

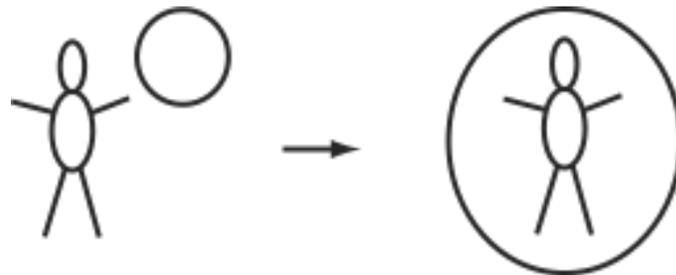
## *O'Sensei Revisited Workshop Concepts*

*A lot of things have been said about O'Sensei. A lot of conjectures have been made about him and his work. O'Sensei himself said a lot of things, many of which have been difficult to understand, many of which have been misunderstood and maybe taken out of context.*

*In this gathering, we will simplify and clarify the main thrust and essence of his process and show you how, from a young age, he proceeded on his journey to become the master that we know.*

### GETTING PRESENT

*A first step is getting present. This includes both body presence and I-mind-awareness presence. This will be facilitated by taking advantage of the more room available - center/circle.*



*We can practice and/or show you different ways of getting present, for example, breathing as here and now, chanting, experiencing fuller body, quiet-calmness, etc. Now that we are more present, in both body and I-mind-awareness in the same zone, it will be noted that you're better in many ways, from a clearer mind to a better functioning body.*

*As you are more present, here and now, an important piece of the creation and of our work should be acknowledged and incorporated. That piece is what we call "space." It's the construct. To create, you need a space! It lays out, or presents itself, as a circle/center, center/circle. Now, this center is the universal center, not to be confused with your personal center, that is, the center of the body. Although continuing the process, the personal center will eventually align, line up to, the universal center of your universe.*

*You've all experienced being tight, as if in a tight space. The body slumps, breathing is shallow, ground seems far away, the sense of having roots is a distant memory — not a here and now experience. Mentally, there are fewer options. Even nice qualities, such as caring, go negative. For example, no one cares for poor me! In Aikido, no way in hell could you perform a group attack, jiu-waza.*

*A good example would be, you are a plant in a very small pot, that is, the pot is a very small center/circle space. You feel tight and you can't grow.*

*There's not enough nutrients in the small pot to really feel nourished. Mentally, physically, emotionally, whatever! But being present, here and now, there is available the next larger pot that already is enabling one to utilize the finer ingredients in the mixing up, creating the next level, Robert, as opposed to the earlier Bobby. This is a dimensional move, which is ongoing - bigger and bigger pots, finer and finer ingredients are available throughout the manifest universe.*

*There is an experiential sense of more room — center/circle. In Aikido, the student can become stronger and more squared away. A double benefit, here, at this level, is also the relationship between uke/nage, nage/uke, which will begin to show more harmony. (This is what we'll later call A and B lines.) Continuing this, one day you'll say to your partner, "Did you fall for me?"*

*You will have a sense of moving from a smaller pot to a bigger pot to a bigger pot. The pot will give you a sense that it is bigger, but don't overdo the sense of size. If you continue with the size, there might be a feeling of, due to the largeness of the universe, being too splayed out. So just do it in the immediate space around you. O'Sensei said, better to change the word from "bigger" to "finer!" So although you know it's bigger, use the word "finer."*

*And you can go home here. This is a good piece of work.*

#### CENTERED or BEING CENTERED

*In a bigger pot, the plant/body/functioning unit/this vibrant system has a center that is more pronounced, more obvious, stronger, bigger, thicker, whatever, even to the point where an outside person is aware of its presence. "Oh, look at Joe. He looks so centered today." There is a center that is clearer. We will clarify how to internalize that - to actually be the centered one - I am. We will include here checks and practices to highlight this as an actual experience. If here we were to take stock of ourselves, as the centered one, we'd experience ourselves as definitely better. And you can go home here. This is a good piece of work.*

#### THE CONTINUATION OF CENTER

*There are energy qualities that are immediately available. They are accessible; they want to get involved. It is their job/purpose in the structure of the functioning system. They are attracted to the center, and a four count will represent all those energies or qualities, "finer" soil in the pot. As they are experientially four counted, they mix and produce the core of the center - it's the essence of that level you. Depending on the lineage you are on, for example, healer, parent, warrior, candlestick maker, baker, the energies-qualities will naturally be present accordingly. If you've got that, you can go home. This is a good piece of work.*

