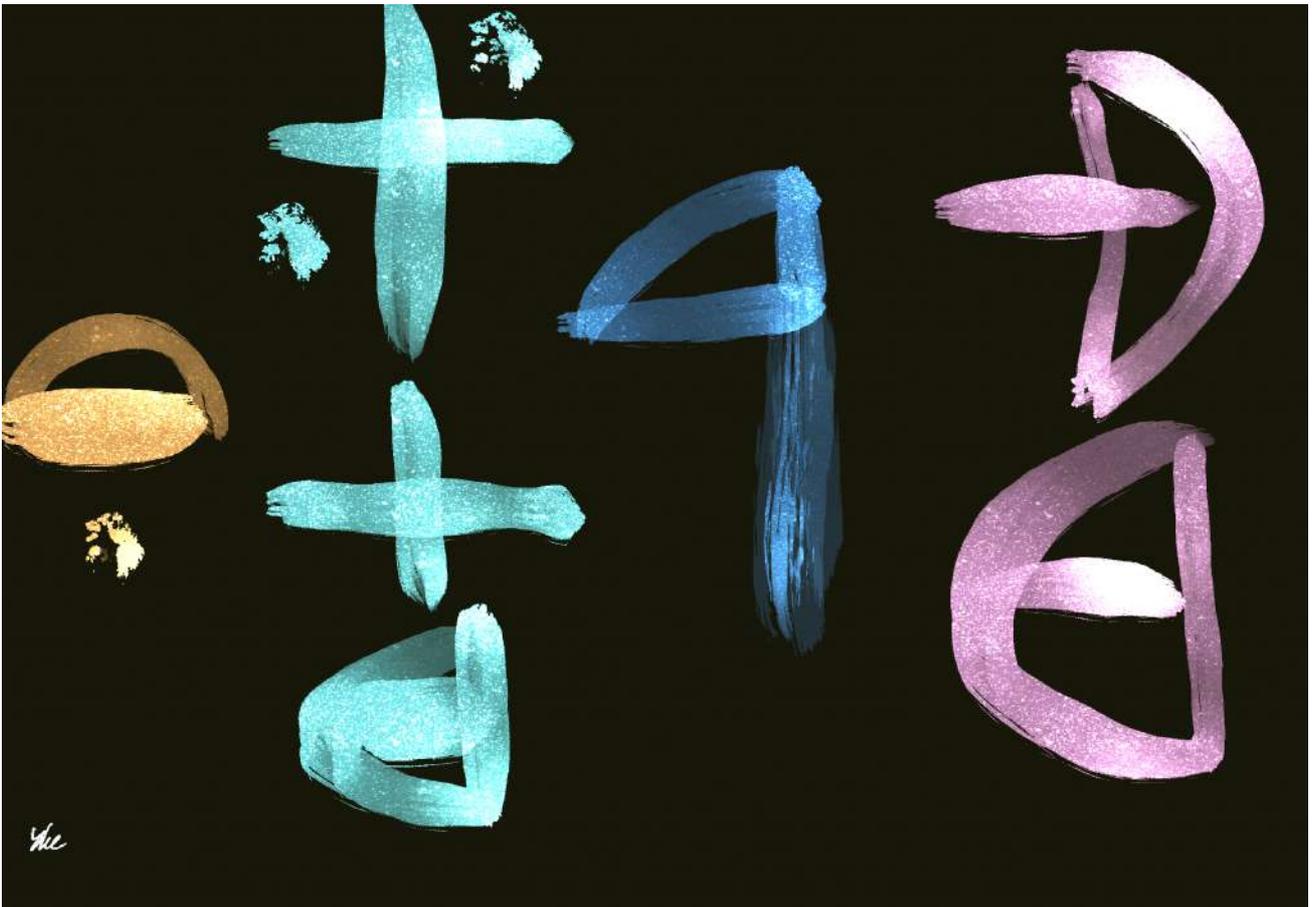

発達理論の学び舎

Collected Poems Vol 25 (1201-1250)

Website: 「[発達理論の学び舎](#)」



No.3282 愛を世界に_Love to the World

No.1201, My Passion & Calling

My calling is to contribute to physical, mental, and spiritual health of people by my knowledge and skills of martial arts.

This is my passion, too.

