

# SH<sub>氣</sub>HEI JUKU

AIKIDO CANADA

202 • JULY 2022

20<sup>th</sup>  
Anniversary  
Edition

あの人とやったら心身共に すり減ったように疲れた。  
あの人とやったら心身共に 活力がみなぎった感じがする。  
私はどちらのあの人？

(菅沼守人先生ご著書、一日は一生の縮図なり、103ページより抜粋)

When I did it with them,  
our bodies tired like they were worn down.  
When I did it with them,  
our bodies felt like they were brimming with energy.  
Which of them am I?

(One day is the epitome of life page 103 by Sensei Morito Suganuma)

近者説  
遠者来  
令和四年春  
菅沼 守人

# Zest For Life - 生きる力

The human mind is like a parachute.

You can't use it unless you open it.

-John Osborne/British playwright-

人の心はパラシュートのようなものだ。

開かなければ使えない。

ージョンオズボーン・イギリスの劇作家ー

# Song of the path - 道歌

合気とは  
筆や口には。  
つくされず。  
言いふれせずに  
悟り行え

植芝盛平（翁先生）

Aiki towa  
fude ya kuchi niwa  
tsukusarezu  
kotobure sezuni  
satori okonae

by Morihei Ueshiba (O-Sensei)

Aiki-(its mysteries)  
can never be encompassed  
by brush or by the mouth.  
Do not reply on words to grasp it,  
attain enlightenment through practice!

- translated by John Stevens -.



# message from Tamami Nakashimada

” 暑中お見舞い申し上げます。 ”

みなさん夏を楽しんでありますか？  
カナダの夏は本当に短いので、あっという間もなく終わって  
しまいます。ですから、できるだけ日焼け止めを塗って、  
できるだけ太陽の光を浴びたいですね。

夏になると、どういうわけか私の周辺にあるものを片付けたく  
なります。昨日、机に置いてあるいろんな書類や筆記用具など、  
片付けました。捨ててしまえーっと思っていたたくさんの紙類。  
さあ～と目を通しながら、ふと目に止まった紙には、私が以前に  
書いたものが～自分で書いたものなのですが、また読み返してみて、  
自己反省をさせられた次第です。  
それをまた記してみたいと思います。

.....

” 我以外皆我師 ”

これを気づかせてくれた人は、友達のご主人でした。  
顔見知りでしたが、座ってゆっくりお話したことはなかったのです。  
ある会食会で、たまたま隣に座られました。私は何を話せばいいの  
かなと、少し戸惑っていたのです。お酒を少しいただいたのが  
助けとなり、スムーズに会話も運びました。とても楽しい時間を  
過ごせたと思っていたのですが。。。彼は私に何気なくこう囁かれ  
ました。” たまちゃん！ さっきのたまちゃんは、たまちゃんじゃないよ～  
そんなに自分を飾らなくていいんだよ～そうそう～たまちゃんは  
たまちゃんでもいいんだよ ” と。なんの何を言ってあるのかな？ ？ ？ ？  
と思いましたが、彼がその時の私を見て、感じられて言われた言葉なんだと  
後で気づきました。

彼のその言葉が、私の心の中に残っています。  
私にとって、はい、そうですね！ で軽く流すことのできない言葉でした。  
あの時の私の内をズバリと射当てた言葉。

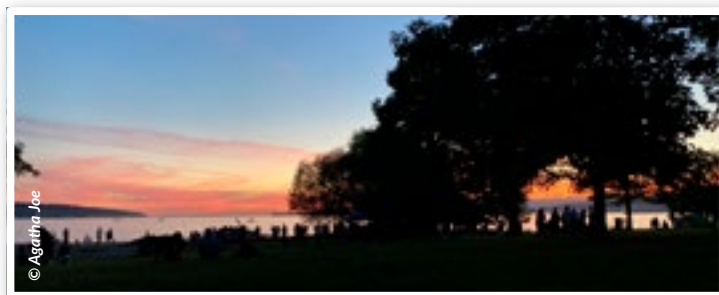
それから私は、私の周りにいる人皆さんが、私にいろいろなことを  
教えてくれる ” 師 ” であるのだなあ～と思うようになりました。

.....

