

**Create a**  
**Beautiful**  
**World**

*in Three Aikido Lessons*

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# Feel

**the glow of life that is yourSELF**

**DropBackSinkOpen**

**KeepDoingIt!**

# Breathe

**in harmony with yourSELF**

**DropBackSinkOpen**

**KeepDoingIt!**

# Enjoy

**yourSELF Intentionally**

**DropBackSinkOpen**

**KeepDoingIt!**

**It's a tough job, still,  
If you don't enjoy yourself who will!**

**EXPERIENTIAL EXPLORATIONS**  
**Love, Harmony and Joy, like Charity, begin at home**

**FeelLove**

**BreatheHarmony**

**EnjoyJoy**

**Feel into the central core of yourSELF DropBackSinkOpen KeepDoingIt!**

Feel where **you** are - Align with the force of gravity - Sink open locating the center of your central core - If you lose the sense of release or sinking, tighten slightly. Then re-release, sinking opening, enjoying aliveness. Feel the glow of life that is yourSELF - We defend our 'identity', thinking it is our 'self'. All our problems stem from that confusion. With each shift 'in' to being yourSELF the adjustments get finer, yet the effect is exponentially greater - Every shift in the location of attention creates a different world, a different universe, a different reality.  
*"Calm the Spirit. Return to the source."*

**Breathe in harmony with yourSELF DropBackSinkOpen KeepDoingIt!**

Enjoy breathing - exactly like you want to. Imagine a deep breath of fresh ocean air. FEEL - the vitality as each cell gratefully absorbs oxygen and burns it into life. Listen to the impulse to breathe appreciating the glow of life. Sincerely listen to someone until they feel heard completely enough to feel done talking. Watch the world change. Listen that way to the universe. Listen that way to the impulse to breathe breathing you. Breathe Universal Harmony enjoying the Glow of Life Itself. Every shift in the location of attention creates a different world, a different universe, a different reality.  
*"... with the sincerity of our BREATH"*

**Enjoy yourSELF Intentionally(enjoying yourSELF) DropBackSinkOpen KeepDoingIt!**

Life's ultimate challenge, living in a loving harmonious joyful spirit sharing the Full Experience and Expression of Joy. Enjoy the vitality of life, whatever the situation, bravely experience The Glow of Life Itself. Feel intent, the joy and interest of your vitality. Pay attention, listening to the messages of 'feeling better' from the universal, as they guide you towards the completion of your bestowed mission. *Enjoying yourself may not seem a warrior's challenge, yet it is the essential challenge of life. To Live in bad feelings is the easiest thing in the world. Share who you are. Increase the joy in the world the best way you can. Enjoy yourSELF. Every shift in the location of attention creates a different world, a different universe, a different reality. "Joy is the greatest treasure"*

**Feel/Love**  
**Align**

**Breathe/Harmony**  
**Allow**

**Enjoy/Joy**  
**Appreciate**

**Feel yourSELF**

**Breathe yourSELF**

**Enjoy yourSELF**

**LoveHarmonyJoy FeelBreatheEnjoy AlignAllowAppreciate Love**  
**HarmonyJoy FeelBreatheEnjoy AlignAllowAppreciate LoveHarmony**  
**Joy FeelBreatheEnjoy AlignAllowAppreciate LoveHarmonyJoy**

**It's a tough job still**  
**If you don't enjoy yourself who will!**

**DropBackSinkOpen**

**Once in the morning is not enough!**

**KeepDoingIt**

Now you've finished the book. Several

## **Very Important Readers Notes**

Now that you've finished the book, if you have interest in further exploration, following are a few studies each of slightly increasing depth. The magic of harmony is, it feels better. That is the 'art' in martial art. Beyond martial arts, these explorations offer the power of harmony to everyone interested in 'feeling better'. Honoring Einstein's guidance, 'Everything should be made as simple as possible, but no simpler', the concepts are organized for quick access, to the essence of the teachings. I need these practices, maybe more than most. And they have helped immensely. The world I live in is more beautiful because of them. In that spirit i share them.

### **Words**

**"The Tao that can be spoken is not the true Tao."**

**Lao Tze**

Words represent. They can never truly encompass the concepts we're exploring. Words can point the way to new possibilities, which for this study, each of us must explore experientially. Like the concept of attention, a word will never encompass it, only open the portal to exploration.

**"All these things are difficult to form into words.  
If a person gives a name to something and then holds fast to that name,  
he will miss the real meaning.  
Yet if no name is given, then he floats about in empty space  
and does not attain awareness."**

**Chozan Shissai - Master Swordsman, Japan 1728**

A gentleman arguing with a lady in the street yells at her, "You should consult a dictionary." To which she replies, "What for? It's my language!"

**Say one word. Hear ten words.**

**Japanese Proverb**

Listening in my lexicon means absorbing the guidance being shared and applying it. Listening here means to divine and align with the intent of the energy. Not just hearing it. Listening! I missed some good advice. I heard it, I just didn't listen! Something changes in us with the simple intent to listen, let alone what we might learn if we do.

