

Lessons from Morihei Ueshiba, O Sensei

Founder of Aikido,
The Way of Harmony with the Universe

All the principles of heaven and earth are living inside you. Life itself is truth, and this will never change. Everything in heaven and earth breathes. Breath is the thread that ties creation together.

Everyone has a spirit that can be refined, a body that can be trained in some manner, a suitable path to follow. You are here to realize your inner divinity and manifest your innate enlightenment.

Study how water flows in a valley stream, smoothly and freely between the rocks. Also learn from holy books and wise people. Everything - even mountains, rivers, plants and trees - should be your teacher.