



Shohei Juku Aikido Canada

Monthly Newsletter

December 2011 - January 2012 • #84

*** Merry Christmas! ***

It's been getting colder every day and soon, it will be Christmas.

At a nearby mall yesterday, the usually-empty parking lot was full of cars and Christmas shoppers were running around everywhere. I always think this flurry of activity is such a great way to bring the year to a close.

As you probably have heard, in my flying about in this season, I've managed to injure my knee. This is making it difficult to do much running around, so I am forced to enjoy this time of Christmas preparation at a much more leisurely pace than usual. With such a busy life lately, I had forgotten what it is like to spend time going slowly.

When we run around without being mindful of what we are doing, the effects can spread even to our physical bodies, can't they? My injury is a constant reminder of this—not being able to do everyday things such as walking, going up and down stairs, getting into bed or the bath, sitting on a chair with ease.

In some way I have been expecting something like this to happen. For the past several years, I've been feeling healthy, full of motivation and able to enjoy almost everything I do. Like the words of a fortune teller, I had a feeling that my momentum had reached a peak. Since I started thinking this way, I have occasionally wondered, "Wouldn't it be great if this could last forever?... But how can it?" In some way, I have been preparing myself for that unexpected next thing that was lying in wait for me.

I have a clear memory at the moment of the injury, thinking, "Oh! Here it is! I knew something was coming...!"

This Christmas Holiday, I plan to spend time quietly with a dear friend of whom I've written before. She has cancer, and continues to live and fight each day as if it will be her last. I learn from her every day. How can I possibly weep for an injury like mine? I may not be able to move my left leg, but I've still got my right leg, and the rest of my body is alive and healthy! I cannot do everything, but there are plenty of things that I can do, using my head and the rest of my body—what a luxury it is! Every day, without saying a word, my friend shows me that if I do not stay positive and forward-looking in life the gods (God?, fate?) will punish me.

"The lamp of the body is the eye. Therefore, when your eye is good, your whole body also is full of light. But when your eye is bad, your body also is full of darkness. Therefore take heed that the light which is in you is not darkness. If the whole body is full of light, having no part dark, the whole body will be full of light, as when the bright shining of a lamp gives you light." (Bible, Luke 11:34-36)

We need to share the happiness in what we have today—little though it may be—with the many around us and always remembering to have a sincere heart... Merry Christmas!

Happy New Year for 2012!

Tamami Nakashimada

故 梅田信隆禅師の書 "無財の七施"の中の一つ
一じげん一人には優しい目で接する

One of the "Muzai no Nanase" (Seven gifts of a man without wealth" discussed in the late Shinryu Umeda Zenshi's book:

– Jigen – To look upon others with a compassionate eye
慈眼 is same as 眼施 (がんせ), right?

(Excerpt from a calendar by Suganuma-shihan)

＊＊ メリークリスマス！ ＊＊

日一日、寒くなってまいりました。もうすぐクリスマスです。

昨日、近くのモールに行ってきましたが、日頃ガラーンとしている駐車場は

いっぱいでした。クリスマスの買い物客で何処もかしこも賑わっています。この賑わいも、年の締めくくりとしては活気があって良いものだなと思います。

このシーズンになると、あちらこちらと飛び回っている私なのですが、もうご存知のように左膝を怪我してしまい、飛び回る事はちょっと出来ませんが、ゆっくりゆっくりとクリスマスの準備の時間を楽しんでいます。日頃忙しい生活をしていると、この”ゆっくり”とした時間の流れを忘れてしまいます。回りの忙しさに知らず知らずに自分自身も影響されてしまっているのですね。歩くとき、階段の上り下り、就寝するとき、入浴するとき、椅子に座るときと、日常行っている動作がスムーズに出来なくなる事のもどかしさ。。。怪我をしてみても実感しています。

しかし、今回の怪我は私自身予期していた部分もありました。ここ数年、体も調子よく、なす事なす事殆どが楽しく、意欲満々でした。占い者の言葉を借りれば、気運が頂点に達しているような、そんな感じでした。ですから、ふと”これがずっと続けば良いけれど、続くかな？”と思った日もありました。そう思ったときから、私は次に来る予期せぬ出来事(私の場合は怪我)を待ち構えていられる何かしら心の余裕みたいなものを、積み上げていたのではないかと思います。

