

The Power of Harmony

**Adventures
In
Aiki-land**

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Acknowledgments

**To my Friends in New Zealand
For all they have taught me by
studying with me**

Adventures In Aiki-land

“Strange traveling suggestions are dancing lessons from god,”

from the Book of Bokonnon, Cat's Cradle by Kurt Vonnegut

It is like there are two places though both really exist on a continuum. They are directions of attention and they are different worlds. There is one location of attention or state of being that is out of touch, isolated, disconnected and there's another one, call it — home, the zone, center, the flow. I call them the world of duality and Aiki-land.

Through unexpected traveling suggestions I was invited to New Zealand to teach Aikido. On my second visit after the seminars finished I went to Bali for a holiday. While in Bali, through unexpected traveling suggestions, I met one of the senior karate teachers there, who was very interested in Aikido. We traded stories and techniques. I learned a lot, not so much about karate, which I had studied before, but about learning and teaching. The experience re-emphasized the open and flexible mind-state one needs to learn and to help someone learn.

Putting ideas into a foreign language magnifies the limitations of knowledge and the value of simple concepts. To communicate in a foreign language one must think simply and creatively. Teaching in my dojo allowed me a very relaxed and creative approach to the study of Aikido. Teaching in foreign countries, as well as corporate settings caused me to re-evaluate and distill the essence of the study.

After teaching people from very different cultures, I came back with a distillation of Aikido as essentially a state of harmonious presence. The Three Easy Lessons (See *Life in Three Easy Lessons*, Zanshin Press) offers the simplest way I have found of talking about the art of Aikido. It offers a way of practicing in emotional and verbal situations as well as physical ones.

ONE, *feel where you are*, a state of centered, grounded, flowing awareness, - harmonize with your self. *Feeling where you are* means non-resistance to "being where you are", deepening felt sense (your feeling experience of the moment) and heightening awareness (paying attention to subtler aspects of the moment). *Feeling where you are* produces a natural state of presence what I later distilled as the unified field.

TWO, *harmonious relationship*, which means moving in non-resistance with the power or energy of the situation, harmonize with what is.

And THREE, '*share who you are*', participating fully in the unfolding universe, harmonize with the becoming.

If we apply Aikido in Three Easy Lessons, it is critical that we complete all three steps. *Feel where you are* so you know when you are in a *harmonious relationship*; then it becomes appropriate to *share who you are*. If we get involved "out there" and lose *feeling where you are*, we lose presence. Then step two, *harmonious relationship*, becomes an abstraction. And, step three *sharing who you are*, is a miss or a clash. In the performance of the art of Aikido, they aren't linear - one, two, three. They are all happening at once. We may break them down to learn about and study them. To be effective they must be practiced simultaneously. (See Life in Three Easy Lessons Zanshin Press)

When we are consciously practicing the three easy lessons they produce a unified field of mind, body and spirit. When we live there, I call it Aiki-land. We could call this state of being by other names: centered state, Aiki state, state of harmony, embodied state, unified state, unification of mind, body and spirit. If you live in Aiki-land it produces a free flowing, infinitely creative ability to respond. The Three Easy Lessons open a channel to the whisperings of the divine spirit of Aikido and serve as a passport to Aiki-land. Aiki-land led to the inquiry I call Quantum Aikido. (See *In the Realm of the Spirit*, Zanshin Press)

When we live in Aiki-land, our state of being is non-resistant, fluid, engaging, adaptable, positive and powerful. It is very, free, open, vital and dynamic, not tight, forced or rigid. When this state appears, Aikido happens. It is easy to see the difference between a fixed state and a creative dynamic flow. If we are self-reflexive, on a good day, we naturally experience this state of presence. On a bad day, it is conspicuous by its absence.

Most schools practice forms as their approach to learning. What is unique about our approach is rather than focusing on forms, which make up a portion of our study, we focus on exploring the flow of energy through jiu waza (free, spontaneous technique).

