

Shintaido

Shintaido is a unique combination of martial arts and body movement that cultivates the spirit along with the mind and body. It has been called a moving meditation. In Japanese, Shintaido means "new body way." Shintaido's forms exemplify openness and freedom. The movements of Shintaido provide a new way of experiencing our relationship with ourselves, others, nature, and the spiritual world.

Shintaido is also a healing art, and a form of artistic expression. Shintaido attracts people who are interested in change, self development, and re-connecting with their bodies, their community, their spiritual nature.

Introducing Shintaido at an event in Slovenia

by Charles Burns

Those of you have been reading Taimyo for sometime will have read intermittently about the work I have done presenting Shintaido at Autscope, a series of annual autism related conferences organised in the UK. Last summer I was contacted by the organiser of a similar event in Slovenia and invited to exhibit some of my paintings there. The event was to take place in September 2009 and was described as a 'Festival of Autism'. The idea seemed to be to put the whole subject of Autism related conditions in a more positive light by showing the huge range of creative abilities as well as disabilities associated with it.

Hearing about the nature of the event it occurred to me that Shintaido might interest them too, and so I told them about the workshops I'd presented at Autscope. I explained my feeling that Shintaido had been a huge benefit in learning to cope with the condition myself, to the point where only those who know me really well can tell there is any kind of problem at all. Although there is no way to scientifically prove this kind of benefit (it could be that I would have developed this way in life even without Shintaido practice) I do feel it to be true on quite a profound level.