



Miriam Eguchi

Miriam Eguchi grew up in Jewish Toronto, lived in Japan from age 21-51, and joined Or Shalom as soon as she returned to Canada in March 2001.

Miriam has an M.A. and A.B.D. (“All But Dissertation”) from Kyoto University where she studied Philosophy while her kids were in school, specializing in Jewish Religious Philosophy and especially Martin Buber. At Or Shalom she was on the Membership Committee for a year or so, and for the past several years has enjoyed leading Psukei da Zimra and leyning.

1. What is the trait that best describes you?

I would say adventurous, though currently, with the Corona Virus lurking, I’m not adventurous at all. By age 21, I had already travelled in Japan, Europe and West Africa in that order. At 22 I married my Japanese anthropologist boyfriend (also an adventurer), settled in Japan, and subsequently joined him on several extended field trips to West Africa. In my late 40s to early 50s my “adventure destination” was Scotland, which I visited several times to attend Findhorn Foundation workshops/conferences and explore the country.

2. What was it like to live in Japan after growing up Jewish in Toronto?

My birth family was only minimally practising, but I had 6 years of Reform Saturday School, and was active in BBG, Dror and Habonim. I went to Jewish summer camps. Not to mention that I grew up in very Jewish neighbourhoods and almost everyone I knew was Jewish till I hit university. So yes, Japan was different. For my own sake and my three daughters, we did Erev Shabbat rituals and dinner every Friday night, and we had a group of expatriot Jewish friends to celebrate holidays with.

3. **From where do you seek inspiration?**

From various sources: nature (hiking); playing the piano; attending shul; programs and workshops that combine meditation, music, chanting, art and movement; and I love hearing about all kinds of people's spiritual journeys. (Don't be surprised if I ask to hear yours.)

4. **What is something most people don't know about you?**

In Japan I co-founded a national grass-roots breastfeeding support network and co-authored/edited a breastfeeding book that reached tens of thousands of women. I was also an anti-nuclear-power activist in Japan.

Ask me about: My "Endorphin Effect" workshop.