怪我をした瞬間に”あ！来たあー！これだったんだなあー！”と心のなかでつぶやいた自分をはっきりと思い出せます。

クリスマスホリデー、私は以前にも書いたのですが、癌を患っていても毎日必死に生きている、大切な友人とゆっくりと時を過ごす予定です。私は今も彼女から学んでいます。私のこれくらいの怪我でめそめそするな！左足が動かさなくても右足がある、そして身体はしっかり動いて生きている、今出来ない事があっても、今出来ることを探してやっていけるではないか、頭を使って出来ることを探し、動ける体の部分を使って生きていける、こんな贅沢な事は無い！前向きに生きていかないと神様に罰が当たる。。彼女はそれを寡黙に教え続けてくれています。

—あなたの目は、身体の明かりである。あなたの目が澄んでいれば、全身も明るい、目が悪ければ、身体も暗い。だから、あなたの内なる光が暗くならないように注意なさい。もし、あなたの身体全体が明るくて、暗い部分が少しも無ければ、ちょうど、明かりが輝いてあなたを照らすときのように、全身が明るくなるであろう。—
【聖書より】

私たちが今持っているこの幸せを、少しでも多くの人たちと分かち合えたらと思います。素直な心を忘れずに。。。メリークリスマス！

良い年をお迎え下さい。 Happy New Year, 2012!

中嶋田玉美

＝慈眼＝ 故 梅田信隆禅師の書 ”無財の七施”の中の一つ

—じげん— 一人には優しい目で接する(菅沼守人師範ご作成カレンダーより抜粋)

Gibsons Dojo report:

Hello Tama sensei,

I don't have much to say this month...sorry.

It's getting cold in the dojo! April and I arrive at the dojo usually 30 - 45 minutes early and have to turn the heat way up for a little while. With the old building there are many leaks and drafts through the floor. I find it interesting to watch my mind work....complaining about the chill air, wishing I was home and warm, wanting comfort. Then I realize I need to warm up and start moving. Once I start moving (tenkan, suburi, squats) then the dojo is still cold but I am warm and ready for class. As for training my focus has been to continue to relax but to relax while maintaining center to center connection and maintaining the same feeling at the point of physical contact. I'd like to leave you with a poem by O'sensei

Though you may train
In this sword work or that
What will it mean
Unless you do your utmost

Russ



Toyokuni III/Kunisada (1786 - 1864) Japanese Woodblock Print
Princess Wakana and Giant Spider, 1853

Surrey Dojo report:

Like the train that could go up the mountain, so do the students at Surrey Dojo, they keep chuggin' along. Surrey Dojo will be having their Christmas Party get together on Wednesday December 21 after Keiko at Boston Pizza for our final get-together before the New Year. Please join us if you can.

The students at Surrey Dojo wish Tama Sensei to take care of herself and to have a speedy recovery.

Happiness is a mental state of well-being characterized by positive emotions ranging from contentment to intense joy.

A variety of biological, psychological, religious, and philosophical approaches have striven to define happiness and identify its sources.

Various research groups, including Positive psychology, endeavor to apply the scientific method to answer questions about what "happiness" is, and how we might attain it.

Philosophers and religious thinkers often define happiness in terms of living a good life, or flourishing, rather than simply as an emotion.

Happiness in this older sense was used to translate the Greek Eudaimonia, and is still used in virtue ethics.

Happiness economics suggests that measures of public happiness should be used to supplement more traditional economic measures when evaluating the success of public policy.

But to me, happiness is having a Peace of Mind.

