



BODY Dialogue

The Joy of Life

by
Joe Zawielski

What a long strange trip it has been.

Journey into the gray area--no pun intended

It started over three months ago with slurred speech and left side weakening. *Oh No, I am having a stroke.* That is not good. After the initial shock of thinking that I had a stroke, I became okay with it. I think that with some physical therapy, and a change in my diet I will be up and running in a little while. My symptoms worsened and I ended up back in the Emergency Ward of a local hospital.

Oh No! I hope I had a stroke. That would be good. An MRI showed that I had a 2.6 cm mass at the base of my brain. They needed to know what type of growth it was. Biopsy was too dangerous for the Worcester doctors so they did various tests to find clues as to the type of tumor. They did a PET scan to see if I had other cancer growths in my body. Now I am praying that they find cancer in my body. Crazy thinking --with stroke (that is bad no wait that is good). Search for more cancer (none found- that is bad , no wait. that is good). What is good? What is bad? Things are neither bad or good. They are just what they are. The middle way.

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Remote Keiko

by
Eva Thaddeus, Mathew Shorten, Stephen Billias, Mary Coe Foran

[In the Fall of 2017 members of Shintaido Northeast (and beyond) participated in a series of "remote" keiko along the lines of Ito sensei's Taimyo Network practice. We met at designated times to send our energy to General Instructor Joe Zawielski, who is undergoing treatment for a brain tumor. Joe's impressions of his experience are contained in the article at left. The write-ups in this article are from some of the people who participated in the remote keiko. Ed.]

Eva Thaddeus:

I am part of a local activist group and at the scheduled time of the third remote keiko I was in an evening meeting. However I set my watch for 7:58 and when it went off I excused myself from the meeting and went to the bathroom. There I did one tenso dai and a big tenshingoso.

As I opened into tenso, I felt an upwelling of enormous gratitude that I have friends like all of you, beloved people with whom I have shared this beautiful practice for the last 30+ years of my life.

It was a 3-minute keiko and glorious.

Matthew Shorten:

I've never been known as one of those people with great subtlety of body awareness or wonderful internal sensitivity. More of a plodder for whom phenomena need to be blatantly tangible.

Sensei: "When you move this way, you should feel it down there".

Me: " Um, where exactly?"

Another Sensei: " So, can you grow this ball of energy between your hands?"

Me: "I'm not really getting it."

So when calls go out for helping someone by doing keiko remotely, I'm always a bit skeptical about the results. I believe in the power of prayer, but not the kind of intercessory prayer where you ask God to spare your loved one because they're special to you, or ask for a personal favor just this once.

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Shintaido of America (SoA) and International Shintaido College (ISC) Updates

SOA board member elections are occurring in September 2017 for the next two-year term.

The SOA Board is working with the SOA NTC to have Shintaido Kenjutsu videos that have been reviewed by Ito-sensei as a formal reference for instructors and members.

SOA NTC is working with the European Shintaido College (ESC) on the Kenjutsu exam curriculum. The first Kenjutsu Sho-Dan exams are being given by Ito-sensei and Minagawa-sensei in October 2017 in Prague.

Planning is underway for January 2019 to have a joint East Coast/West Coast Kangeiko in the SF Bay Area. Look for more updates in the coming months. For those who do long range planning, 2020 and the ISC International will be the next event to be further discussed!

SOA needs our members so if you wish to contribute on a committee to work on membership, social media, website development or other another topic to promote Shintaido - please reach out to Connie Borden bordensheets@aol.com to volunteer!

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DEADLINE FOR SUBMISSIONS

There is no future deadline for submissions. See the article in this issue of *Body Dialogue* about the change to a WordPress format. Please submit articles, poems, pictures at any time to the editor at newsletter@Shintaido.org.

Body Dialogue is published by Shintaido of America (SoA), a non-profit organization.

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Remote Keiko *Continued from p.1*

I don't believe the Spirit comes so cheaply.

