

PACIFIC SHINTAIDO



Pacific Shintaido Bulletin

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Contributions, please

Please send articles, poems, pictures, information, letters, to the Pacific Shintaido Bulletin, care of:

Stephen Billias
36 El Cerrito Avenue
San Rafael, CA 94901-1959
Next issue in September.

Come One, Come All!

June 28, 1997. Open keiko for all classes. See details in this bulletin.

Meet Sally!

Sandra Bengtsson writes of her experiences before and after giving birth to Sally, the newest member of the Pacific Shintaido community. See below.

Ito lectures

Notes from Ito sensei's lecture on the four levels of teaching Shintaido. See page 2.

Full Moon Keiko

Howl at the moon in Shintaido! See inside.

ANOTHER SHINTAIDO BEGINNING

by Sandra Bengtsson

Before the Birth:

When I considered getting pregnant, I thought my years of Shintaido practice would help me through the experience of having a baby. My husband of five years, Robert Gaston, and I are Shintaido instructors so it is a primary part of our lives. Shintaido has provided me with knowledge of my body, as well as the ability to stick it out when the going got tough. Shintaido also gave me a community of friends and keiko partners for support during this process.

Shintaido was fundamental to the changes and personal growth that has given me the confidence and optimism to decide to have a child at all.

As I reach my eighth month of pregnancy, the big question for me is how will Shintaido help me in labor - complete self-interest, but compelling nonetheless. Will all the attempts (not

successes) at *shoko* pay off? Will all those years of jumping help me push? Will I be able to stick with it not get so afraid that I lose my focus? We'll see.

In the meantime, Shintaido has helped both Robert and me in our childbirth classes. Our teacher shows us a technique, and asks us to try it. Sound familiar? For other people in our class, partnering up (even with their spouse) and pretending to do some movement seems incredibly inhibiting. For us, it's just *kumite*.

After the Birth:

Well, it's six weeks since I had our baby Sally, who's sitting on my lap sleeping as I write this. Looking back at what I wrote I'm not entirely sure what to make of it.

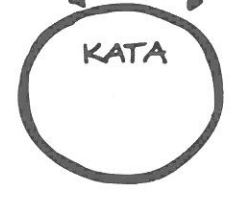
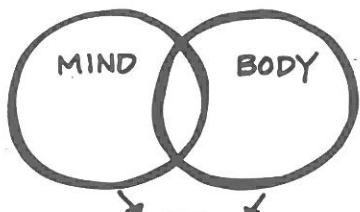
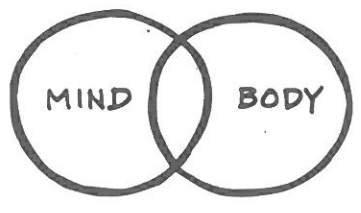
I had a long and challenging labor, something I was hoping wouldn't

happen. I hoped that since I was in good shape (I did keiko the week before giving birth) mine would be one of those eight hour labors, where I felt great right after. Instead I went to the hospital on Saturday morning and had the baby on Sunday night. I guess my labor was more like a *gasshuku* than anything else.

Like a *gasshuku*, it definitely had its moments. There was a lot of just being there, waiting for the labor to progress, being present for the contractions and wondering if I was doing the movements the right way, a feeling I have often had in keiko. For this portion of labor, the Shintaido meditation I did was extremely beneficial. It was hard and it hurt, but being able to breathe deeply into my hara made it easier to deal with contractions. Since I had contractions for almost two days, this skill was very valuable.