Showing people this practice for the first time techniques flow naturally, even for people who have never done jiu waza. Even people who are new to Aikido flow into techniques effortlessly and naturally. They produce techniques they have never been shown. The same creative spontaneity shows up in our lives off the mat when we base our operations in Aiki-land.

Aiki-land and the World of Duality

Through this window let's distinguish two states or attitudes. One is the realm of Aiki-land. Let's call the other state, "the world of duality". In "the world of duality" the attention attracts to polarities like win/lose, us/them, right/wrong, good/bad. We could call this dualistic state of mind, "fighting mind" or "resistance to feeling where you are."

In "the world of duality" if you are stronger or faster you can get leverage. Sometimes you can win. But that's exactly what's going on. It is a win/lose proposition. In Aiki-land another possibility appears. The universe, you included, is one system, a unified field of energy. Presence describes a state of attention in connection with experience as it unfolds. The words win/lose aren't really appropriate here. O Sensei seemed to live in another realm with different laws.

“Winning means winning over the mind of discord in yourself. It is to accomplish your bestowed mission.”

Imagine a simple exercise where you stand with your arm extended in front of you. A partner grabs onto your wrist and gently pushes, and then pulls a little bit. When my partner pushes on me, if I am not present, they push me around, disturbing my balance easily. If I resist the push they pull me easily. If I relax and feel where I am a natural presence makes me harder to move not that I am trying to be harder to move. An effortless power appears in Aiki-land. When I am in Aiki-land it takes more to upset me. O Sensei had five attackers pushing and they couldn't move him. We may not be close to that level but even the slightest shift begins the practice.

Each of us has a threshold for pressure. At some level of pressure, my attention turns from '*feeling where I am*' into worry. As the pressure increases, if not being moved (fear of change) becomes more important than *feeling where you are*, attention shifts. I slip into focusing on what I think should be happening instead of what is. Rather than the natural presence of feeling myself as part of the universe, I am fighting with my idea of losing. I just crossed the border. This is the world of win-lose, "The World of Duality". I've gone from an Aiki state of "feeling where I am" to a state that I'll call "fighting mind." Personal power comes from being who you are, not from resisting other influences. Pay attention to the shift from deepening presence to a win/lose thinking, a subtle but clear distinction. It may or may not seem that dramatic but it is. As soon as we lose the practice, we've left Aiki-land.

Once I start feeling where I am, by centering and grounding, unifying mind and body, power shows up effortlessly. Again you may not begin to

approach O Sensei's level but if you can notice any shift at all you have a practice to explore. You can begin the study. When awareness focuses into the relaxed presence of feeling where I am, it requires a greater amount of energy to move me. It takes more to disturb me. Even if my partner moves me, even though things disturb me, if I can practice feeling where I am, is this losing?

Depending on whether we live in Aiki-land or in the world of win-lose, life is an entirely different experience. In Germany, they speak German and when you cross the border into France, they speak French. It is a different place with a different culture. People see things differently there. They have a different set of values. If you went to another country, something else again would be true.

There is one set of laws in Aiki-land in which there is no winning and losing. There is simply what is. Similarly when we cross the border into a state of fighting mind we perceive everything through that filter. In that country we think, speak and act duality. Aikido reconciles the world by recognizing the aspects of the dualistic state as parts of one universe, a unified field.

The Way is to be one with the will of God and practice it. Even if it is slightly apart from the way, it is no longer the way.

Morihei Ueshiba, O Sensei

At the border Aiki-land and "The World of Duality" are very, very close to each other. What's important to the study is how easy it is to slip back and forth, from an Aiki state, into a dualistic state of fighting mind. The border is the razor's edge so you can slip over in a billionth of a second. Training develops the ability to return to an Aiki state. Return can also be quick. If we make a distinction between the two states, we have the opportunity to notice when we've crossed the border. This awareness brings us into a realm of choice. Presence is a choice only if you are aware that it is.

