

人間 = Human

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San Rafael

* Controlling MA =
Human Relationships

Every Culture Has a
Different MA.

Focusing Only on Yourself
Cannot Lead to Community

- Sociologist - Tetsuro Watsuji
(Pierre Quetthier respects him a great deal)

間 = MA = time, space

- His analysis of the word Nin-gen
includes Ma

- In Keiko: Mae-irimi - squeeze
前入り身 time + space

Sagari-irimi - you expand
下がり入り身 distance + can control
time + space better
by stepping back.

- Sense of MA is the same in conversation

speed of talking
how loud, how quiet

what about
cultural
differences?

- Need a proper
sense of
timing + space.

- Kids with no
sense of MA.

- US has lots of
space so less
need to be precise

* Ten-chi-hito bito Ware
天地人々我

Ten-chi-jin 天地人

- In Rakuten Kai studied
Jesus's teaching...
But if you just practice
Ten chi jin, you miss the
opportunity to connect
to others + develop community.

- Ya kōzen - wild fox Zen

野狐禅

solitary
Zen that
is strong,
self-satisfied

- Mother Teresa
(this is not
happening so
much in Japan)

In Shintaido,
we have hitorigeiko (solo
practice)
Kumite
group practice.

Through this practice
we learn
Ten chi hito bito ware ittai.

- My specialty was Karate.
And good at learning
Kata. But was impatient
with meditation.

- Bad at giving Gorei.
"A military style." - H. Aoki.

- The Shintaido Curriculum
is based on this philosophy
+ the ultimate direction
for those giving Gorei.

霊性 = 高める

- Reisei = Takameru
Fukameru = 深める

- As you develop this, you
can develop other elements—
elevate spirituality, etc.
It's not only expanding for
the sake of expanding but

DEEPENING

- In caregiving you can't just
cheer people up, you need
to accompany + deepen
(go down) with them.

- Studied diving with Henry Kaiser.
Learned to physically deepen.
It's scary to go down.

- I realized the richness of going deeper.

- when diving, and excited about
it, the energy scared fish away.
When Henry dove, he was quiet + deep
+ the fish + other creatures came out

- In order to grow as an instructor,
having this kind of challenge
(lack of success) is helpful

- When Henry was in my class,
I thought, "Clumsy!" +
when I was diving with him
he must have thought "Clumsy!"

- Important to be HUMBLE

- Bowing is an expression of humility
REL.

- A body expression of
humbleness.

- A true, humble REL opens the meimon
spot on the back. Muscles relax, it's nurturing.

- Met Irene Smith during Caregiver Workshop period.
When she looked at me, I had the sense she
could go endlessly deeper.

- She said go with the person who is
sinking. Don't help, just go with
them. In the process of being
together at that depth, sometimes
healing can happen.

- Henry suggested I study rescue diving.
Saw the resemblance.
person can do + can't do.

- With someone
mentally or
physically ill,
see if you can
grow with them.

DEVELOPING DEPTH

- In rescue diving, when the victim can't breathe, show them how to breathe (from a distance). Bring them up - by going together.

- SHIN has/can have so many meanings:

Truth, New, Core
真新心

- Watsuji talks about the relationship among people. Relationship to food, the land, our relationship to culture, relations with family (parents+children)



- Include all of this in the term NINGEN (human)

Watsuji came to this by trying to understand why humans are written this way.

- Good human

Healthy relationships with all people + objects
e.g. respect for utensils in tea ceremony or weapons in Keiko

I have realized this through my practice



Business Card Exchange.
(If you put it in your wallet + sit on it, — rude in Japan)

- When good people + bad people live together, the bad person has a stronger influence.

- I had this experience with some people I knew.

The more I share, the more I study!



Like a bo or boken as part of spiritual training

- started teaching Tai Chi while still a newer student (Learned many things)

- Use what you have learned so you can confirm/test what you know.

- Being from Hiroshima, I have a love/hate relationship with the US. Wanted to promote Japanese culture but felt I needed to come to the US to create changes.

- If I had not met Egami-sensei + Aoki-sensei, I could have gone on another path, + had a very short life.

- Through Aoki-sensei I met Western culture + wisdom

- I was a loyal student of Egami-sensei but chose Aoki-sensei (+ lost many friends in the process)

- I really appreciate Aoki-sensei's influence.



took me many places, many experiences, golf, diving, river rafting — all informed my teaching

- In a way, I was a failure but I have a few true human (人間) friends through my work in SF.

*GOOD JOBS

*FAMILY LIFE

*KEIKO

- EGAMI-SENSEI said all of these were important. I developed Keiko well.

- In this respect, Masashi Minagawa, is a master. All 3 children own homes. 6 grandchildren. His Keiko is great, he is a great Amma shiatsu practitioner.