

**DANCE WITH HEAVEN & EARTH: LIFE LESSONS FROM  
ZEN & AIKIDO**

**Frances Loraine Dodgen**

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### **Interview Tohei**

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### **Morihei and Kishomaru Ueshiba - interview**

The texts in this book are inspired by the teachings of Katsuyuki Shimamoto, 8th dan, who has been a Zen priest and aikido teacher for

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Your smile will cause a chain reaction, spreading the love. Then, when one trains in the discipline of Aikido one can embody the fine variations and alterations of the breath by means of that unification, and technique will become totally free and self-existent. Spiritual inquiry, or Satsang in Sanskrit; staying in the company of truth, is the most powerful transformative tool we have to enhance our spiritual awakening.

With that we foster the "tamashii" or soul of the interior and exterior of the universe. Trusting the teacher is essential in order to progress. That's why we reset our calendar at Jesus death. Holding such a view of the universe, Aikido cannot be anything but a martial art of love.

Nancy Hussey never planned to author a book until she discovered her daughter's work by scientists such as Ramachandran V.