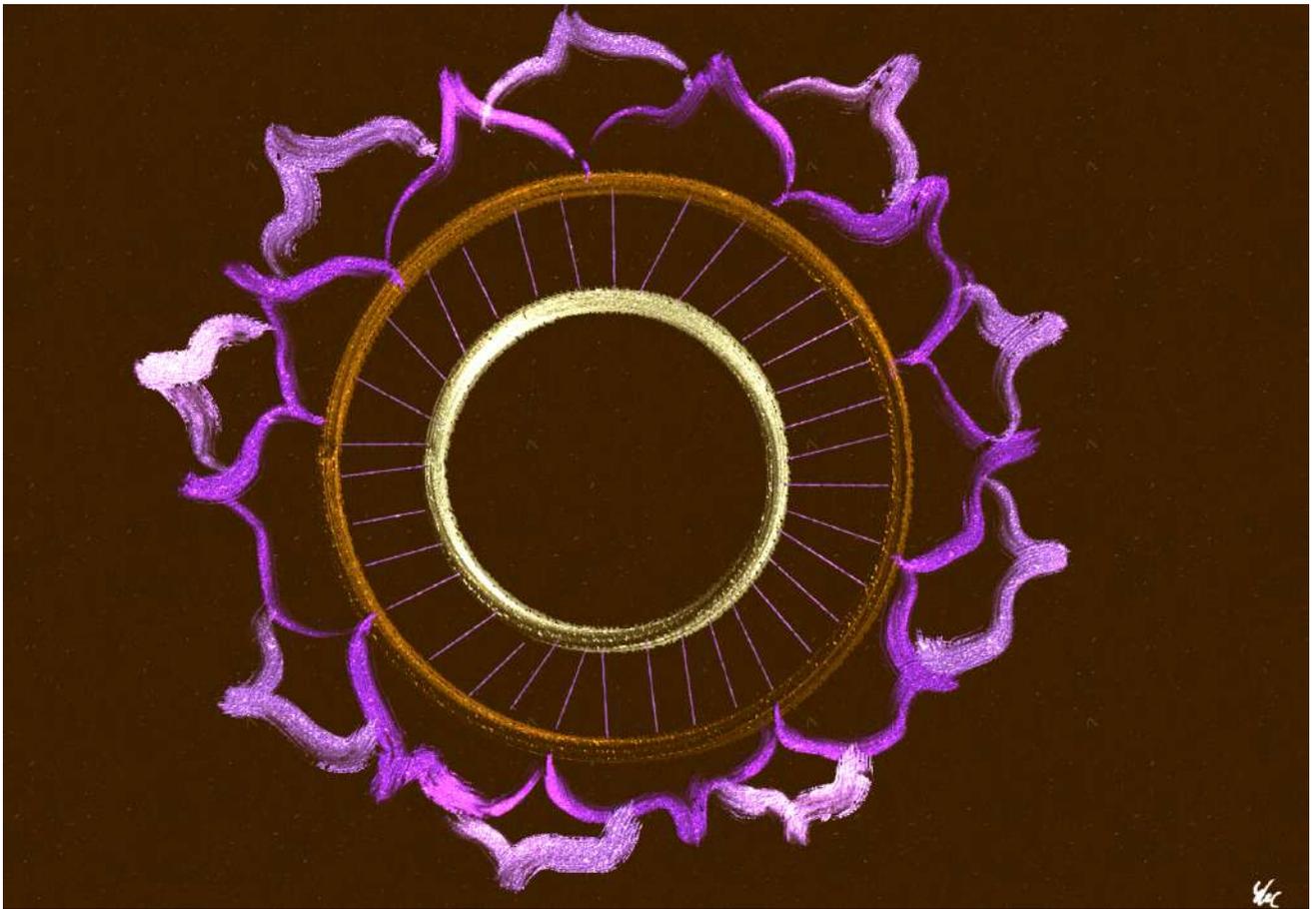

発達理論の学び舎

Collected Poems Vol 23 (1101-1150)

Website: 「[発達理論の学び舎](#)」



No.3244 第七のチャクラ_Seventh Chakra

No.1101, A Deep Breath

Take a deep breath.

It deeply relaxes your body and mind.

Also, it nurtures your soul.

Groningen; 08:32, 12/14/2021

No.1102, Transiency

Everything is transient, literally everything.

Fame and gain would pass transiently like clouds.

So would our life.

Groningen; 09:27, 12/14/2021

No.1103, Your Gifts

Don't be afraid of finding your own gifts.

Don't be intimidated to express them.

Express your gifts as possible as you can before you leave this world.