これを再び読み終わった後、私はなぜかこころが軽くなった気がしました。  
これからも ” ありがとうございます。 ” ” お願いします。 ”  
このふたつの言葉と一緒に、人生を生きていけたらと思います。

中嶋田玉美

今月の言葉： ” 自己反省 ” 、とても大事なことなんですね。



” Summer Greeting! ”

Do you all enjoy summer? Summer in Canada is really short;  
therefore, it's over in no time. Apply sunscreen and get as  
much sunlight as possible.

Somehow in the summer, I want to get rid of what I have  
around me. I cleaned up various documents and writing  
utensils on my desk yesterday. A lot of paper that I thought I  
should throw away.

While looking through the papers, there was a paper that  
suddenly caught my eyes. I found something that I wrote a  
long time ago. I read it and reflected upon myself. I would like  
to write it down again.

-----

” Everyone except me is all my teachers. ”

The person who made me realize this was my friend's  
husband. I knew him, but I never sat down and talked nearby.  
I happened to sit beside him at a dinner gathering. I was a  
little nervous about what to talk about. It helped to have a  
little liquor, and the conversation started smoothly. It was fun,  
and we had a great time together, but he whispered casually  
to me...

” Tama-chan! that Tama-chan wasn't you, Tama-chan!  
You don't have to over act~yes, yes~you don't need to  
camouflage yourself. ”

” What are you talking about? ” I thought, but later I realized  
what he meant during that time.

His words have remained in my heart. For me, it was a  
word that I couldn't shed lightly. The words that hit inside  
me that time.

Since then, I have been keenly aware that everyone  
around me is a teacher who teaches me various things.

-----

After re-reading what I had previously written, I felt  
refreshed again. I hope that I can continue to live my life with  
these two words, ” Thank you. ” and ” Please ”.

Tamami Nakashimada

Words of this month: Self-reflection” is very important, isn't it?!

# Dojo Report

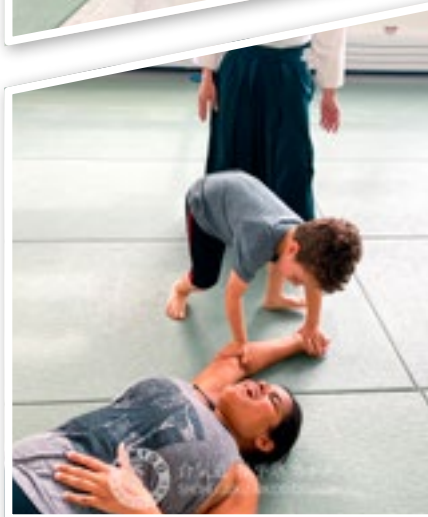
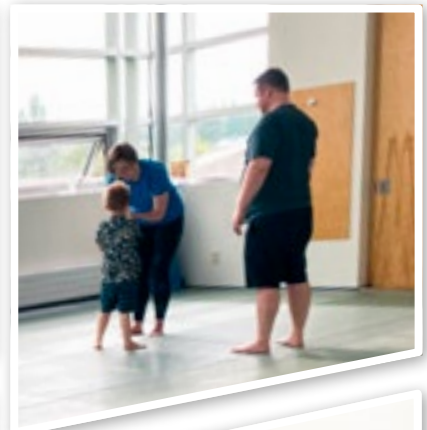
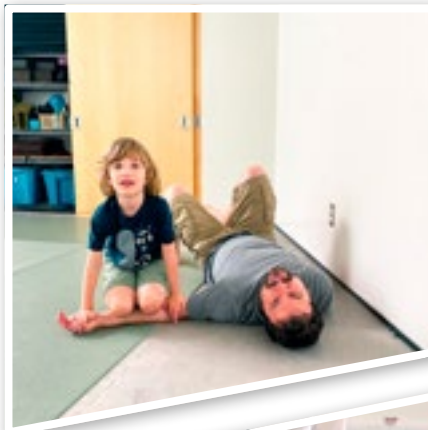
A summer session has started at TLCC and Surrey dojo. At the TLCC dojo, a new class, Aikido with parent & kid started every Saturday from 10am-10:45am. So far, there are 9 pairs of parents and kids participating. They get sweat and laugh constantly in a harmonious atmosphere that makes you forget the time. If you like, please recommend this class to those who want to spend time and learn something with kids! It is really fun class!