At Quaker Worship, we often ask the Meeting to "Hold our friend ... in the Light " as they deal with ..., and sometimes they report back that they felt the warmth or grace, and it helped.

But when Joe was attacked, apparently out of the blue by this tumor, those of us who have come to care for him deeply knew we had to do whatever we could to help. When he let it be known that he'd like us to stay connected by offering our Shintaido practice (in addition to ice cream and cheesecake), of course we would.

I was at a conference in Castleton College, Vermont at the time. I found a quiet spot and tried to clear my brain of busyness. I did a lot of Tenshingoso focused on the distant Green Mountains, always with Joe as the center of my intentions. As with praying, I tried to be as mindless and selfless as possible. I visualized my energy passing over the peaks and clouds, to land with healing chi around the tumor.

Who knows what tangible effect any of this has, but here's what I do know. I felt more centered and connected afterward, and Joe has continued to make a steady recovery.

Blessed be!

From the Pac Shin group, link to a short video of offering for Joe and others:

https://www.youtube.com/watch?v=6UaL_EVHOQo

Stephen Billias

Bela and I did the remote keikos in our home. We found a spot facing toward Joe in Worcester or Boston, and did a few different Shintaido movements. The most successful of these was when we did a three-person Tenshingoso, with Joe as the absent (but present) third person. I can't speak for Bela but only for myself that I felt Joe's character and influence strongly. Nice kumite. Thanks, Joe!

Mary Foran

Opening Our Hearts--A Beginning Remote Keiko with Intention for Joe and Deb Z.

Monday August 7th, 2017 -- 7:45 p.m. EDT

Joe asks that we start in Om.

7:10 I enter the backyard and scan the ground for sticks and stones.

7:20 Time to change into my gi.

7:30 Next, I take out my bokutoh, go outside and bow.

7:35 The phone rings. Joe and I chat for a few minutes.

7:45 It is raining ever so slightly. The moon is bright. I sink into Om with others. Tenshingoso. Diamond cutting.

Somewhere along the way, I notice the neighborhood kids are on their back porch watching me. I remember when Joe and David came to my school and how, during the demon-

stration, I watched the students watching my teachers.

Sending, receiving, being.

Healing, love, peace.

Bow.

Your Practice, Whatever it is, Will Be Perfect

Thursday, August 17th at 8:00 p.m. EDT

Joe specifically asked that we start with whatever inspires us of us as we think of connecting to the Universe.

I'm worried. I'm tired. I have not been getting outside.

7:45 I decide not to change into my gi, but lace up my sneakers.

7:55 What a nice night! I start with a bow and begin walking and breathing.

8:00 As I walk around my neighborhood, several people are out and about. We exchange hellos. Connecting, appreciating, enjoying.

As people go indoors, the trees begin to look more and more like keiko partners.

Roots in the earth. Arms outstretched. Tops piercing the sky.

Long ago our Worcester group explored the old growth Sheldrick Forest. I remember we started with *Ten Chi Jin* (connection between heaven, earth, and our bodies) feeling, then we created circles and felt small and big, past and present, at the same time. Too many times to count, Joe has given gorei with the sky, trees, earth of our dojo at Trout Brook in Holden, MA.

Bow.

Be Fully Present, Without Worry for the Future or Concern About the Past

Wednesday Sept 6th at 8:00 p.m. EDT

Joe asks that wherever you are, in whatever you are doing, take a moment to connect.

Bow.

Meditation.

Bow.

Quebec Exam Results

Exams were held at the September, 2017 workshop in Quebec City, Canada. Here are the results:

| | |
|--------------------|--------------------|
| Carole Brouillette | Shintaido Graduate |
| Carole Brouillette | Bojutsu 3-Kyu |
| Mark Bannon | Bojutsu 8-Kyu |

The Joy of Life *Continued from p.1*

This awareness helped me to accept that I had cancer and that I had to surrender my will and my thinking that I had some control over it. Surrender and acceptance were the key to traveling this journey. Without surrender and acceptance I see now that I would have suffered a lot and not learned some of the lessons along the path.