The Purpose Of Training

If we could hypnotize you to forget everything that ever happened to you then ask, "Who are you?" Who would you be, if you weren't limited by how you know yourself? The power of spiritual training allows us to explore the mystery of being. Spiritual training doesn't negate the material realm. It helps you remember who you are and act from that truth. To consciously develop the spirit in which you will live in the world, defines what I mean by spiritual development. O Sensei described the purpose of training as developing the ability to "manifest our innate divinity".

A continuum exists between learning and doing. Learning is focusing on the development of our functional ability. In Aikido it is the ability to manifest our innate divinity. Doing is focusing on action. That is applying our innate divinity to creating an effective technique that accomplishes desired outcomes. At points in training Aikido, where our focus should be harmonizing with the energy, how often slip from practicing 'manifesting our innate divinity' into focusing on getting our partner down, as if they were the same thing.

Similarly, outside the dojo what we are doing subsumes our focus and we fail to attend to where we are coming from. We give all our energy and attention to winning according to some previously adopted definition that we absorbed unconsciously. From the state of mind prevalent in the world of duality, we fail to question the focus of the goal and the assumptions behind how we value a given goal. We are unconscious of the process of evaluation. We lose our self-reflexivity, our ability to divine why we value what we value. In the realm of the spirit training is attending to experience where we receive feedback and self-reflexively correct our goal in relation to the mission of manifesting our innate divinity.

Intimacy with one's self is the doorway to knowledge. Being honest with ourselves, getting to the heart of the matter, is courage. Courage releases vitality. If we do not take risks life goes flat.

We train to live in Aiki-land because common culture reinforces the world of duality. Collectively as well as individually the stories our egos make up do not usually match the stories others tell. Too often even alone with ourselves we habituate to stories about who we are that limit exploration of unknown areas of the self. It isn't that we decide to. It is much less conscious than that. It is a culture.

Without a balanced intention, the process of socialization can produce a repression of vitality. Repressing our spirit produces what Karl Jung described as the 'shadow.' The shadow represents the aspects of ourselves we fail to accept and include, the parts of ourselves we deny. Though we can find ourselves at effect of the shadow it represents power we could potentially access.

I met with someone the other day who was going through a break-up with their partner. I didn't want to say anything because I didn't want to add to it or upset them. I felt uncomfortable so I didn't say what I felt like saying. I could have let myself have authentic thoughts but I tried to stay out of them. I could have been more authentic with myself and I could have been more authentic with this individual. I left not having dealt with my own discomfort. Having avoided that particular pain, instead, I left with a

different pain. I diminished myself by not being willing and therefore able to share the fullness of my being, with her or myself. Not only didn't it help her it didn't help me. In the world of duality we say things that do not really share who we are. We do not take the risk. And it is true there is a risk. When you share who you are you do not know how it is going to be taken. But is that a greater risk than never finding out who you are?

If I am uncomfortable about anything how honest am I with myself? If I can't explore the area with myself, how will I ever work out a healthy relationship with somebody else? We treat others as we treat ourselves. If we do not *feel where we are*, we won't feel where they are. The world is a mirror. It reflects back what we put out. If we work in *non-resistance* with ourselves, we work in *non-resistance* with others. If we allow the universal Ki to flow freely in our lives, our relationship with others will reflect that natural free flowing quality.

When you feel, how you feel changes. When you live what you've got to say, how you feel changes; who you are changes. Keeping all beings in a constant state of growth and development means allowing that eternal change. Spiritual practice means seeking it.

Aiki-land is immediate and accessible by *feeling where you are*, being in your experience. You can feel your feet transmit your weight to the ground. Notice any tension in your muscles. Simply notice. Do not do anything. Receive the information. If I notice my abdomen is tense, I feel the tension. Attention activates healing. We do not have to heal our finger when we cut it. What we can do is wash it clean and allow the natural healing to happen. Otherwise it may get infected and perhaps never heal completely. That is paying attention to it. And we do not have to heal the emotional wounds from childhood. Emotionally you clean it out by *feeling where you are*, washing it with *non-resistant* attention and allowing the natural healing to happen. Paying attention to your experience in the moment opens the door leading change.