As we announced already, at the Surrey dojo, our location has changed during this summer. We are now at Kumon centre near Guildford in Surrey. If you come by Skytrain, take bus#320 from the Surrey Central Station Bus stop. We practice on Monday and Thursday from 6pm to 7:30pm.

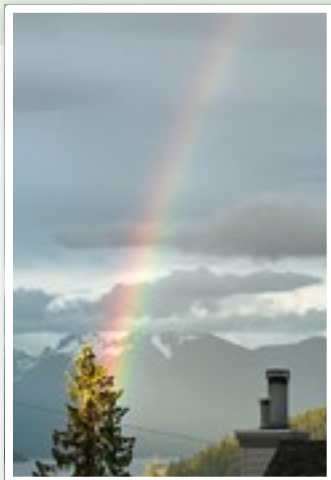
Children are now having a long summer holidays, and there are many members will spend time with family in July and August. It is a short daylight summer, I hope you will cherish your time with family and friends. Our dojo is always open on regular schedule days, so please come and practice anytime.

I hope that it will be a fun and memorable Summer.  
Cheers!

**Tamami Nakashimada**

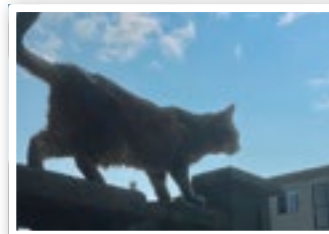
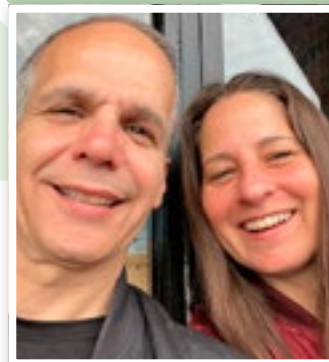


# Dojo Report



There has not been much training over the past several weeks with students on vacation and me suffering a summer flu! Up to two weeks ago the training has been lovely and we've been working on kihon waza from the nikkyu syllabus. The warmer weather is welcome as training seems enhanced with the doors and windows open! I hope everyone in Vancouver and Surrey dojo's are well and continuing to polish themselves at every opportunity! Gambatte!

Russ

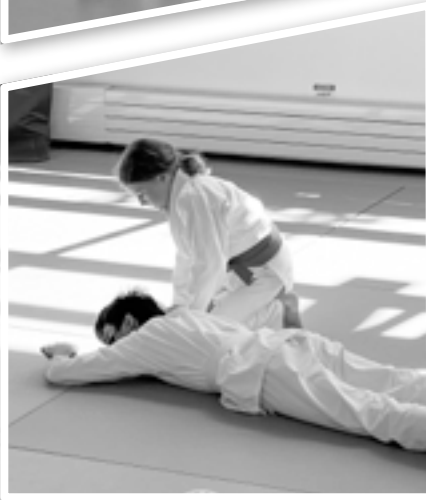


Congratulations!

They have been practising hard, and the kids practice at a different speed. As much as you know about the techniques, I was proud of how focused they were instead. Everything we do is always against time. If we can be more patient and work within time, we will be great at anything.

Let's practice more together. Onegaishimasu!

Agatha





# Hello from Tokyo!



By Miho Ueda



Fujiwara-Kamatari by Kikuchi Yōsai



A place of worship at Mount Ishizuchi in Hoshigamori, a sacred place in Shugendo (a national scenic beauty)

6月30日の夏越の大祓も終え、2022年もあつという間の後半戦に突入です。

さて、今回は前回の山岳信仰の続きです。

日本の山岳信仰は仏教とも結びつき、独自の進化を遂げてきたのですが、山岳信仰がどのように生まれ、どのように仏教と結びついたか。

日本独自の信仰である古代神道（※1）では、自然を尊び、また恐れる気持ちを表現するものとして、あらゆるものに神が宿ると考えていました。山もその対象とされ、祭祀が行われていました。山は神が宿る、もしくは降り立つ場所であり、この世とあの世の境目とも考えられていたのです。