I spent many long nights in prayer and contemplation. Through these nights many things became clear to me. I realized how much I use Shintaido. I feel the reserve of energy inside of me from all the kumites (partner practice) and keiko experiences that I have received over the past 37 years. I have put this reserve to good use throughout my recovery.

A description of Shintaido came to me. *SHINTAIDO: The invisible Martial Art (but the most useful and practical).*

I use Shintaido principles and feeling every day:

- Mindfulness—in my encounters with people
- Wakame—with nature and my environment
- Tenshingoso—for inspiration—Ahhh “open to the universe”
- Taimyo—awareness of energy flow both outward and inward. What is being given, what received.
- Eiko- Life expression/ Connection with the universe {God}



We have the formula to transcend the ego/self and be more mature as a species. We use “open hand” to open our hand/heart/soul up to tenso. Funneling this light and love of the universe down through us is saying yes the body is or at least can receive this message of the universe.

There is a contrast between open hand movement and sword movement. Sword is “my will be done”. Open hand is “thy will be done”.

Sometimes the effervescence flows over with joy, gratitude.

How do I work or deal with what I am feeling at that

moment? “Inner work”. Study what is happening emotionally and energetically with me. Look for the road to no judgment. Open hands/heart. Breathe.

My experience of the “remote” keiko, opening to receive your Love and healing energy, was extraordinary. I felt so held and safe and loved. The night sleep that I had after was the best that I have ever had. Thank You all for being part of my life.

What My Name Has Taught Me

By

H.F. Ito

(with help from Tomi Nagai-Rothe and Lee Seaman)

My full name is Haruyoshi Fugaku Ito. Since many people know me simply as Ito, you may not be familiar with the rest of my name. This is my reflection on what I have expressed through my name, and learned from it.

My parents gave me the name, *Haruyoshi*. *Haru* means spring, and *Yoshi* means righteousness. I was told that *Haruyoshi* came from my great grandfather, who was the first generation mayor of Hayama-cho. Hayama is a town located at the northern end of Miura Peninsula, facing Sagami Bay on the Pacific Ocean. The area has a temperate maritime climate with short cool winters, and hot humid summers.

Fugaku is the artistic name I received from Aoki-sensei during the Rakutenkai period. It was a great honor to receive a name from him in recognition of being his disciple. The *Fu* of *Fugaku* is like the *im* of *im-possible* (meaning, *not*), or the *un* of *unbelievable*. *Gaku* means learning – studying intellectually or logically through language. *Fugaku** means without intellectual study.

I must have been a very annoying student when I was young. I was always asking my sensei and sempai questions in order to understand the meaning of kata or any other number of things. One day they told me to look for the answer by searching within my own body. This meant I had to study my own body wisdom, instead of expecting answers from others. One of the things I learned was that a person who only collects knowledge may seem smart, but also can often be quite narrow-minded. If we want to really build our lives, we need to gather wisdom through personal experience by interacting humbly with other people and the world. That’s what I wanted for my life, so I started asking, “What is the message of Nature? What is Nature telling me?”

When I did that, and actually paid attention, I ran into a lot of contradictions: good is bad, bad is good. It was confusing — like the Chinese proverb about the horse.

A Chinese farmer gets a horse, which soon runs away. A neighbor says, “That’s bad news.” The farmer replies, “Good news, bad news, who can say?”

What My Name Has Taught Me *Cont'd from p.4*

The horse comes back and brings another horse with him. Good news, you might say. The farmer gives the second horse to his son, who rides it, then is thrown and badly breaks his leg. "So sorry for your bad news," says the concerned neighbor. "Good news, bad news, who can say?" the farmer replies.

In a week or so, the emperor's men come and take every able-bodied young man to fight in a war. The farmer's son is spared. Good news, of course. And of course, the story doesn't stop there.