The beauty of O Sensei's art takes us out of fighting against the energy of change into Aiki-land, an open spirit where, something beautiful, creative, inspiring can happen. The blend is a natural unfolding. In a state of non-resistant relationship, strength is not an issue. Speed is no longer the issue. The universal intelligence shows up in our lives, beautiful, holistic beyond the imagination of our limited identity. In Aiki-land the mystery appears.

If you bow to the universe it bows back; if you call out the name of the divine it echoes inside of you.

Morihei Ueshiba, O Sensei

Tensing up diminishes feeling, making it difficult to respond appropriately. Without intention to seek a free spirit our spirit goes into a default state and repeats only known patterns. It is important that our relationship with the universe stay balanced, feet on the ground, head in the sky. Through attention to breathing and feeling we relax and open up. In an open state, presence is a natural outcome.

In a state of presence, in Aiki-land, you can sense what a given situation requires. Connection to experience generates the power to respond consciously and intelligently in any situation. If you relax attentively, feeling surfaces. Do that. See what whispers to you. Experiment with finding out.

Someone who can't sail is blown about by the wind. Someone who can sets their own course. Sailing happens in the domains of wind and water. Aikido aligns the domains of energy and consciousness. If we pay attention, connect body and mind and feel ourselves as whole, both energy and power increase.

In the land of duality, we identify with one part of a system against the rest. Then we internalize the conflict. In the world of duality we defend against that which we identify as other. What we think we know is a mis-identification that funnels huge amounts of resources into defense. In Aiki-land we unify the system. Instead of focusing our energy into defending against what we fear we use our power to create that which fulfills and completes our lives.

The Whisperings of the Kami

Divine Creation: Creativity, Jiu Waza & Take Musu

I call the guidance from the deeper levels of thought and higher levels of awareness, the whisperings. I use the word whispers because the communication from divine revelation is not always clear and obvious. The more we open and listen, the more we hear the whisperings from the depths of our beings, what I call 'the whisperings of the kami'. Kami is the Japanese term for the divine spirit that manifests any aspect of creation. The term symbolizes the divine wisdom, the infinite intelligence flowing in the universe. It knows a lot about what is going on, and it is always available. The kami can yell on occasions but usually there are just whisperings.

We shut down a lot of input because there is so much going on, the traffic's too loud or there's too much noise in the office. We get so involved in tasks that we can't hear our own internal voice. If our body tightens to the degree that our muscles lock up, we fail to sense our experience. We can't hear the whisperings. A lot may be happening, but rigid in body or in our mindset, the information doesn't get through. It never becomes intelligence.

When the disturbance of change has been accepted, that's when the inner whisperings start to be heard. There is something that whispers to us all the time, though we need an inner attunement, if that's the right word, to sense subtler messages.

Learning the techniques is a craft. The techniques generate power but do not teach how to use it. Generating new forms spontaneously and using them appropriately and creatively is an art. A friend once said, "the trouble with most approaches to Aikido is there is too much martial, not enough art".

Dream for a moment of the power of creation, the power ascribed to God or the gods of ancient myth. What is our connection with divine power? The whisperings of the kami can show up as subtle feelings. Changes in feeling echo changes in the flow of life energy. When mind, body, spirit are out of alignment guidance can be hard to come by. When we are out of sorts our translation and application of any guidance received comes into question.

The unified field of mind, body and spirit harmonizing with any situation produces a flow of guidance. Answers appear beyond logical knowledge. The whisperings, present in all times and all quarters of the universe make their offering. But if we are disconnected in experience from the totality, we do not receive the guidance. It is important to become your own truth. It doesn't matter whether the Kami exists. The question that matters is how do you guide your life? What do you do when you do not know what to do?