#### DIMENSIONS

*If I were to write a book entitled, "Dimension for Dummies," I'd say, Bad Day, Fair Day, Good Day, Great Day. Using the previous center, 1, 2, 3, 4 center I am, you have now established a nice package - you! Even though it may be a smaller level, that is, a Bobby, you are squared away and complete at that level.*

*You are an acceptable sand lot level baseball player. You are a competent nurse's aide. If your sense is that there is more available to you, let's move on:*

*We open up to the next finer dimension, which is present in the here and now, with only a very thin membrane between you and the next level of you. (The smaller pot is setting inside the larger pot, which is inside an even larger pot, etc.) We will practice this and give you "tricks of the trade" to facilitate your move to this finer realm, and to basically just repeat the process of mixing finer fours, which are naturally there with a better center in the next level. In the next dimension, the space is finer. The fours of the energies/qualities are finer. The center is better and the finer fours mix with the better center. If earlier, the first one was squared away Bobby, this one will mix up a squared away Robert, or a very good sand lot player.*

*The next dimension might show as larger. This is to let you know it's the next dimension, but continue with the sense of finer. Finer dimensions are ongoing through the universe and one of O'Sensei's major developmental experiences. If you've got that, you can go home. This is a good piece of work.*

#### ASPECTS TO BE EXPLORED AND EXPLAINED

*Heretofore, we have outlined the first basic map. We will now add some aspects to fill in the map and give us a common language.*

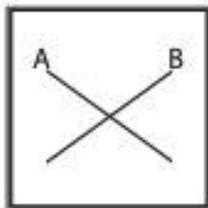
- *Intelligence factor, ie., intelligence in the mix (In mixing up the fours, there is intelligence equal to the mix)*
- *Accoutrements, ie., the world you're in, womb theory (You're in the world and the world you're in supports you, ie., a starving musician, great at music, is asked to join the successful band)*
- *Travel Vehicles, ie., the things you use to get here (A fast form of moving into finer dimensions that starts with the concepts of getting present but accelerates the shift into finer and finer dimensions)*
- *I-mind-awareness, more fully dealt with (This is a unit unto itself, originally named soul, NOT the body, not the situation. It's its own separate unit. It can experience the more of itself using a dimensional process.)*
- *Mix/forge, fire water steam (Facilitates cleansing. I present is cleansed, forging is an enhanced I am.)*
- *Clarity on lineage (Line up to what you are doing at the moment. A better businessman can't be worrying about a better daddy lineage.)*

*It would be good to read and re-read this over and over, but it must be experienced. As O'Sensei would say, you have to be here and now, present.*

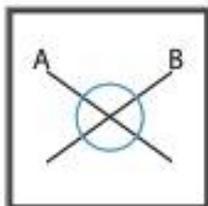
*Now, we can all go home!*

## ADDENDUM TO THE O'SENSEI REVISITED WORKSHOP

### *Being Present and the Situation*



*As you personally settle down, you are now present, there is more room – Level 1 or Bobby or Fair Day – you would notice the body is moving a bit better (A line). Now the B line – the situation – is a bit smoother or more harmonious. For example, the uke/nage connection is better, there is a better relationship. Being settled down, in more room, the “I” is also a bit freer and has a better sense of itself (denoted by the circle below).*



*And it will be noted that the A line is improved, meaning the body is moving better, and the B line, the situation between uke and nage, is better. Continuing on the A line (personal development), but moving into finer dimensions and mixing a finer unit, it might be noticed that, again, the relationship between the two – nage/uke – is definitely improved. For example, the technique was so smooth, you ask uke if they fell for you.*

*O'Sensei, as a child, started with the A line, that is, body getting mixed up better and better. That was his major throughout his life. He didn't clarify, for quite some time, that there was a B line (a situational line), and that this was a different aspect from his development as a warrior (A line). That was made clear during the match with the divine sword school swordsman. And O'Sensei was present as a great warrior, but the divine swordsman was also in, or close to, that level. What affected the outcome of the match was the obvious presence of the law of harmony. It was impossible for the swordsman to make contact with O'Sensei. He was seemingly, magically drawn in and lost his equilibrium, running into a post/wall. No clash happened.*