"To the quiet mind, the entire universe surrenders."
-- Chuang-Tsu

There are no shortcuts, because there is no end.
-- Kyuzo Mifune

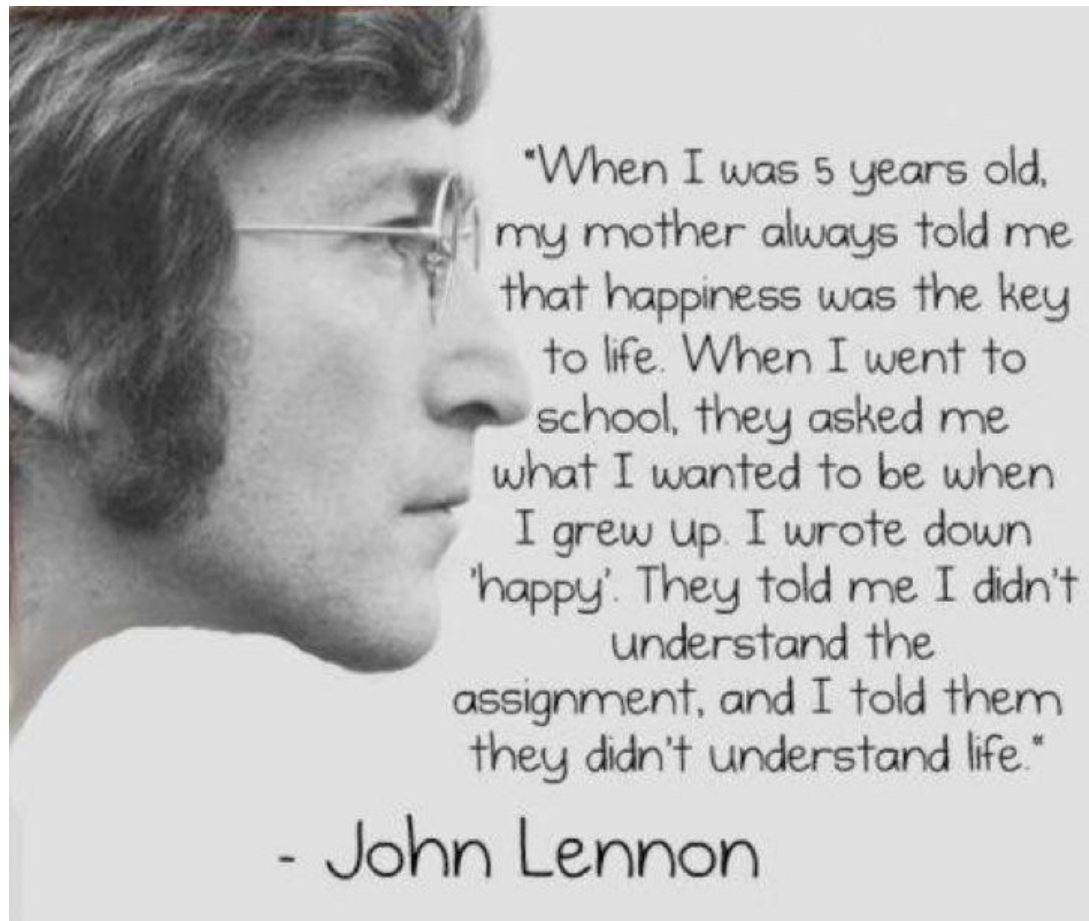
**Merry Christmas/Happy New Year
To All! May Peace, happiness and
Health bring you to the Surrey dojo!
2012 Surrey Dojo Schedule**

First New Year class starts

Wednesday Jan 4, 2012

Every Mondays-Wednesday class: 6:30pm-8:00pm

JoJo



Coal Harbour *report:*

Kids Class

I started Coal Harbour kids classes 3 months ago. I'm really enjoying with them. They are just so cute but they are sometimes little monsters!

My kids classes are finished this year. I have one month break I will start in January again. I love teach kids but I need to refresh my mind. (not away from kids ! :-)) I'm really looking forward to seeing them.

Shinobu

Brentwood Dojo *report:*

'Aikido for Parents and Kids'

Tama Sensei and I just completed another season of 'Aikido for Parents and Kids' in Brentwood. It is unbelievable how quickly time passes; it is already good couple of years that this dojo operates. Mixing adults and children brings lot of fun, and allows parents and their kids to spend quality time together. But at the same time, it introduces additional challenges that usually do not happen during adults only classes. For one, kids have short attention span, so activities need to vary and there must be lot of them. Kids usually have more energy and thus the challenge for instructors is to pay enough attention to each of them... at the same time. Obviously there are differences in flexibility between adults and kids and this factor needs to be taken into account when preparing program (after all, we still want parents to come back again). Lastly, and what is most important – we want to teach the martial art skills, and love to Aikido, so when the kids grow up, they will continue practicing. Same for adults - knowing martial arts is quite beneficial as well. Recently, when I made a remark that one lady was a little bit too harsh with applying of kotegaeshi, I got response – “oh, don't worry, this is just my husband”.

