

Naka ima

Humanity is central to the Shinto concept of continuity. Even though humans live for a limited period of time, they play a very important role in the way both time and history develop. *Naka ima* is the Shinto belief in the 'middle present', which sees 'now' or 'today' as being at the centre of time. Like the ripples on a pond, time stretches away in all directions from the present day. For Shinto, this makes the present day the most important time of all, as it is the meeting point of the past and the future.