Groningen; 16:11, 2/2/2022

No.1202, Natural Breath & Eternity

Let your breath naturally flow.

Your natural breath takes you to eternity.

Groningen; 08:16, 2/3/2022

No.1203, Martial Arts Training as a Spiritual Practice

Martial arts training is a spiritual practice for me.

It lets me know what my spirituality is.

Also, it cultivates my spirituality more deeply.

Groningen; 13:05, 2/3/2022

No.1204, Breath and Somatic Messages

I always follow my breath and somatic messages.

Both of them can navigate me in a good direction.

Groningen; 19:52, 2/3/2022

No.1205, Religious Study

Systema has a root of the Russian Orthodox Church.

Jeet Kune Do has a root of Taoism (Daoism).

Japanese ancient martial arts have a root of Shinto and Zen Buddhism.

All of the religious thoughts capture my interest.

Groningen; 10:25, 2/4/2022

No.1206, Anything and Nothing

I'm a cloud, a rain, and a sky.

I'm anything and nothing, too.

Groningen; 16:12, 2/4/2022

No.1207, Land

The land of eternity and that of temporality are one.

Without either of the two, this reality would dissolve.

Groningen; 08:01, 2/5/2022

No.1208, Being Water

I can hear the sound of inner water within myself.

I am water.

Groningen; 11:46, 2/5/2022

No.1209, My Words

Where do my words come from?

They always come from the deep realm of my unconsciousness.

Whenever my words come to the world, they vibrates the entire world at once.

Groningen; 20:20, 2/5/2022

No.1210, A Switch

A switch to activate my body, mind, and soul is turned on now.

My whole existence is lively.

Groningen; 09:18, 2/6/2022

No.1211, Martial Arts & World Peace

Although martial arts were born for war, modern martial arts should aim at attaining world peace.

I practice martial arts for that purpose.

Groningen; 10:45, 2/6/2022

No.1212, True Power

If you obtain power without decreasing the ego centricity, you would destroy yourself someday.

False power is destructive.

True power is constructive to contribute to world peace.

Groningen; 19:16, 2/6/2022

No.1213, The Universal Principle of Everything

We can always find something new even when we see and listen to the same thing.

Because everything is constantly changing.

If you cannot find anything new, you disobey the universal principle of everything.

Groningen; 20:16, 2/6/2022

No.1214, My Halo

A healing circle is circulating above my head.

It becomes my halo.

Groningen; 08:39, 2/7/2022

No.1215, Prayer & Spiritual Energy

Before I start martial arts training, I always just pray.

It brings spiritual energy to my entire body.

After I practice, I do the same thing.

The prayer nourishes my body, mind, and soul.

Groningen; 14:10, 2/7/2022

No.1216, The God & Moment

The God dwells in a moment.

That's why I esteem every moment.

Groningen; 14:34, 2/7/2022

No.1217, A Moment and Life & Death

A second is a divergent of life and death.

We need to think about the importance of a moment.

Groningen; 14:36, 2/7/2022

No.1218, Breath & Authenticity

The more natural my breath is, the more authentic I can be.

Groningen; 15:51, 2/7/2022

No.1219, Insanity & Crazyiness/Sanity & Lucidity

Insanity is my way.

Crazyiness is my way.

Both navigates me to true sanity and lucidity.

Groningen; 19:22, 2/7/2022

No.1220, Prevention

Prevention is key to self-defense.

Prevention is key to our physical, mental, and spiritual health.

Prevention is everything.

Groningen; 19:41, 2/7/2022

No.1221, Power & Ego Centricity

The more power we get, the less our ego centricity should be.

Groningen; 21:18, 2/7/2022

No.1222, Transcending Previous Identity

I'm transcending my previous identity.

New one will come soon.

Groningen; 10:25, 2/8/2022

No.1223, My Poetry

I'll continue to make poetry to express the depth of myself.

My poetry encapsulates what I think, feel, and learn on the day.

Groningen; 10:27, 2/8/2022

No.1224, Intellectual and Spiritual Stimuli

Next year, intellectual and spiritual stimuli would dramatically increase.

I can imagine I'll be in a different place physically, intellectually, and spiritually.

Groningen; 10:30, 2/8/2022

No.1225, An Evening Breath

An evening breath is gently blowing on the air.

It caresses and inspires every soul.

