light. I choose Makoto.*”

### 4. Scripture Strike

Speak aloud one verse:

- “*Watch and pray, that ye enter not into temptation.*” (Matthew 26:41) Or  
“*I will not boast of myself, but I will boast of my God.*” (Alma 26:12)

### 5. Closing Gesture

- Bow slightly, hands together, say: “**Makoto.**” (Sincerity)
- Then move body—kata, other ritual, or even step outside—so spirit and body shift together.



**Purpose:** This ritual is short—under two minutes—but it interrupts the old cycle. It replaces reflex with vow. Each time you do it, you cut a new path in the brain and soul.

# DAILY MOKUSÔ SHIELD

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### 5. CLOSING GESTURE

Makoto." (Sincerity)

Then move body—push-ups, kata, or even step outside—so spirit and body shift together.