O Sensei didn't make up the art of Aikido. He was called the founder because he found it. He described being taught the art by Aiki Jinja No Kami San Wa, the divine spirit of Aikido. That was his way of talking about the divine guidance he received. His process encouraged me to open to subtler dimensions, to listen to the realm of the unknown. O Sensei's connection with this spirit, his willingness to listen to the whisperings of the *Aiki Kami*, created forms and philosophy, that are a gift to those of us who follow.

Commonly Aikido is taught through the practice of waza-technique or kata-forms. The teacher demonstrates a specific technique and the student repeats it. In this approach Free Technique, or Jiu Waza, the freedom to allow the most appropriate technique to develop out of each unique attack and person's energy, is only taught to advanced students and in most cases never taught at all.

What some approaches call Jiu Waza is the freedom to do any one of several techniques that have been learned. Spontaneous response, creative technique or true Take musu Aiki may never be practiced at all. *Take musu, (pron. tah-kay moo-soo) sometimes translated as kaleidoscopic technique, implies infinitely changing forms, showing up without limit.

Take Musu Aiki

You and I and everything in the universe exist as a part of the endless flow of God's love. Realizing this is recognizing that all creation is bound together by the same benevolence. To harmonize with life is to come into accord with that aspect of the divine that flows through all things. To foster and protect all life is both our mission and prayer, and we call our path Take musu Aiki.

Morihei Ueshiba, O Sensei

The origins of the character, “take” is related to Bu the realm of the warrior. Rather than infinite form, the meaning of musu is closer to - the divine mystery, that which creates form, formless essence, the realm of infinite creativity, the divine source of creation. Take musu translates as 'martial art of the gods' or 'divine creation of loving protection'. I extend that to mean a martial artist of infinite creativity, creating a divine art with no limits to the potential of creation. The physical world manifests out of the divine. Forms appear seemingly out of nowhere, out of the power of creation itself. True Take musu Aiki creates the appropriate response at each instant of life's experience in any situation. In Take musu Aikido, techniques are not learned and repeated but rather created in the moment, out of Ki, out of thin air, out of the 'whisperings of the kami'.

Teachings of O'Sensei

“Martial arts must undergo constant change. Budo develops in an evolutionary manner together with the movements of the heavenly bodies and must not stop even for an instant. The first stage of my budo has come to an end and serves as the stepping-stone for the second stage. Its form must be continuously renewed.”

"There are no *kata* in Aiki budo. All phenomena of this world vary constantly according to the particular circumstances and no two situations are exactly alike. It is illogical to train using only a single *kata*, thereby limiting oneself."

"Techniques which are visible to the eye are useless. Your body and the *kami* [deity] become one through the accumulation of training. It is for this very reason that you stop your opponent's movements with rapid techniques which are invisible to the eye without allowing him to touch your body and without leaving any openings."

From "Aiki News", Winter 1992
Reprint of 1942 article by Morihei Ueshiba
for the "Shin Budo"
magazine

Take-musu jiu-waza

The Sensei teaches through words and visual demonstration. The *kami* teaches through feeling/sensing. The teacher is symbolic. Being respectful to the outer teacher should develop our relationship with our inner teacher. If not something is out of harmony. A teacher who supports your study with the Aiki-kami, with your own inner teacher is invaluable.

Take-musu jiu-waza focuses on the development of awareness, the power to spontaneously respond creatively. In our practice we introduce and practice the classical forms. Yet even with beginners, we emphasize creating technique in the moment. Paying attention to feeling generates presence. Feeling gives birth to movement. Take-musu jiu-waza creates unique techniques in relation to each unfolding attack with all its variations of direction, speed, intensity and the size and abilities of both the initiator and responder. We practice harmonizing with the power of the divine realms, the power of creation, the power that creates form.