For me personally, attending Brentwood dojo is quite beneficial. It allows me to keep in touch with Aikido while healing my injury. The other aspect is going through basics over and over again. I hope I will get it right one day.

I am looking forward again to the next session starting from January.

Andre Kaminski

Memorandum by Morihei Ueshiba O-Sensei

The universe and a man are one. Without knowing this, one cannot understand Aikido. Aikido is composed of every movement of the universe.

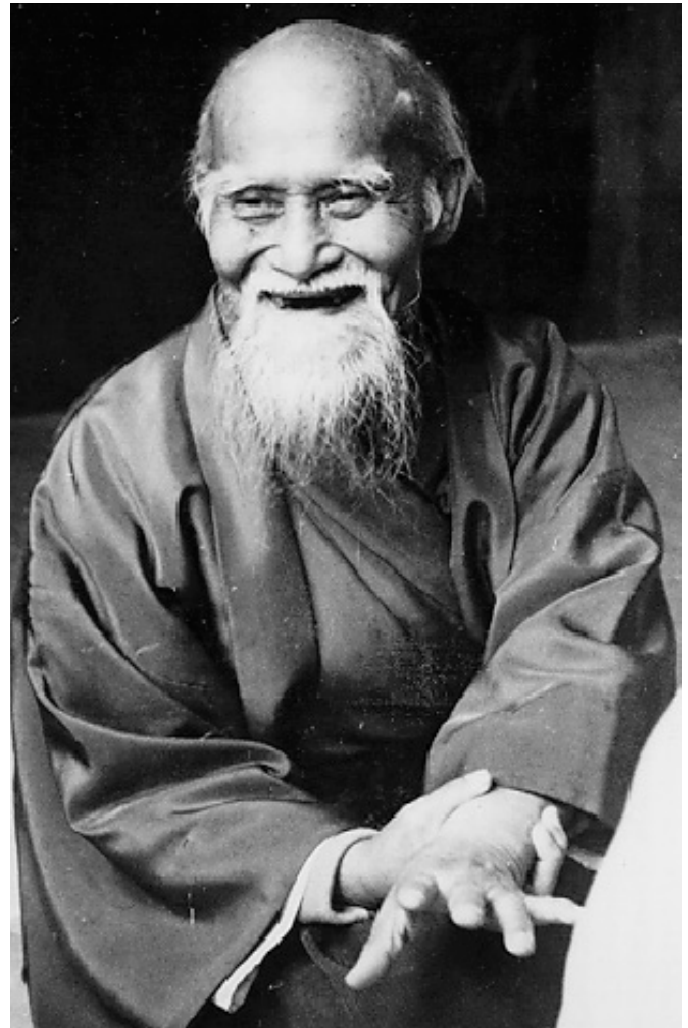
Once you have mastered Aikido you are unable to do evil even if you wanted to.

Moreover evil thoughts cannot remain with you as you no longer have any worldly desires.

However, your determination to train for as long as you live should remain in order that you may fulfill your mission from God.

I do not think ill of others when treated unkindly. On the contrary, I thank them for giving me the opportunity to train myself to deal with difficulties.

After all, you should realize what the universe is and what you yourself are. To know yourself is to know the universe.



Excerpt from “Ima Koko o Iki Iki to Ikiru”

(今ここをいきいきと生きる)

by Morito Suganuma Shihan (page 166-167)

Do not do bad things
Do good things

When Bai Yuyi, known as a poetic genius, asked Choka Dorin about the essence of Zen, he was told “Don’t do bad things, Do good things”.

So he replied back

”Even children would know that”.

Chuka Dorin then admonished Yuyi

“A three year old knows this but it’s difficult for an 80 year old man to do that”.

What you know and what you do are different.