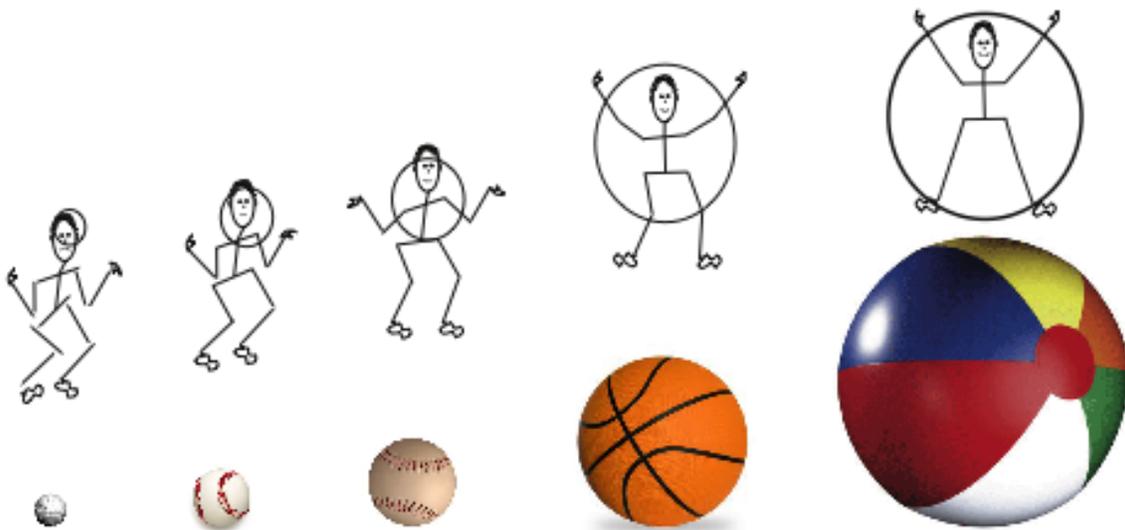
*Now, O'Sensei is saying, play with both the A line, personal, and the B line, situational!*

## The Role of "I"

"I" comes in many forms: note taker, philosopher, critiquer, judge, do-er, worrier, memory (I did it good yesterday! I know this move!), understander (I must understand this move!), etc. What will facilitate, and/or hinder, this space moving dimensionally is what the "I" is doing. In a tight space, "I" holds the belief that "I'm an idiot." Holding that tight "I," it will impair the ability for the "I" to experience itself at a better level of itself.

Dumb example, as if creation is a sandwich, "I" is like saran wrap, fully present, but separate. "I" is not the bread or the meat. Each ingredient is completely separate and important and "I" is the saran wrap!

We need to delineate the "I." "I" has its own feelings about itself. O'Sensei liked the double up theory here, for example, "Experiencing myself, I am aware of myself, aware of myself, I am experiencing myself as an "I." The "I" work was a major piece of O'Sensei's development. From the days of him running through the woods saying, "Who am I" to a lot of his spiritual work, for example, praying, this was his "I" time, moving into ever finer "I."



"I" has a location. For example, "I" as a golf ball, baseball, softball, basket ball, beach ball. "I" is in a different location as a golf ball (small "I") versus a beach ball (settled "I"). The clearer "I" is present, the less inhibiting it is on the larger space that is there. If "I" is small, the true nature of situational harmony is not the same. This is when we say things like, "It's a dog eat dog world!" For example, in a smaller space, "I" examining itself may say, "I don't know" and be very self-critical. In a larger space, "I" beginning to experience itself, equal to the larger space, says, "I may not know everything, but I know there is a pattern." In an even larger space, the "I" hanging out with itself, for example, will have the understanding that, "I do have a mission, a purpose, I belong here!"

The “I” staying small impedes itself. The “I” is truly an original vast piece, present in the creation. Being small inhibits its own awareness of the more of itself. Being small inhibits the space from showing. It can’t move dimensionally into finer spaces. It inhibits by not allowing room for the body to be able to mix itself into a great glorious functioning unit. Being small inhibits the room that the situation needs to show that there is harmony in the universe.

Aikido example: “I” small is telling my body to “DO” a technique, when, properly the body will know to mix up a better body for the technique –that’s its job! So you’ll understand, when you do that, I’ll say NO, because the body is being dictated to. If the “I” is small, in the world of situations, the “I” will try to control the situation and therefore the harmony that the situation is trying to show can’t happen. That is why I have to say NO!

If allowed, “I” will naturally move into a finer level of “I.” “I” will notice that, “I am in a finer space.” But beware; the dimension is finer in a particular form. The “I” shouldn’t automatically say, “I am finer.” This is a finer space, now who am I, myself, in a finer space. Here, the “I” should be experiencing itself, centered and circled, because in a larger space, the I is feeling the more of itself, equal to the space. It shouldn’t glom onto the quality or finer vibrational rates of the dimension. The finer vibrational rates of the space are NOT you!

“I” is its own thing, separate from the body it is in, the situation it is in, and the dimensional vibration that it is in. Each are individual pieces that work in tandem (for example the saran wrap and the sandwich). “I” is distinct from the main pieces in creation that work in tandem. For example, O’Sensei said, as an “I,” people would look at me and say, “Oh, you’re pure.” He says, “I wasn’t pure, but I could stand in purity.”

