

## Isshin Gakkai: One Heart Study Group

An exploration of human energy;  
Internal and external - life itself.

Spiraling in and spiraling out.  
Core and periphery.

Deadly earnest, deeply playful.  
Members come and go.

Groups expand and contract.  
The leader leads for the moment;  
The teacher is a student.

A child's innocent laughter in our heart.  
The power of the ocean at our back.

Winds of light surround us.  
The journey is our destination.  
Our destination is the journey itself.

