



**Reverend Lawrence Koichi Barrish: Misogi Shuho - The Listening Body on the Journey to Now**



Barrish Sensei has been training and teaching Aikido for many decades and is a Senior Shinto Priest at The Tsubaki Grand Shrine of America in Washington State. Discover how a Misogi Shuho practice could greatly benefit you in your everyday life and the basics of how to do the practice.

**TOP EMBODIMENT TIP:** Touch the sacred Earth every day, do grounding, go outside, be barefoot, breathe deep and stand on the sacred Earth. Remember it's alive.

The Listening Body: **Connecting to Nature**

- How can we tune our bodies to be more responsive to the key of nature?
- Today, people are suffering from being cut off from nature.
- The basis of Shinto is that nature is divine.
- We must find the point between our feelings about the past and our trepidation about the future. That place is translated from Japanese as **“the middle of now.”**

Misogi Shuho: **Purification Practice**

- A spiritual tuning technology
- Although traditionally done in a river it can be done in a waterfall, the sea or a cold shower.
- By exposing the body to cold it makes the body dense.
- We do Misogi to receive more inspiration from heaven and more vitality from the earth. We have to tune our structure so that we can be a better conduit.
- Misogi Shuho is a very specific practice but it can also be experienced in a pure unmitigated experience in nature

The Tsubaki Grand Shrine:

- **Only Shinto Shrine in North America**
- It was built 29 years ago

Resources

- ❖ **Website:** <http://www.tsubakishrine.org/>
- ❖ **Social:** [facebook.com/groups/TsubakiShintoShrine](https://www.facebook.com/groups/TsubakiShintoShrine)



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Rafe's work has been featured in TEDx, the Journal of Ancestral Health, Paleo Fx, the Ancestral Health Symposium, The Embodiment Conference, multiple health and well-being podcasts, and he even organized the first international parkour events in the United States.



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