I found so many situations like that when I started to pay attention. Life is a kind of training, searching for the way, searching for the truth and for real meaning. All my life I've never had what most people would think of as a "real job" to make money. Whenever I had the chance to take a job I'd ask, "Is this job going to be good for me?" So I pursued my interests, and since money is very convenient, I ended up doing a lot of different things to make a living. All my life I have felt, "Life is good! I like what I do. I do what I like."

As a result, I've learned something from everything in my life. I found that the more enthusiastically I taught, and the more eagerly I shared, the more I found out about the world and other people. One major life lesson for me has been, "The more you share, the more you learn." And over the years I have come to realize that my body knows the wisdom of the Japanese martial arts. It's like the breath of Japanese culture flows through the kata into my body, and it makes a home there. Of course, that understanding takes a lot longer to reach my brain! But my body seems like a repository of treasures inherited from three great masters — a world-class living national museum.

Buddhists say that our life was given to each of us as an opportunity for Shugyo (training). We are supposed to keep developing our level of spirituality, no matter what we do and no matter what kind of circumstances we encounter. World peace will never arrive through political statements or laws or military might. It always starts from within us. If you don't have peace in your own body and your own heart, you can't expect peace in your person-to-person relationships, and you can't be in peaceful relationship with people or animals or anything in the world around you. Even if we want peace, we will end up creating conflict until we make peace within ourselves.

This is what *Fugaku* has come to mean for me: Do not depend simply on your intellectual understanding of the world. Find Truth by studying the Universe through the movement of your body. I share it with you as a useful life principle.

***Note:** *Daisetsu T. Suzuki is the author of Zen and Japanese Culture. Dai means great or big and Setsu means clumsy, so his first name means Great Clumsiness. Even though his writing is not the least bit clumsy, it is a Zen tradition to give oneself a self-deprecating name.*

Body Dialogue Changing Format

This is the last Shintaido of America *Body Dialogue* newsletter that will be produced in desktop publishing software and distributed as a PDF. The Shintaido of America website is being converted to WordPress format. The *Body Dialogue* newsletter will be a set of blog postings. Anyone can submit an article to the *Body Dialogue* newsletter at any time. Stephen Billias will be editor for the blog posts to screen the articles and edit them as necessary. Please submit articles, poems, pictures at any time to the editor at newsletter@Shintaido.org.

Thanks! Stephen Billias, Editor

Pacific Shintaido Calendar

Kangeiko January 13-14 and NTC workshop Jan 14-15, 2018

Beyond Kyukajo

H.F. Ito will introduce the extended kenjutsu curriculum. This curriculum *Beyond Kyukajo* was created by Sensei's Ito, Minagawa and Okada. *Beyond Kyukajo* represents the combined work and study of kenjutsu research over several decades by these three masters. The subject will be bokutoh and the curriculum will be application of the current 9 kumitachi and beyond.

Schedule

Saturday Jan 13 Open Workshop

Keiko #1, 8:00 a.m. to 10:00 a.m.

Potluck

Keiko #2, 1:00 p.m. to 3:00 p.m.

Sunday Jan 14 Open Workshop

Keiko #3, 8:00 a.m. to 10:00 a.m.

Potluck and closing

Sunday Jan 14 NTC Workshop

Keiko #1, 1:00 p.m. to 3:00 p.m.

Monday Jan 15 NTC Workshop

Keiko #2 8:00 a.m. to 10:00 a.m.

Potluck

NTC Meeting

Finish about 3:00 p.m.

Taimyo meditation class in San Francisco with Ito-sensei

Four Tuesdays: January 16, 23, 30, & February 6, 2018, 7:00 p.m. to 8:30 p.m.. Contact bordensheets@aol.com for more details.

BODY

Dialogue



*Margaret Guay leading Matt Shorten
Shintaido Northeast Fall Gasshuku 2017
Photo by Stephen Billias*