



# 東中通信

School's  
Educational Goal  
Act for your own  
and everyone's  
happiness

みのかも教育21  
FROM-0歳プラン  
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## The thoughts in your heart create your life

### ■ Who is Tenpu Nakamura ?

If you hear that Shohei Ohtani has been an ardent admirer of this philosopher since his high school days, some of you may have an idea. Not only Ohtani, but many other famous people (this would include almost all the businessmen whose middle school students think of) have been influenced by Tenpu and are active in their fields, and his teachings are known as the "Tenpu philosophy".

When I found out that he was born in the Meiji era, I wondered why he still has such an influence, and though a little too late, during the summer vacation I began to pick up books and manga that explained Tenpu philosophy.

### ■ The most important and fundamental idea is ...

That is the title of this issue, "The thoughts in your heart create your life". Furthermore, it is said that "a positive heart opens up your destiny".

"It's true that mindset is important, but will that alone really change my life?" I start to feel negative. However, when I learned that he himself had actually overcome pulmonary tuberculosis, which was considered an incurable disease at the time, not through medicine but through receiving guidance from a yoga saint he met by chance, and learning about the true nature of human life, I became suddenly intrigued.

### ■ A method that anyone can do.

"But unless I adopt a very strict way of thinking and methods, I guess I won't be able to do anything actually", I thought, and again I began to feel negative. However, the methods that Tenpu san talks about are very specific and can be done by anyone right away. For example...

## 心の想いが人生を創る

### 【Imperative Suggestion】

- Before you go to sleep at night, look at yourself in the mirror and say out loud the state you want to be in command.
- "You (or your name) will have stronger faith!"  
"You will have more energy!"  
"You will be cured of your illness!" etc.
- Just keep saying the same thing until it becomes a reality.

### 【Assertive Suggestion】

- You speak the words with the determination that the command you had given the night before had already come true.
- "I (in the first person) have become stronger in my faith!"  
"I feel more energetic now!"  
"I am cured of my illness!" etc.
- Do this as many as times as you like, from the time you wake up in the morning through the day. The more times you do it, the better.

Many people have been successful in overcoming their illness using this simple method. Perhaps it was because Ohtani continued to believe that he was able to win the world championship and MVP awards.

There are also other methods of dealing with emergencies when you feel mentally unsettled, such as the "Kumbhaka (body and mind) method" and the "Pranayama (energy breathing) method", but due to space limitations, I cannot introduce them all here. If you are interested, please contact the principal.



Principal Hideya Watanabe

校長 渡辺英哉

## December Schedule

Date	Day	Events' schedule	End of meeting	Dismissal	Club
1	日				
2	月	Parent-Student-Teacher Meeting③	1:20	1:35	×
3	火	Parent-Student-Teacher Meeting④	1:20	1:35	×
4	水	Parent-Student-Teacher Meeting⑤	1:20	1:35	×
5	木	Chorus Practicing period	3:20	3:35	×
6	金		4:15	4:30	×
7	土				
8	日				
9	月		3:20	3:35	×
10	火	4:15	4:30	×	
11	水	3:20	3:35	×	
12	木	Entire school ST	4:15	4:30	×
13	金		4:15	4:30	×
14	土				
15	日				
16	月		3:20	3:35	×
17	火	2nd grader Chorus Festival	4:15	4:30	×
18	水	1st & 3rd grader Chorus festival	2:55	3:10	×
19	木	Grade's ST	2:55	4:10	×
20	金		3:50	4:30	○
21	土				
22	日				
23	月		2:55	3:10	×
24	火	General Cleaning	3:45	4:05	×
25	水		2:55	3:10	×
26	木	Last classes before winter vacation	3:50	4:05	×
27	金	Winter vacation			
28	土				
29	日				
30	月				
31	火				

### 【Main events in Jan. Feb. Mar.】

- Jan. 7<sup>th</sup> (Tue) Classes start after winter Break
- Jan. 10<sup>th</sup> (Fri) The 3<sup>rd</sup> grade final exam
- Jan. 23<sup>rd</sup> (Thu) New 1<sup>st</sup> grader junior high school trial school
- Feb. 13<sup>th</sup> (Thu) & 14<sup>th</sup> (Fri)  
1<sup>st</sup> & 2<sup>nd</sup> grader final exam
- Mar. 5<sup>th</sup> (Wed) and 6<sup>th</sup> (Thu)  
Public High School Entrance Examination
- Mar. 7<sup>th</sup> (Fri) Graduation ceremony
- Mar. 26<sup>th</sup> (Wed) Closing ceremony

### 【東中生の活躍】

- JDBA 全日本総合選手権 (ドッジボール)  
U15の部 優勝 「Feujon Jr.」  
1年 石田 新
- 東海地区中学生新人テニス大会 (団体戦)  
岐阜県予選 準優勝  
2年 渡邊 ひなた 土屋 優那 後藤 陽花  
星屋 朱里  
1年 福井 瞳 多和田 莉音  
※12月22日(日)静岡市草薙運動場で行われる東海大会に出場します。頑張ってください。
- 第71回中山道東濃駅伝競走大会  
中学男子の部 優勝  
3年 長谷川 新 西田 光佑  
2年 高橋 風葵 渡邊 湊
- 第40回津田左右吉賞作文コンクール  
中学生の部 佳作 2年 大谷 希来莉
- 中体連陸上競技 岐阜県大会  
女子 4×100mリレー 優勝 美濃加茂 Jr.  
2年 木澤 莉央 清水 琉愛  
1年 伊藤 彩生 川合 凜奈  
小川 紗季 河合 桃花

### 【To all parents & guardians】

#### ◎After the PTA Educational Lecture

On November 12<sup>th</sup>, Satoshi Kawahara, a prefectural school counselor supervisor, gave a lecture on "How to interact with people". Parents who listened to the program commented, "It made me reexamine and reflect on how I interact with my children and the people around them. And since these were all thoughts that I could put into practice starting today, I wanted to change them. It's natural that each person is different, so I will always remember to respect others."

#### ◎About traffic safety

The roads around the school, including Kobi old street (*kaido*), are narrow and have a lot of traffic, making them dangerous for pedestrians and cyclists. In addition, there are some intersections where visibility is extremely poor due to fences, etc. We are calling out to students at school, but we also ask that you discuss this at home so that they can protect their own lives.

### 【Please support Gifu Prefecture PTA Fund】

- The donation will be used as funds for the activities of the Prefectural PTA Association. We appreciate your kind support. If you are able to help, please contact the homeroom teacher or vice principal.
- ◆Unposted postcards due to writing mistakes, etc.
  - ◆Unused postage stamps, revenue stamps, prepaid cards, telephone cards, book vouchers, beer vouchers, gift certificates, etc.