## 古代神道（※1）

古代神道は土着の民間信仰のようなもので、現在の神道や仏教のように体系立てられてはいませんでした。

山岳信仰を確立させ、開祖となったと言われているのが飛鳥時代の呪術者、（役小角（えんのおづぬ））は日本各地の霊峰で修行を積み、修験道（山岳信仰）の基礎を築いたと言われています。

修験道では霊山にこもり、厳しい修行を通じて神秘的な力を得ることを目指します。役小角も藤原鎌足の病気を治したり、鬼を弟子とし、言う事を聞かない時には呪いで鬼を縛ったりしていたという伝説が残されています。この伝説からも、山が人知を超えた力を授けてくれる神秘的な存在であると考えられていたことが分かります。

15世紀、室町時代になると、役小角を開祖とした修験道は教団化され、「山伏」や「法印」と呼ばれる修験者が山と里を行き来するようになりました。

日本古来の天狗の伝説とこの山伏の姿が結びつき、現在の天狗信仰になったとも言われています。

修験道は密教（真言宗・天台宗）の教義を取り入れ、仏教の土着化を図りました。

ここから神仏習合（神道と仏教の融合）が進み、平安時代中期以降には神と仏を一体のものとする「本地垂迹（ほんちすいじゃく）」の思想が生まれました。

土着の神は仏が姿を変えて人々の前に現れた存在「権現」と考えられ、仏と結びつきました。

この考え方によって修験道は体系化され、日本の山岳信仰に大きな影響を及ぼしました。

明治初期に神仏分離が進められ、神と仏、神社と寺は完全に分離されましたが、今でもこの神仏を同体の物とし、山を崇める思想は残されています。

このように山岳信仰は仏教と結びつき、現在に息づいています。そして仏教自体も山と深い関係がある宗教です。

長くなりましたが、こんな背景があったことは、私も今回初めて知りました。仏教と山の関わりについても興味深い話があります。まだまだ長くなりそうなので、この続き気になる方は直接聞いて下さいね（笑）。

With the Natsukoshi-no-Oharai on June 30, we are quickly entering the second half of 2022.

I would like to continue with the mountain worship of the previous issue.

Mountain worship in Japan has evolved uniquely and is linked to Buddhism. How did mountain worship originate, and how was it connected to Buddhism?

The ancient Shinto religion (\*1), a uniquely Japanese faith, believed that gods resided in everything, embodying the respect and fear of nature.

Mountains were also considered objects of this belief, and rituals were performed on them. Mountains were where gods dwelled or descended, considered the boundary between this world and the next.

## Ancient Shinto (\*1)

Ancient Shinto was a kind of indigenous folk belief. It was not systematized like today's Shinto and Buddhism. It is said that the founder of mountain worship was a sorcerer from the Asuka period named Enno Ozunu. (Enno Ozunu, a sorcerer from the Asuka period (710-794), is said to have established and pioneered mountain worship (Shugendo).)

# *Hello from Tokyo!*

*...continued*

In Shugendo, people seek to gain mystical powers through ascetic practices on sacred mountains. According to the legend, Enno Ozunu also cured the illness of Fujiwara no Kamatari and took the demons as his disciples, binding them with curses when they did not listen. This legend also indicates that the mountain was considered a mystical entity that bestowed powers beyond human understanding.

Shugendo, founded by Enno Shokaku, became a cult in the Muromachi period (15th century), and ascetic practitioners called "yamabushi" or "hoin" began to travel between mountains and villages. The ancient Japanese legend of the tengu and the ascetic mountain figure are connected, and the current belief in the tengu was born. Shugendo is a form of esoteric Buddhism (makugen).

Shugendo adopted the doctrines of esoteric Buddhism (Shingon and Tendai sects) and sought to indigenize Buddhism. From this point on, Shintoism and Buddhism were combined. Shinto and Buddhism were considered identical from the mid-Heian period onward. The idea of "Honchi Suijaku," or "manifestation of the true nature of the gods and Buddha as one," was born in the mid-Heian period. Native deities were considered "gongen," beings that appeared to people in the guise of Buddha and were thus associated with the Buddha. Shugendo was related to the Buddha.

