

## The Practice of Self Control: Ki and Education

By: Shinichi Tohei Sensei

In Buddhism, there is the idea called "in-en-ka (cause-ties-result)". Things have a result not only due to a cause, but it is necessary to have ties as well. The role of education is what we call "ties".

Even if a person has very fine personal qualities, if his education is not good, he cannot grow. Just as with cultivating crops, you cannot get fruit just by sowing seed. Before you sow the seed, you need to cultivate the field. Then, you need water and fertilizer, and you must take care of the crops everyday. All this is required to get good fruit.

Education is necessary to live as a human being. Many people think, "I have never been an educator". However, in reality, most of the people provide some form of education to others. If you are a father or mother, you educate your children. If you are an executive or manager, you educate your employees.

Education means to show the way and then allow others to grow on their own. If you expect to mold others exactly as you want, this is not education but enforcement. Many people confuse "education" and "enforcement".

Also, some people want to get fruit just after sowing the seed. This is ignoring nature. You need patience to wait for growth and development to occur.

Anyone feel stress when things do not go in the way they would like. At your work place, if your employee does not improve no matter how you helped him to grow and develop, you might want to get angry, "Why should I repeat the same things again and again to you!".

However, it is impossible to educate people if you have a short temper or emotionally impatient. When you explode at someone, you may think those words are for the other person. However, in



truth, you did it to satisfy yourself. When you are an educator you must have patience.

When you need to speak to someone, before speaking, first calm your mind and then say the words which others need, not what you want to say.

It seems very easy. However, it is difficult to do it anytime, with anyone, any place. You need to train.

To control yourself, you must train to keep your breath calm.

When your breath is rough? When you are nervous, anxious, angry, which causes you to lose your mental stability. This state of your mind shows up as rough breath.

By doing Ki breathing everyday, you can master calm breathing. When you do Ki breathing, your breath is calm. But your breath is not only calm during Ki breathing but also becomes calm in your daily life. Your mind will not be disturbed by small things.

By doing this, you will be able to have a breadth of mind to accept others and wait for other's growth. Therefore there is no stress.

The reason why I can say this is that I had made this kind of mistake many times. I used to have a bad temper and it was easy for me to be emotional. Everyone who knows me now says, "I can't believe it!" My family and old staff know my personality well.

By training self-control through Ki breathing, I have been able to wait for other's development with plus mind. There is no stress, therefore, my body remains very comfortable. This is one of the greatest realizations in my learning.

### Congratulations!!!

Congratulations to those adults who recently tested:

Denny Wong - 6B  
Thom Burlington - 3B

Congratulations to those children who recently tested:

Brendan Frick - 8C  
Owen Berringer - 8B

Just a reminder to all students: as a volunteer organization, dojo cleanliness is an on-going responsibility of all who train and we appreciate your cleaning support. If you have any questions about chores to be done, please speak to an instructor.

### UPCOMING WORKSHOPS

Spring Camp: April 8 – 9  
Kiatsu Seminar #3: May 20 – 21 (Portland)  
Kiatsu Seminar #3: May 27 – 28 (Vancouver)  
Children's Camp: June 3 – 4 (Portland)  
Kiatsu Seminar #4: June 15 – 16 (Portland)  
Shinichi Tohei Sensei Visit: June 22 – 25

### DOJO CLOSURES!

April 8 – 9: Spring Camp  
April 15 – 17: Easter Weekend  
May 20 – 22: Victoria Day Weekend  
June 22 – 25: Shinichi Sensei visit

Children's Camp is really just around the corner! We are looking forward to having a great camp, with excellent training, challenges, friendship, and plus Ki. Activities this year include Aikido with weapons training, Soccer, Frisbee, Golf, Swimming, and one mystery sport.

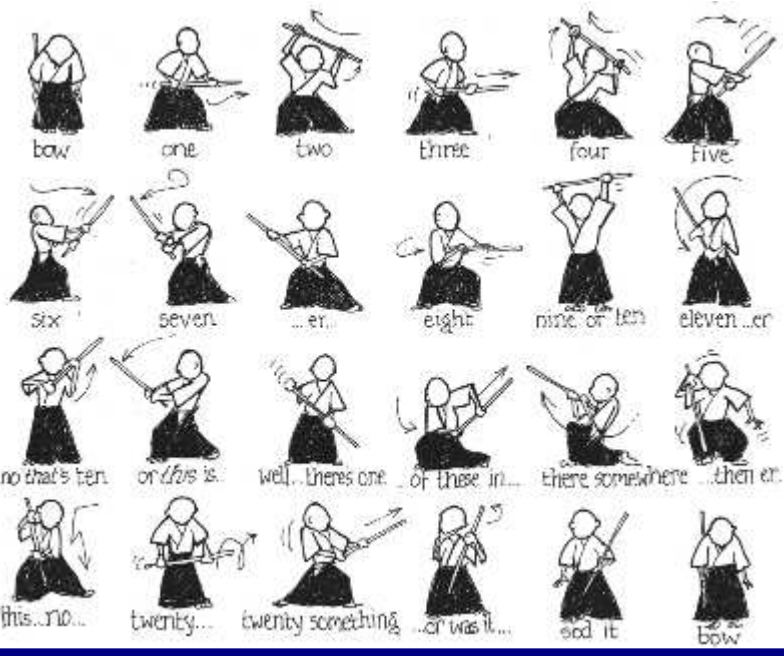
We leave after school on Friday, June 2 and return on Sunday, June 4 late in the evening. Please register before the end of April so we can plan our transportation and reserve our places with the Oregon Ki Society. Speak with Branigan Sensei if you need more information or if you would like to volunteer to drive or supervise for this fun-filled weekend.



Alan and Kevin at Shinsakai 2006



Jo #1... as understood by a white belt



New Look for the VKS!

**Web Site**

A HUGE thank you to Mike Knapp and Jamu Kakar for all their work to design and launch the new VKS web site! Take a moment to check it out at [www.vks.ca](http://www.vks.ca)

**New brochures**

And check out the beautiful new brochures we have for Kiatsu, Aikido and the Children's Aikido. Feel free to take some to work, hand them out to friends or put them in community centers.

**Clothing**

Once again the VKS will be taking orders for VKS embroidered clothing. Shirts, hats, sweat suits and more. Please see Anthony Agtarap for more information.