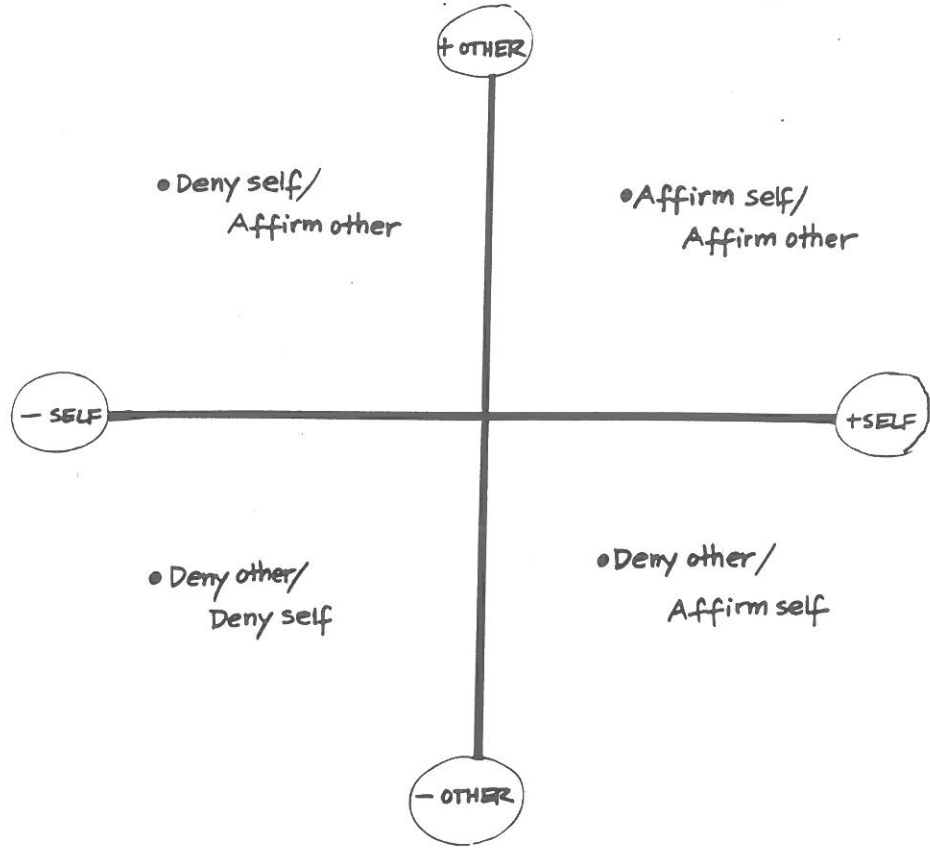
1

Mind Body Unification
 身心一如
 Shin Shin Ichi Nyo



2

Unification of Self and Other
 自他一如
 Ji Ta Ichi Nyo



3

Unification of Self and Nature
 地我一如
 Chi Ga Ichi Nyo

• FOOD



• BREATHING

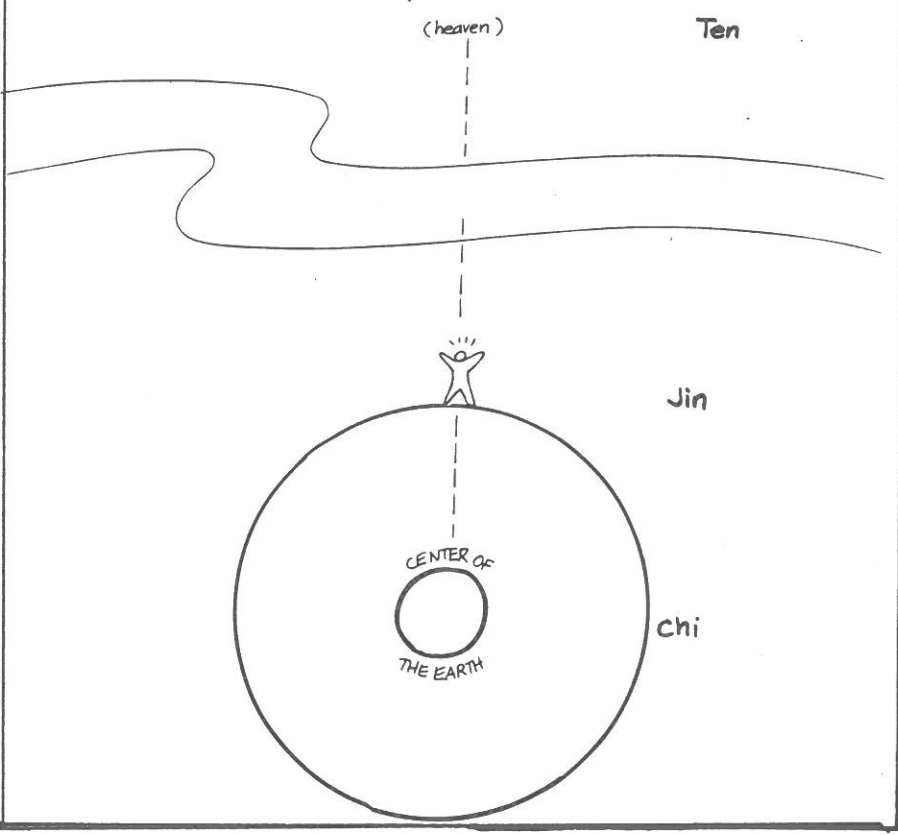
• REPRODUCTION



(ontogeny recapitulates phylogeny)

4

Unification of Self and Heaven
 天我一如
 Ten Ga Ichi Nyo



Current Class Schedule

Class	Instructor	Date and Time	Place
Advanced Shintaido	James Sterling (contact Robert Gaston at 454-4749)	Sundays 8:30am-10:00am	San Domenico School, end of Butterfield Road, San Anselmo
Kenko Taiso for Health	Bela Breslau (contact Bela at 459-5803)	Mondays 7:30pm-8:30pm	San Rafael Comm. Ctr. 485-3333
Shintaido	Laurence Mourey (contact Laurence at 666-3864)	Tuesdays 6:30pm-8:00pm	50 Oak Street at Van Ness in San Francisco
Shintaido Bôjutsu	Jennifer Peringer (contact Jennifer at 824-0456)	Wednesday mornings 7:30am-9:00am	Holly Park off Cortland in Bernal Heights
Shintaido Bôjutsu	Robert Gaston (454-4749)	Wednesdays 6:30pm-8:00pm	San Rafael Comm. Ctr. 485-3333
Shintaido	Tomi Nagai-Rothe (contact Steve Marylander at 584-6624 (e-mail) steve_marylander@peoplesoft.com)	Thursdays 6:00pm-8:00pm* *see details in this bulletin	Lake Temescal, Oakland (off route 24)
Shintaido Karate	Shin Aoki (contact Shin at 510 284-3318)	Saturdays 8:00am-9:30am	Lake Temescal, Oakland (off route 24)

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