Shugendo was systematized by this idea and significantly influenced mountain worship in Japan. In the early Meiji period (1868-1912), the separation of Shintoism and Buddhism was promoted, and Shintoism and Buddhism, shrines and temples, were completely separated. However, the idea that Shintoism and Buddhism are one and the same and that mountains are to be worshipped still remains.

In this way, mountain worship is linked to Buddhism, and this connection is still alive today. Buddhism itself is a religion that has a deep relationship with mountains.

This is the first time I have learned about this background. There is also an interesting story about the relationship between Buddhism and mountains. It is a long story, so if you are interested in the rest of it, please ask me directly (laughs).

# *Message from abroad*



Hello Sensei and fellow members,

Life in England continues and I have finally found a dojo that suits my needs.

The class is an hour long and the maximum number of students to date is only 4.

The dojo is quite modern and clean and is also used by MMA and Systema.

I've attached 2 photos. One shows the 'new' dojo. The other shows the exercise room in a castle built in the 1200s – wouldn't it make a nice dojo?

Best wishes to you all, keep on training!

**Mike**



# Encounter with Aikido

by Sensei Morito Suganuma



**Your health lies in “moderation”.  
If we were to define keeping healthy,  
we would say to never overdo it,  
And to observe moderation in your life.**  
(Sato Issai's Genshi shiroku)

Something founder O-Sensei always cautioned me on, it was when we would be drinking tea.

Tea should be “Not too hot, not too cool, not too much, not too little, not too strong, and not too weak”, he would say.

In addition, during training, O-Sensei would sometimes say,

**“Without leaning too much to  
the left or to the right, Aikido is  
an art which respects balance.”**

In anything, it is important to do it “just right”.



“Kentai Koshin ”

Every human being wants to live in good health every day. As the word, “Healthy body” means, it is desirable that not only physical health but also mental health is desirable. I want to live vigorously day by day with a healthy body and a healthy mind.

-Morito Suganuma Sensei-

養生とは”節”にあり

養生の工夫をひと言で言えば、ものごとを過度にせず、

節度を守ることにある。

(佐藤一斎、言志晩録より)

私が開祖大先生から何度か注意されたのは、  
お茶を飲んでいただく時でした。

お茶は”熱すぎず、ぬるすぎず、多すぎず、少なすぎず、  
濃すぎず、薄すぎず”ということが大事である、と。

又、時折、稽古の際に大先生は、”右に偏せず、左に偏せず、  
合気道は中庸（ちゅうよう）を重んじる武道です”と言われた  
こともあります。

何事もちょうどいい、ということが大切なのですね。



” 健体康心（けんたいこうしん） ”

人間は誰もが、日々健康で生きることを望んでいます。  
健康とは”健体康心”という言葉の通り、体の健康だけでは  
なく、心も健康であることが望ましいと思います。  
一日一日を健康な体と健康な心で、いきいきと生きて  
いきたいと思っています。”

—菅沼守人先生のお言葉—



# Aikido Practice and The Heart

by Moriteru Ueshiba, Third Doshu

## “Aikido’s ideals live in the training itself.”

(Continued from last issue)

When learning techniques, proper training is important. You shouldn't be competing over strength, and you should not be trying to inflict pain with your techniques. The receiving side should also refrain from bracing themselves to avoid being hit by these moves, and act to receive them naturally. If you practice your fundamentals in a straightforward way, your opponent will also feel that honesty.

Furthermore, in order to train properly, it is valuable to consider each other's proficiency, physique, endurance, and character, and to hone your skills mutually. This doesn't mean to be friendly with your opponent, but rather to hit when you mean to hit, and grab when you mean to grab. Being upfront and practicing your moves properly is important.

