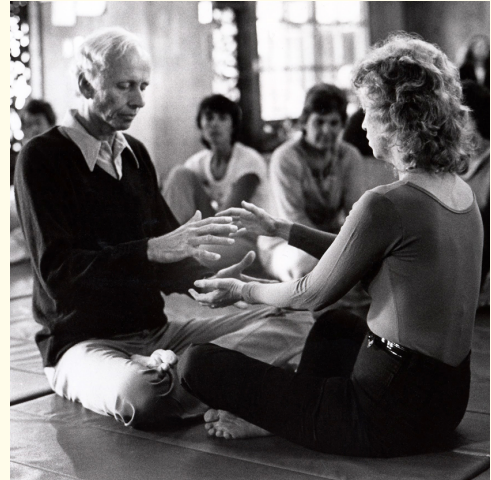


LEONARD ENERGY TRAINING (LET)

The Body as Teacher

Leonard Energy Training (LET) is a discipline developed by Aikido sensei George Leonard, and inspired by the martial art of Aikido, combined with western psychology, and physical theory. It teaches practical, alternative ways of dealing with life situations while enhancing the flow of vital energy. LET relies on the profound wisdom of the body. Once we are aware of its subtle power, the body becomes a sensitive antenna for tuning into nature and other people. A small, handy model of the universe, it is a royal road to the unconscious. All the books, computers, and electronic networks in this world contain only a miniscule fraction of the information it takes to create one human body.



In ITP, we offer exercises that call upon *the body as teacher*, not only to show us how to live a more balanced, vital, and healthy life but also to point the way toward the next stage of human evolution. We see body, mind, heart, and soul as co-equal manifestations of the human essence, but *when deep-down human change is concerned, there is no more effective teacher than the body*. In a culture that has traditionally downgraded the flesh and routinely characterized it as a threat to the workings of the mind, this statement might seem strange. But far from opposing the mind, *the body reflects the mind and is reflected by it with amazing fidelity*.

By increasing bodily awareness, by tuning in to the fascinating information the body is continually broadcasting to mind, heart, and soul, we can increase awareness of the world through every domain of our existence and create a harmonious relationship between our many parts. We can also follow the body's guidance in developing new ways of dealing with everyday problems and, beyond that, to develop extraordinary capabilities you didn't know you had.

PRINCIPLES OF LEONARD ENERGY TRAINING

1. **You are the authority.** Anything you experience is valid for you. You are responsible for who you are and for what you do, perceive, and feel.
2. **The capacity of the human being and of human society is largely untapped.** We use only a small portion of the incredible potential available to us. It is possible to experience life in all of its dimensions—physical, emotional, intellectual, spiritual and social—more deeply, creatively, and meaningfully than we typically do, or are expected by society to do.
3. **The body is a highly effective learning facility.** It is fully instrumented, with millions of feedback circuits, and the feedback is practically instantaneous. Once you've tuned in to your body, you've tapped an almost limitless source of learning.
4. **A centered body leads to a centered life.** Your bodily stance goes a long way toward indicating your stance in life. The human body can be taken as a metaphor for everything else in existence.
5. **Expect nothing. Be ready for anything.** Readiness, of course, is a good thing. But expectations get in the way of readiness.
6. **Put it on the mat.** In other words, develop your talents, make them public, and be willing to be a fool. Take appropriate risks. Don't hoard yourself.
7. **Take the hit as a gift.** Challenges can be energizing. Don't deny the existence of negative happenings. Use them! Even some of the shocks and blows that people experience can help you achieve your potential if you know how to handle them.
8. **Personal intention carries great power.** Intention is what you consciously or unconsciously aim for or establish as purpose. Your intention, if strong enough, has an almost unbelievable power to create your reality.
9. **A change of context makes transformation possible and, indeed, likely.** The word "context" comes from the Latin terms "con" and "texere," meaning "to weave together." How you weave your world together, how you see things, has a lot to do with how you deal with life's situations and what happens to you. To change perception is often to change experience. Most LET exercises involve a change of context