Groningen; 20:39, 2/8/2022

No.1226, Morning Appreciation

Today began with a feeling of appreciation.

I have a tremendous amount of feeling of gratitude for the world and for my soul.

Groningen; 07:55, 2/9/2022

No.1227, A Mist & Illusions

A mist is covering the entire world.

Humans are preoccupied with misty illusions.

Groningen; 09:59, 2/9/2022

No.1228, The Continuous Heaven
I returned from a heaven to another one.
The heaven is continuous and one.
Groningen; 16:24, 2/9/2022

No.1229, Each Moment
Each moment is precious and valuable.
Each moment is glorious and supreme.
Groningen; 16:27, 2/9/2022

No.1230, A Dream & Water
A dream is water.
Water is a dream.
Groningen; 14:45, 2/10/2022

No.1231, Martial Arts as a Soul-Making Activity
Martial arts training is a soul-making activity.
Groningen; 14:46, 2/10/2022

No.1232, A Monkey in My Mind
A monkey in my mind has been quiet recently.
If it disappears completely, true peacefulness will come.
Groningen; 20:03, 2/10/2022

No.1232, Encounter with a New Vocabulary
I encounter a couple of new vocabularies every day.
Those encounters open my new world.
Groningen; 07:09, 2/11/2022

No.1233, Graceful Sunshine
Evening graceful sunshine recharges my energy.
My entire body deeply enjoys it.
Groningen; 17:05, 2/11/2022

No.1234, On a Saturday Morning
I'm feeling a calm inner wind right now.
This Saturday will also be brilliant.
Groningen; 10:54, 2/12/2022

No.1235, Shinto
Shinto is the way of God.
Shinto is the way of divinity.
Groningen; 15:39, 2/12/2022

No.1236, A Mirror
The person in front of you is a mirror to reflect yourself.
Groningen; 15:55, 2/12/2022

No.1237, Morning Grace
I appreciate this grace that the morning gives me.
Every moment is graceful.
Groningen; 10:19, 2/13/2022

No.1238, After the Today's Lesson
I had a private lesson of Jeet Kune Do today.
I learned several new techniques and found some missing points in what I learned before.
Today's lesson was very fun as usual.
I'll keep practicing with a beginner's mind.
Groningen; 20:32, 2/13/2022

No.1239, A Demon and Angel
A demon and angel within myself are talking about something.
I'm curious about what they are talking.
Anyway, both contribute to creating my inner world.
Groningen; 10:06, 2/14/2022

No.1240, Love
We have to love ourselves.
If we can truly love ourselves, we should be able to love others.
If we can't love others, this means that we don't love ourselves deeply.
Groningen; 11:42, 2/14/2022

No.1241, Jeet Kune Do & Bach
My focus in the field of martial arts is Jeet Kune Do.
My focus in the field of music composition is Bach.
Groningen; 11:44, 2/14/2022

No.1242, Ancient Shintoism
Ancient shintoism is the key to my spirituality.
I'll delve into ancient shintoism to understand and cultivate my spirituality more fully.
Groningen; 08:06, 2/15/2022

No.1243, Shintoism
Shintoism is calling me.
Finding hidden and forgotten meanings and practices of Shintoism is one of my callings.
Groningen; 15:58, 2/15/2022

No.1244, A Tranquil Spirit
A tranquil spirit appeared in front of me.
It speaks to me something important.
All I can do is just listen carefully.
Groningen; 15:59, 2/15/2022

No.1245, Invitation
A God of spontaneity invites me to more natural and relaxed self-expression.
I'll follow the invitation.
Groningen; 16:05, 2/15/2022

No.1246, Vibration & Resonance

My spirituality is vibrating with spiritual winds and breaths in the world.

The resonance looks shining.

Groningen; 19:58, 2/16/2022

No.1247, My Self & Nature

My self is protean.

So nature is.

Both are ever-changing.

Groningen; 20:00, 2/16/2022

No.1248, No Completeness

There is no completeness as complete.

Because true completeness must include incompleteness.

Groningen; 20:31, 2/16/2022

No,1249, Inner Voice

Once you listen carefully to your inner voice, the door of enlightenment would open.

Groningen; 10:45, 2/17/2022

No.1250, The God and Martial Arts

The God and martial arts are not separate but one.

The thought derives from Shintoism.

Groningen; 13:16, 2/17/2022