Words, especially multi ordinal words like joy and love and harmony and intelligence and feeling, heard in that way open an exploration expanding the limits of perception. For the word 'joy' imagine also hearing: 'feeling better', fun, aliveness, vitality, enjoyment, appreciation, opening, glowing, smiling, pleasure, positive energy, heartfelt experience and communication, whole being presence, total being, all systems in balance, radiating vitality, the glow of life, radiant being, "bravely facing what the gods offer", 'feeling better'.

**For these practices imagine adding the words consciously, intentionally or volitionally. Consciously feel love. Intentionally breathe harmony. Volitionally enjoy joy. Now go back and do it, consciously performing the exercises not just reading the words. And Again**

**'Feeling' maybe the most undervalued word in our language. If explored, 'feeling' opens into the infinity of 'let's find out'. Cultivate a generous listening as you receive the words. Forget what you know. Soak in the unknown. Not knowing, creates the space where learning takes place.**

**Spirit in my use is vital force. A spirited horse. Get in the spirit of the party. Not ghosts.**

**The apostrophes used herein indicate a request to expand your understanding, to hear the words in new ways. Unattributed phrases in quotes are words of O sensei. As far as I'm concerned, and I think this is important, 'bestowed mission' means, exactly whatever you want it to mean.**

**Repetition: As the I Ching says, "Only by repetition does the student make the material their own."  
And, how do you get to Carnegie hall?**

**Warning: Watch out for language and quotation abuse like the following examples.**

**'Colloquial, No not English, Not even American, nor even Californian, Colloquial Moonspeak!'**

**Although the word 'SELF' is an old one, the word which was used in the past is fundamentally different from that of mine.**

**First put on your own oxygen mask then create a beautiful world**

**Like time-space Autonomic-divine or great-becoming-issness**

**See what paying attention buys**

**Calm the stories return to feeling better.**

**First with thine own self be harmonious and it's much less likely you'll end up in a fight.**

**Much like tightening the wrong muscles more, 'and hoping the result will be different'**

**"To be nobody but yourself in a world which is doing its best day and night to make you like everybody else means to fight the hardest battle which any human being can fight and never stop fighting."**

**— E.E. Cummings**



**To enjoy yourSELF in a world which is doing its best, night and day, to make you like everybody else, represents the 'greatest warrior's challenge' which any human being can face; and never stop 'accomplishing your bestowed mission.'**

**— E.E. Cummings**

**Quotation Abuse by; R. Moon**

*connecting to the 'single source', i. e. Feel*

**DropBackSinkOpen**

**KeepDoingIt!**

# Enjoy Breathing Aliveness

**Try It. I think 'You'll Like It!'**

**DropBackSinkOpen**

**KeepDoingIt!**

## Preface

### **THE Warrior's Duty/Honor/Obligation/Challenge, Loving Protection of the Experience, Expression and Sharing of Joy**

**The western term warrior is somewhat amoral, simply implying someone who makes war. Translating the Japanese tradition of 'Budo', as 'the way of the warrior' misses the meaning. Budo is almost the opposite. Budo means the way to stop weapons or end war. Budo and the samurai tradition imply dedicating one's life in service of peace, to the way of loving protection, to stopping war. Contradictory as it sounds, a warrior fights to establish peace. We forge our spirit to bring ourselves to a place of inner harmony, where we're increasing joy in the world, not pain. Budo implies loving protection of the peace and harmony that allows us to enjoy our lives.**

*"A warrior is always engaged in a life and death struggle for peace  
budo is none other than the vitality that sustains all life.*

*Without budo a nation goes to ruin,  
because budo is the life of loving protection  
and is the source of the activities of science."*

**Budo like all virtues begins at home. Budo, a warrior's ultimate mission to end war, starts with ending the war within. Failure to reconcile the inner struggle, sees conflict become the story. History, the story we tell and the spell it casts, emphasizes conflict more than peace. To live in bad feelings is the easiest thing in the world. Every vibration creates reciprocating echoes.**

**Aikido's path leads to harmony. Warrior spirit means taking full responsibility for our life. Living in a world beyond shame and blame, a warrior takes full responsibility for living in "accord with the universe itself". For a warrior, only one thing matters, the outcome of the challenge. All else is meaningless. If joy is life's greatest treasure, a warrior's challenge is to bring forth sharing into the world, a joyful spirit. What could be a greater challenge of courage than a spirit of joy, peace and reconciliation? What would be a greater gift?**

*"Do not look upon this world with fear and loathing  
Bravely face whatever the gods offer*

*True budo is the loving protection of all beings with a spirit of reconciliation.  
Reconciliation means to allow the completion of everyone's mission."*