Groningen; 19:44, 12/14/2021

No.1104, Blue Sky

Oh, blue sky.

You're the epitome of beauty and eternity.

Groningen; 09:14, 12/15/2021

No.1105, An Eternal Process

A dark night is over.

A bright new day has come.

Yet, the next dark night will come soon.

But it will be over again.

Groningen; 10:54, 12/16/2021

No.1106, A Bucolic Morning World

A pastoral atmosphere is expanding in the morning world.

An idyllic song is flowing on a morning breeze.

Groningen; 09:38, 12/17/2021

No.1107, Red, Black, and White

Something black and something red have passed in my inner world.

They seek for each other.

They united and became one blackness.

Then, it was reborn as pure whiteness.

Groningen; 21:07, 12/17/2021

No.1108, Barks and Emptiness

Melting animals are barking for something.

The sounds of their barks are going to the vast empty sky.

Groningen; 10:33, 12/18/2021

No.1109, A Calling

A calling came to me all of a sudden.
It embraced a universal symphony.
Groningen; 09:43, 12/19/2021

No.1110, The Ultimate Principle of Our Universe

One plus one equals the entire universe.
That's the ultimate principle of our universe.
Groningen; 16:48, 12/19/2021

No.1111, Sparks

Sparks fly in my mind.
They are the precious source of all of my activities.
My energy and creativity derive from them.
Groningen; 08:12, 12/20/2021

No.1112, A Crystal

A peaceful crystal is glittering at this moment.
It is the hope for a dark night all over the world.
Groningen; 19:38, 12/20/2021

No.1113, An Eternal Dreamer.

All of us are a dreamer.
A dream is our blood for any activity.
We are an eternal dreamer.
Groningen; 06:16, 12/21/2021

No.1114, A State of the Egoless Mind

Immersion in silence gradually dissolves the rigid walls of the ego.
After a while, a state of the egoless mind may emerge.
Groningen; 15:06, 12/21/2021

No.1115, A Paradox

One disappears, yet one still exists.
This paradox continues mildly.
Groningen; 15:15, 12/21/2021

No.1116, Eternal Today

What would you do if the same day repeated forever?
I would do my best for myself and for others as I did today.
Groningen; 19:34, 12/21/2021

No.1117, A Mandala-Maker

A flood of images came to my mind.
I just created a mandala made of the images.
Humans could be a mandala-maker.
Groningen; 10:54, 12/22/2021

No.1118, Silence and Eternity
This silence is eternal.
Eternity is always in tranquility.
Groningen; 21:34, 12/22/2021

No.1119, A Morning Message
A morning message was delivered to me.
An infinite number of meanings are in the message.
I'll slowly decipher each of them.
Groningen; 10:07, 12/23/2021

No.1120, A Path to Enlightenment
Just take a deep breath.
It is a great path to enlightenment.
Groningen; 14:24, 12/24/2021

No.1121, Breathing and Living
Natural breathing is key to authentic living.
Everything should start with deep breathing.
Groningen; 17:36, 12/24/2021

No.1122, A Poet
A poet can bring out the luster of words.
He or she can string the gem of words together in a dexterous manner.
Groningen; 06:30, 12/25/2021

No.1123, Cleansing Reaction
Because of dynamic stretching, cleansing reaction comes to my body.
I feel fatigued.
I'll recuperate myself by going to bed early tonight.
Groningen; 16:25, 12/25/2021

No.1124, Restoration
Fortunately, cleansing response has gone thanks to enough sleep.
I remember a sound mind in a sound body.
Groningen; 10:03, 12/26/2021

No.1125, The Increase of Qi
My body gradually becomes flexible.
As it happens, the qi in my body increases.
The vital energy flows through my body.
Groningen; 17:30, 12/26/2021

No.1126, Healing by Others
My body needs therapy by others.
We need healing by both ourselves and others.
I'll try some Eastern massage.
Groningen; 09:35, 12/27/2021

No.1127, Found Out a Gym of Jeet Kune Do

I was very surprised and happy to find out a gym to train Jeet Kune Do.

I just sent an email to the gym to check whether I can try a session.

I look forward to a response very much.

For Schiphol Airport; 09:42, 12/28/2021

No Poem 12/29.

No.1128, A Fractal Relationship

Whatever happens in nature can occur in our body.

Both have a fractal relationship for each other.

The macro cosmos and micro cosmos are one.

Rovaniemi; 13:00, 12/30/2021

No.1129, Beauty of a Gradual Change

I'm totally amazed and moved by seeing a gradual change in nature.

It is beautiful because it happens slowly and delicately.

The beauty of human development is based on the same principle.

