

From Ruth Sova, "Shinzo's newsletter is excellent, so I asked that he make it available to all the Ai Chi people. I believe it will help us to find more depth and be better at Ai Chi."

What mountain are you climbing?

Quick Links

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The [Story](#) of My Japanese Hero and the mountains we climb

[A MEDITATION ON THE WATER ELEMENT](#)

"My intention when I do healing work on both land and in the water is that we together find the best hope. I believe the healing journey begins from my client's vision of health and wellness." ~Shinzo Fujimaki

Training with Shinzo Around the World
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Thank you Ruth.

First of all I love Ai Chi and really believe in Ai Chi. I know Ai Chi is deeply contributing to the betterment of many people's health and wellness, both body and mind. My desire and also my intention for this newsletter is to maybe spark or inspire people to think and examine their own healing energy through an understanding of the 5 elements theory.

The 5 elements theory is very simple and the nature around us is our window of perspective. **Through paying attention and examining the power of nature we will begin to understand this relationship.** Why, it is also very simple, because we human beings are as well part of this nature.

Our bodies and mind know how to heal themselves, just like nature heals and revitalizes itself. We have that same potential of healing energy. My hope is when you practice Ai Chi I can assist, by giving you some idea of this ancient wisdom of harmonizing with nature. Thank you again Ruth for this opportunity to express my passion to your members. Also I would like to express my deepest appreciation to the founder of Ai Chi, Jun Konno. I have known him for over 20 years now and his spirit has always inspired me as much if not beyond our friendship.

Today I feel very proud to say that I am Japanese because of a story of one of my heroes that I would like to share with you below. I hope you enjoy this meditation on the Water Element as we begin this summer season.

Blessings to you all,

Shinzo



Ride this joyful yet peaceful energy of summer and open up your own individual **Fire** element.

Summer Training with Shinzo

The Marsh
Minnesota

July 13-20

jmarkus@themarsh.com

Les Bains de Lavey
Switzerland

July 28 – August 9

[Les Bains De Lavey](#)

A MEDITATION ON THE WATER ELEMENT

The Story of My Japanese Hero And the Mountains We Climb

Today I feel very proud to say that I am Japanese because my hero Yuichiro Miura, who is 80, became the oldest person ever to climb Mount Everest. He has had four heart surgeries, including one just a few months ago in January, yet he conquered all of these challenges and odds to accomplish his dreams and desires.

What is the secret of this accomplishment, and how can we learn and use it in our practice of Ai Chi?



At a glance, it seems very different, but to me, it is almost the very same approach as healing – hope, passion and desire; The Fire Element. When I practice my healing work, especially in the water, I often ask my clients and students one simple question, “Can you see yourself happy and healthy?” Then I ask them to express to me their desires and dreams and, most of all, to express those to their own being.

Miura once said, “I don’t have any fear of getting old, but I do have fear of not having dreams and desire in my life.” Right before the climb, he was so at peace with himself, which is apparent in his statement, “It will be the best if I can climb to the top of Mount Everest, but if I died in the process, Mount Everest will be an excellent headstone for my grave.”

To me, that shows a spirit and determination which can overcome many difficult challenges. It is clear that he doesn’t have fear of death — the power of the Water Element.

Water is the messenger of your own feelings and visions – your hope, your dreams and your passion. I know that love of your life is the healing energy of the Self. Let’s hold that vision while practicing Ai Chi or E.A.S.Y. (clinical Ai Chi).

When I hold you in my arms during Watsu, I hold in my heart that vision and hope. Water is magic and love is the source of that magic. Water is the messenger of your mind and spirit, and it is also a bridge between us and the true magic of nature. It is my suggestion that we try inviting this power of nature’s healing energy while practicing Ai Chi.

Through daily practice of Ai Chi, we can cultivate an understanding of our own unique nature – slowly and easily. Then we will begin to understand how we heal ourselves.



*If there is magic
on the planet,
it is contained in water
~Loren Eiseley*



*Nature does not hurry,
yet everything is
accomplished.
~Lao Tzu*

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