悪いことはするな
いいことはしろ

詩聖といわれた白楽天が鳥果和尚(道林禅師)に
禅の真髓を尋ねたら

諸悪莫作 衆善奉行 (悪いことはするな いい
ことをしろ)、と答えた。

そこで白楽天は、”そんなことなら子供でも知っ
ている”と言いついたら、

”三歳の童子もこれを識るといへども、八十の老翁
なお行じ難し(そんな三歳の子供でも知っているこ
とでも八十の老人も行うことが難しいのだよ)”とさ
とされた。

知っているということと出来るということは違うん
ですね。

* Being grateful is good for body and mind*

Being thankful and being with family and friends both make us and you healthier. Turns out that if you keep a gratitude journal, you're also likely to exercise more, have fewer aches and pains and feel more optimistic than if you ramble on about things that drive you crazy or don't matter much. Even better, 15 minutes of daily gratitude can dramatically decrease aging stress hormones in your body.

So use the coming holidays as an opportunity to remember people who are important in your life and write them a note of gratitude. Or, with luck, maybe they'll be around your holiday table and you can thank them in person. You'll all feel more deeply connected and even happier to be together. Your heart will be grateful, too.

We're grateful you've read this far. We each write three notes a night to say Thank you. Try it - let the people you love know you're grateful they're in your life.

(from Province Newspaper)



A section of an eight-fold paper screen painted in ink and colour on a buff and kinsunago (sprinkled gold) ground with kachoga (birds and flowers). Nagasaki school Japan 18th century Edo period

Art Corner



Richard Shilling is a land artist based in Northern England who encourages children to get outside to see and create art in nature. He recently published the first of a series of Land Art for Kids books in partnership with Julia Brooklyn. Join me in learning more about Richard, his art, and his vision for children.

Aikido Class Schedule

Kensington Dojo

(3465 Commercial St, Vancouver, BC.V5N4E8)

Adult Class: *taught by*
Tamami Nakashimada & Mike Boyle

Ongoing

Tuesday & Thursday 6:00pm-7:30pm

Saturday 11:00am-12:30pm

Fees: Adult \$70/month
Student \$40/month (Full-time student only)
Drop-in \$10/class

Children Class: *taught by*
Tamami Nakashimada & Shinobu Matsuoka

January 10th Tuesday

Beginner 4 - 7 years old 4:00pm to 4:45pm
Experienced 4 - 7 years old 5:00pm to 5:45pm

January 5th Thursday

8 to 12 years old 4:00pm to 4:45pm

January 7th Saturday

8-12 years old 10:00am-11:00am -
(Coloured belt class)

Fees: Monthly \$45
Drop-In \$12

Merry Christmas Everyone!

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"I think instead of worrying about why people don't believe in you, we should worry about why you don't believe in yourself."

Aikido Class Schedule

Coal Harbour Dojo

Every Monday and Friday
January 9th Monday
4-7 years old 3:30pm to 4:30pm
8-12years old 4:30 pm to 5:30pm

Brentwood Park Dojo

(1455 Delta Ave, Burnaby, BC V5B3G4)

Aikido for Parents & Kids age 6+
2012
Date: January 11th (Wed) - February 22nd (Wed)
Time: 6:30PM-7:30PM

Place: Brentwood Park Elementary School
Gym, 1455 Delta Avenue, Burnaby, BC. V5B 3G4
Instructor: Tamami Nakashimada
and Andre Kaminski

Fees: Family Discount(one parent & one child)\$84/7 sessions
Single adult or single child \$56/7 sessions
Drop-ins \$10/class

Contact: 778-835-2476

sjacanada@gmail.com
www.shoheijuku.ca

Surrey Dojo

(12639 80th Ave, Unit 135 Surrey, BC)

Adult class: *taught by Tamami Nakashimada & Jojo La Rosa*

Ongoing

Monday & Wednesday 6:30pm-8:00pm

Fees:Adult \$60/month
Student \$50/month *Full-time student only*
Drop in \$10/class

Contact: 604.868.3415

shoheijuku@gmail.com
www.surreyaikido.com

Our dojo newsletter welcomes your articles. The topics can be anything including your thoughts, daily Aikido training, friends, family, hobbies etc. We would like to share your thoughts. Please send us e-mail anytime. We look forward to your messages.