This is like the musical process of improvisation as differentiated from only playing songs already written. It can include not only creating new songs from scales that already exist but also creating new scales from entirely new ideas and concepts. When we listen, the melody, harmony and rhythm flow together as a unified field of sound that we experience as music. In Aikido practice when we are 'on' when everything flows together, magic happens. Centered, entering in harmony the same thing happens in our lives. Take musu Aiki explores the principle of harmony in application to life's challenges. Take musu Aiki allows the power of harmony to create emergent, non-existent solutions.

When we train Aikido, we practice non-resistant relationship with the movement of our partner. Metaphorically we are practicing non-resistant relationship with the universe. There is wisdom available when our state of being aligns with the whole. It is something that we have access to like radio waves. Information comes through and we have an idea of what to do. We are taken into knowing beyond anything we have learned. We begin knowing at a level beyond intuition. This is what I call the 'whisperings of the *Kami*'. Listen to the whisperings. Through frustration, sadness, anger, fear, we need to listen. If we do there is a message. There is guidance.

Guidance from the *Kami* shows in relation to your inner question or prayer. In a meditative state, the ideas that you hear are whisperings from the universal. If you paint or design, it would show through the elements of your art. As a human it would show in the way you relate to your fellow carbon

units. There is something that attracts us. It is whispering and if we can invite our partner into that, the conflict, if you will, goes away.

As long as we do not feel, as long as there's any resistance, we are pushing some of who we are into the shadow. If we fail to tap the unknown power in ourselves then we can never fully share who we are. The whisperings, inner guidance, comes from aligning to subtler awareness.

In most business and interpersonal situations we have the time to pause for a moment. We can take a breath. We can allow several phone rings or say to someone, "let me think about that for a second." We can take a space of time to play with - breathing, feeling, centering relaxing, paying attention to feeling. We can use that moment of time to shift into a better state. If you live the practice you bring the creative power to bear in all aspects of your life.

Life is energy. Becoming who you are, is a dynamic process. When we act in a creative way we are sensing life in a new way. Creativity when it shows up seems out of control. You may or may not notice what causes you to make a decision. The experience is indistinct for most of us. We feel something. We do not know what it is. If I fear losing control I block creativity. Creativity is always unexpected — that's what it means. There's nothing creative about exactly what you expect.

Practicing the principles of harmony will not make your life easy, but easier. You'll be able to flow with the changes, difficult or not. In dealing with resistance, appreciate the minutes that are hard. They magnify how we respond. They are an opportunity to see where we block the flow of Ki that could move us in new directions, bring new thoughts, ideas and possibilities. Open yourself to "unusual" things so your eyes, your heart and your spirit do not judge first and ask questions afterwards. Listen for the whisperings that stimulate creativity in thought process. By allowing creativity we increase the speed of evolution, reaching escape velocity to break the gravitational pull of habituated thinking.

**The unknown is the doorway
to becoming who you are.
Otherwise you just get better
at being who you were.**

Awakening - Fragmentation / Unification

When you watch a master musician, gymnast or dancer, they can do things that seem impossible to the untrained. Clearly some of us are more gifted in specific areas but we can all develop our attention and we can improve any developed skill through attention and practice. The first day white belts and the most advanced students do the same practice; unify body, mind and spirit. O Sensei was doing a practice like we are doing. He did it so well and he was so willing to do it, he seemed to live by different laws. It was almost as if he lived in a different universe, so amazing was the skill he displayed. He did it so continuously and repeatedly that his life seemed a miraculous flow.

Still, my instructor, Robert Nadeau, a personal student of the founder, tells stories of him coming into the dojo and missing throws, master that he was. But he would pause for a moment and do his process, chanting, centering, kokyu, whatever practices and rituals he did to connect with the Universe and let it flow through. Then he'd come back and he'd be different. I want to emphasize it wasn't the same person. Sometimes he'd pause and shift a second or third time and he'd come out and he'd be magic. He'd be throwing without touching, affecting people from across the room, effortlessly demonstrating inconceivable ability.