As we are all human, it's only natural to think, "I can do this technique better than you," or "I don't like this move," soon after you first start training. You must learn to control these feelings through your training. To respect your opponent means to face these negative emotions and have the willpower to regulate them. You should never forget that you can only train because your opponent is there with you

## ”稽古法そのものに合気道の理念がある”

(前号に続く。。。)

技の習得には正確な稽古が必要です。相手と力を争うようなことはせず、かける側も相手を痛めつけるような投げ方、極め方をしない。技を受ける側も相手の技がかからないようにこらえたりせず、自然体で受け身をとります。基本的なことをきちんと素直にやれば、相手にもそれが伝わります。

また、正確な稽古するためには、習熟度、体格、体力、性格などもお互いが配慮し、互いに技を磨き合う気持ちが大切になります。もちろん、馴れ合うということではなく、しっかり打つところは打ち、つかむところはつかむ。素直に正しく技を行うことが大切です。

人間ですから、自分の方が技を上手くできるとか、ちょっと気に入らないからといった気持ちが稽古を始めて間もない頃にはあるでしょう。そういった気持ちを稽古を通じて律することができるようにならなければなりません。相手を尊重するためには、自分の負の感情と向き合い、律していく強さが求められます。相手がいるおかげで稽古ができるのだという気持ちを忘れてはなりません。

## Shohei Juku Dayori



For english version

<https://en.shoheijuku.org/blog/2022/07/08/shoheijuku-newsletter-july-2022/>

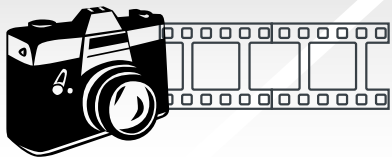
July 01	Reza
July 02	Jakub
July 03	Siamak & Mizuki
July 08	Danny Nguyen
July 11	Zoltan
July 18	Tyler
July 19	Keith
July 27	Suganuma-Sensei



Oh! Many of our Aikido friends plus Suganuma Sensei were born in the Summer of July!!!!

Now, we understand why all of you are shinny like SUN ☀️!! Sensei will throw you all at. Please look forward to it.

Cheers and cheers. 🥳🥳🥳

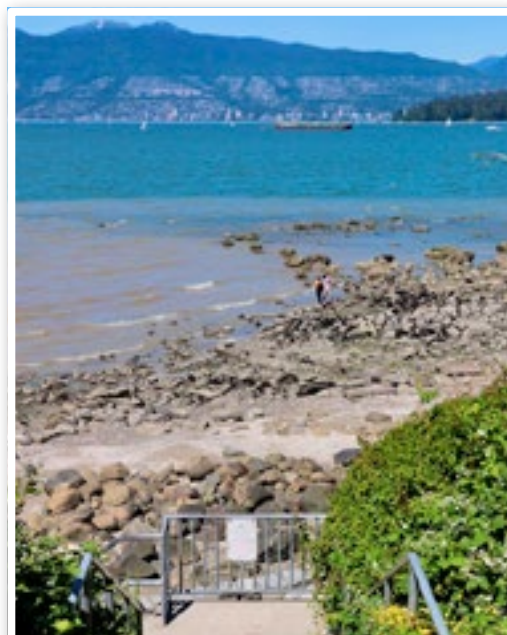


# Share Your Memories With Us

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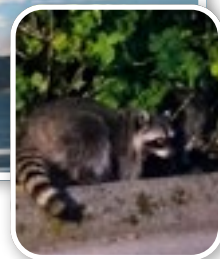
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© Margot Lacroix, Montreal - Lady's slipper

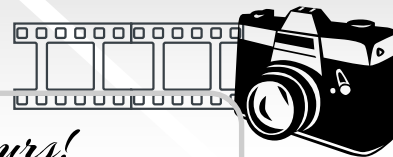


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*Every photograph tells a story. Tell us yours!*



© Yukiko Kotake - Gyoza Vending Machine



Cover Story:

© A Joe - The two that are still practicing this wonderful art.. Trevor and Jayce.



**The 46<sup>th</sup> Annual POWELL STREET FESTIVAL**

**ALL EVENTS FREE**

**This year we are participating in Powell Street Festival. Your participation are encouraged.**

**Saturday, July 30th from 1.30 pm - 2.00 pm.**

**VJLS (Vancouver Japanese Language School Hall) - 487 Alexander St, Vancouver, BC.**

**See you in front of the building at 1.00 pm in gi and hakama.**

**Bring your own water bottle. There is no adult class at Trout Lake dojo.**