



NWSE News

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photo by Grace Marshall

Reaching for the Sun!

Closing Tenshingoso at the YMCA. From the left: John Farquhar, Marti Bartlett, Aerin Adrian, Ian Boote, Lee Seaman
Out of camera range: Greg Beatty

Upcoming events

- Last day of Grace's exhibit Dec 2
- Taimyo for Peace worldwide meditation Wed Dec 7 at John and Lee's, 7 pm,
- West Coast Kangeiko Jan 14-16 Westminster Woods (near San Francisco)
- "Soft Shintaido" workshop with Jim Sterling-sensei late March

A last word about Ma

December has timing issues – the "less crowded" time at the mall, the "mail by ..." deadlines, getting in some sunshine before dark.

The Japanese term for "being on time" is "ma ni au" (間に合う), literally "to meet the ma". We practice it every keiko.

So when you feel rushed, take a breath and let your body help you. And you'll "meet the ma" wherever you go.

Good keiko! Lee

Upcoming events

Taimyo for Peace Dec 7-10

Ito-sensei will join the international Taimyo community in meditation for peace Dec 7-10 . Group practice in Bellingham at John and Lee's 7 PM Wed Dec 7. Call 676-8543 for directions.

Advertisement

NWSE greeting cards with pictures from keiko or stunning local scenery, NWSE logo and website on the back. Spread the word about Shintaido in Bellingham!



photo by Grace

From Ito-sensei

More that 60 years ago the Imperial Army and Navy invaded China, Korea, Southeast Asia, the Philippines, and Indonesia at the sacrifice of millions of lives. At that time Imperial Japan and the Japanese people were highly idealistic. The tragedy of that war shows that no matter how high their ideals, nations and people can cause terrible destruction to their neighbors and themselves if they think only about their own benefit. I will be in meditation from December 7 to December 10 to reflect on my responsibility as a Japanese for the shameful behavior of my country in the past, to do everything that I can to prevent such terrible things from happening again, and to pray that leaders around the world will avoid such terrible mistakes in the future. I invite you to join me!

H.F. Ito

NWSE financial update:

Nov donations \$105
In the bank ≈ \$2000

"Everything –fighting, dancing, natural movement, spiritual confusion, nature ...was burned in the glowing crucible of our practice."

Hiroyuki Aoki in Shintaido



Photo by Grace