

February 8, 2018

Reading material
English Hills, Ginza
Tokyo, Japan

Bruise in my heart

For you to sensitively share a bruise your instructor, Toshiyuki Namai possesses in the inner part of his heart in a process to gradually realize what is called “delicate cultured bilingualism”

Toshiyuki Namai

<Introduction>

The following is a lyric poem composed by your instructor, Toshiyuki Namai. First of all, you are constructively guided to settle down tranquilly for you to sensitively and deeply imagine and feel the poem composed.

Whether you settle down or not in your heart in advance greatly affects the quality of study in this opportunity very much.

Now, I'd like you to delicately imagine and feel the following poem through reflecting the whole of your life. The experience to delicately imagine and feel the poem gives you a way to be a more powerful existent for the rest of your life more than you simply imagine.

Bruise in my heart

Toshiyuki Namai

I have a bruise in the inner part of my heart
I got it many years ago

Is there any efficacious medicine to soften it?
There is no such medicine for it

Bruise in my heart gives me a direction
Is it a right direction, or a wrong direction?
Is it a moral direction, or an immoral direction?

One thing is very clear for me
Such bruise silently gives me a reason,
Why I need to continue breathing

Now, I tranquilly go on without hesitation
Bruise in my heart is a gift given for me to be more rational for the rest of my life

Time creeps on at every moment
I now feel powerful to go on