In the world of duality we live on the fight flight continuum. When we are struggling, when we can't create what we want to, we force harder or give up. In either case we see ourselves separate from a universe we must avoid or control. Mind, body and spirit are connected to and part of a universal flow of energy. They are never truly separate from the whole. Yet, if awareness fragments we can't draw on the power of the whole system. Functionality diminishes. Then we go into the reactive default of past meaning. If the universe threatens us we have fragmented from it. When we feel where we are, the unified field produces power not available when mind and body fragment. Consciously paying attention to experience unifies being.

Attention develops through exercise like any muscle or skill. Every pressure we encounter in life is part of the totality. Feeling more acutely expands our awareness. Then our ability to deal with any pressure becomes creatively enhanced. The process of experiencing beyond the edge of perception, is an exercise in the development of awareness. If we lock onto the known, that would be the end of our dialogue. I may know where I am at this level of awareness but if I listen deeper and feel where I am, I notice something I didn't notice before. I am in a different place with different thoughts, feelings and perceptions.

The mystics say we are all one. O Sensei's art, and most spiritual paths, teach "the universe is one system". Do you sense the Ki, energy, the force that interconnects all life? Living from an awareness of an encompassing harmony feels different, from living in one that operates on a win/lose, mine/yours duality. Yin and yang are not in opposition to each other. It is not a matter of one against the other. They enhance each other. Everything else is in the realm of discord, the world of duality, of winning and losing. If we remember all things emanate from a single source we can explore the mystery. We can shift our awareness to the perception that everything is connected. When we cross the border into Aiki-land, Ki, vitality and aliveness flow. When we align with Ki and allow it, the universe speaks through all of us connecting us to wisdom and truth. What might we produce if we live together in the spirit of unification / one system?

Creation is a mystery but we take it for granted. It seems so ordinary. It is already profound that two plus two equals four but we are so used to it we miss that ordinary everyday life is the mystery of the universe unfolding. The mundane bores us yet we shy from the vastness. We attempt to control the vastness by describing it. Then our description captures us. We hate prison but fear freedom. As a society we are asleep to the consequences of being in that dichotomy of meaning.

We do not know all of what Aikido is. We do not know all of who we are. That is the mystery. If we walk through that doorway and willingly, without resistance, experience the unknown, we do not leave an experience with the same consciousness or as the same person who came in. We have a new

relationship to the universe, a relationship to more of the universe. As we become more, more becomes possible. This world of Aiki has power beyond anything any of us have dreamed, and I know we've had some good ones.

O Sensei spoke about the Aiki-kami waking him up in the middle of the night and taking him out in the garden and teaching him the principles and movements of Aikido. He was receptive to it but he could have said, "I am trying to sleep, let me alone." Of course if he had, we wouldn't have Aikido.

Eventually, we have to walk our own path. Are you receptive to the whisperings of the kami in your life? Or do you think that's only for the O Senseis, and Buddahs and go back to sleep in whatever form?

I want to consider it to people to listen to the police of Aikido. It is not for correcting others; it is for correcting your own mind. This is Aikido. This is the mission of Aikido and should be your mission.

Morihei Ueshiba, O Sensei

About Extraordinary Listening & The Quantum Edge

The Extraordinary Listening & The Quantum Edge are dedicated to increase human wealth through extraordinary communication. Aikido of Marin is the dojo –the school where we practice

We are a network of consultants specializing in executive coaching, leadership and team development, mastery training and mediation. Our training and process work are drawn from and explore the disciplines of Aikido and Dialogue. Our coaching and training has been delivered primarily in high-change environments. We have worked with fast-paced start-ups within the telecommunications industry, large utility firms, the banking industry, and a number of high-tech corporations. We also contribute in the arena of international peace building, having worked with the Institute for Multi-track Diplomacy, Harvard Negotiation Project, Conflict Management Group and the Fulbright Commission.

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Construction zone

We are in the process of building the bookstore and hope to have all our works on line soon. We ask your patience and invite you to come back as we plan to have the majority of our materials available within the next few months.

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