Rovaniemi; 13:02, 12/30/2021

No.1130, Power of Great Art Works

A great work of art enables us to feel and think in a variety of ways.

I'm experiencing it right now, seeing a beautiful masterpiece.

Rovaniemi; 13:33, 12/30/2021

No.1131, A Bigger Shadow

An entity may be always smaller than its shadow.

This principle can be applicable to our mental shadow.

Rovaniemi; 13:54, 12/30/2021

No.1132, The Bodymind Connection

My body resonates with my psyche very deeply.

The bodymind connection becomes stronger and stronger day by day.

Rovaniemi; 15:18, 12/31/2021

No.1133, Dimensionality

Various dimensions are moving to become one.

This reality is multi-dimensional and one dimensional.

Rovaniemi; 09:52, 1/1/2022

No.1134, Yamato

One of my important roles is to create harmony in this world.

For example, to harmonize eastern and western martial arts is one of my passions and roles.

I'm Yamato or Wajin who are inclined to create harmony.

Rovaniemi; 11:27, 1/1/2022

No.1135, Nature

Walking or just staying in a forest is superb healing for me.

That's why I love Finland.
Nature is one of my best friends.
Rovaniemi; 15:14, 1/1/2022

No.1136, Northern Lights
Northern lights shed light on my future.
All I can do is just follow the lights.
Bright future awaits me.
Rovaniemi; 11:41, 1/2/2022

No.1137, Animals as Our Teachers
Animals teach us how to move our body.
They are our somatic teachers.
We can obtain more natural movement by observing animals.
Rovaniemi; 20:17, 1/2/2022

No.1138, Complete Refreshment in Rovaniemi
I spent a wonderful time in Rovaniemi for six days.
Each day was very memorable.
I completely refreshed myself by virtue of great nature in Rovaniemi.
Rovaniemi; 10:55, 1/3/2022

No.1139, Gradual Progress
Gradual progress is crucial for robust development.
I don't seek for rapid progress.
All I want to do is make gradual progress.
On a sleeper train for Helsinki; 05:50, 1/4/2022

No.1140, Martial Arts and My Life
Martial arts training has changed my life in a positive way.
My life is flowing more naturally than before.
It is like water.
My life can go anywhere.
Helsinki Airport; 07:29, 1/4/2022

No.1141, Breathing Exercise
Today, I began breathing exercise again.
I used to do it when I seriously practiced yoga.
Bandha and nauli help the viscera to detox.
Groningen; 17:51, 1/5/2022

No.1142, Fortune
Fortunately, I found an amazing teacher of JKD in Groningen.
I'd like to learn as much as possible from him.
I'll devote myself to training, which would fully cultivate my body, mind, soul, and spirit.
Groningen; 09:24, 1/6/2022

No.1143, Bandha and Nauli
Bandha and nauli encourage me to detox my body.

They also purify my mind.
I'm feeling the effectiveness very much.
Both yoga techniques became my routine practice.
Groningen; 19:55, 1/6/2022

No.1144, Graceful Light
The grace of the morning came to my soul.
It radiates graceful light to my entire existence.
Groningen; 06:40, 1/7/2022

No.1145, Theology of Martial Arts
Theology of martial arts is my academic and practical interest now.
It would contribute to liberating people from a number of constraints established by modern life.
Groningen; 12:23, 1/7/2022

No.1146, An Invisible River
An invisible river delivers my life to the place it should go.
All I can do is just flow on a river.
Groningen; 18:39, 1/8/2022

No, 1147, The First Private Lesson of JKD
I had the first private lesson of JKD today.
It was very fun for me, and I obtained a lot of insights and challenges for my further development.
Before going to bed, I'll review what I learned today.
From tomorrow, I'll practice today's exercises every day.
Groningen; 21:29, 1/9/2022

No.1148, My Journey of JKD
I'd like to devote myself to JKD training.
I hope to become an instructor in my future not because I want to become strong but because I want to share the wisdom of JKD with many people all over the world.

I really look forward to the self-training in the afternoon.
I'll learn as much as possible from each training.
Groningen; 13:52, 1/10/2022

No.1149, Spiritual Radiation
I went shopping a short while ago.
Because it was fine weather today, the Martini church was shining.
It was not only physical radiation but also spiritual one.
I witnessed the glorious spiritual radiation of the church.
Groningen; 16:34, 1/10/2022

No.1150, A Spiritual Guidance
I saw a dolphin in my dream this morning.
I consulted in a dream dictionary, and it said that the symbol of a dolphin represents a spiritual guidance.

Yes, I think it is true.
All I have to do is just follow the spiritual guidance.
Groningen; 08:57, 1/11/2022