Tenshingoso: Cycle of Life

Release all tension from the top of the head to the feet, and drop it down into the centre of the earth. Keep closing mind and body.

Return to Mu (Nothingness) the embodiment of preparation for the next beginning.

An embrace and reconciliation of everything in the world, the embodiment of universal love, and of giving everything back to the center of the Great Universe.

The embodiment of original hopes and dreams nurtured and carried forward.

UM
- Nothingness
- Darkness
- Humility

A
- Openness
- Expansion
- Trust

Birth
The embodiment of grace received by opening yourself and trusting completely.

Growth
- Integrating the Ideal into reality.
- The embodiment of integrating your ideals and dreams into reality. Carving out your future.

Trust

Pursuit of your dream

Challenge

Development, Leadership

Control, management

Embrace Acceptance Completion Offering

Acceptance embrace human capacity completion of self

Tenshingoso: Cycle of Life
www.shintaido.org