**Most of us don't face armed attackers on the battlefield. For most of us the challenge is to live a fulfilling life. Transforming life from a struggle to a dance', from feeling a victim, to a 'warrior's path' of harmony, implies bravely facing life's challenges. To this end, we forge our spirit. This is the goal and purpose of why we train. Life pivots on the focus of intent, the harmony of the breath, the location of attention. Enjoy Breathing Aliveness.**

**"Rely on Harmony, to Activate your Manifold Powers, Pacify your Environment and,  
Create A Beautiful World"**

Life in Three Aikido Lessons

Enjoy Breathing Aliveness

**Feel' your energy, aliveness, vitality communicating through your brain and nervous system. Listen to 'intent', doing its best through somatic experience, to guide our way. Don't think. Feel.**

**'Don't think. Feel'. Let me expand that. There are times to think and times to feel. When it is the time to feel, thinking doesn't help. When it's time to think then, it would be more precise to say, 'Don't let thinking disconnect us from feeling. To apply the phrase, 'Don't think. Feel', when it is time to think, please read it this way. Think from a feeling state of being. Connect attention with experience, unify the field. Standing on the floating bridge, do both at the same time.**

**Joy/feeling better is calling you to "correct the discord in your own mind". Through constantly, aligning with 'the changing' fulfill your "bestowed mission".**

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

**We develop any strength or learn any skill, through intent practice and repetition. The development of spiritual awareness rather than being something 'woo woo' or mystical, spiritual awareness means, being aware of the spirit we bring to the party. It is intentionally consciously refining the tone of our spirit, our attitude, our mood. It means noticing when you're 'losing yourSELF, your spiritual force, and learning how to get back quickly.**

**Enter the world in a 'medicine way'. Feel the realm of the spirit activating "constant growth and development". Living in a good spirit means harmonizing the part our life plays in the symphony.**

**Increase the joy in the world the best way you can. Enjoy yourSELF. Be the change. Intentionally feel better. As we might suddenly enjoy a sunset we were missing, when we notice and pay attention, on purpose. If it doesn't work let me know. If it does work please, as appropriate offer this information to anyone who might value it (and let me know how it works for them).**

**These experiential explorations develop the way of harmony with practice, repeated practice, lifelong practice. Like breathing, once in the morning is not enough. Once they become second nature you can use them to get where you want to go, to 'feel better' on purpose. As you do the practices, the art sort of develops and teaches itself. Listen to the whisperings. Make up your own ways to practice that come out of your own experience.**

**By definition how could you ever know the unknown really. Maybe you learn how to explore it or walk the path, open to it or go through the portal. Maybe if you're blessed or lucky you learn to love the mystery. Life's destination? Questionable. The journey is now. Enjoy the strawberry.**

**DropBackSinkOpen**

**KeepDoingIt!**



"Rely on Harmony, to Activate your Manifold Powers, Pacify your Environment and,  
Create A Beautiful World"

Life in Three Aikido Lessons

Enjoy Breathing Aliveness

**DropBackSinkOpen**

**KeepDoingIt!**

# **Feel Into the Center of your Central Core**

**Even by Drops In Ever Finer Adjustments**

**DropBackSinkOpen**

**KeepDoingIt!**

Love gives birth to harmony, harmony brings forth joy and joy is the greatest treasure  
THE Warrior's Challenge: A Loving Harmonious Joyful Spirit To live in bad feelings is the easiest thing in the world

**"Rely on Harmony, to Activate your Manifold Powers, Pacify your Environment and,  
Create A Beautiful World"**

**Life in Three Aikido Lessons**

**Enjoy Breathing Aliveness**

**Listen to the Impulse to Breathe  
Follow the Guidance**

**Breathe**

**Exactly**

**Like You**

**Want To**

**Try It You'll Like It**

**It's a tough job still      If you don't enjoy yourself      who will!**

**DropBackSinkOpen**

**KeepDoingIt!**

**Love gives birth to harmony, harmony brings forth joy and joy is the greatest treasure  
THE Warrior's Challenge: A Loving Harmonious Joyful Spirit      To live in bad feelings is the easiest thing in the world**

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Create A Beautiful World"**

**Life in Three Aikido Lessons**

**Enjoy Breathing Aliveness**

**Increase the joy in the world the best way you can**

# **Enjoy YourSELF Feel Better on purpose**

**It's a tough job still**

**If you don't enjoy yourself**

**who will!**

**Try It You'll Like It**

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Life in Three Aikido Lessons

Enjoy Breathing Aliveness

## **Medicine for A World in Transition**

### **Love, Harmony and Joy, like Charity, begin at home**

**"Love gives birth to harmony, harmony brings forth joy and  
joy is the greatest treasure."**

**Morihei Ueshiba O Sensei  
Founder of Aikido**

**Hatred does not at any time cease by hatred.  
Hatred ceases by love. This is an eternal law.**

**Gautama Buddha**

**"All the problems of this world exist, because people have forgotten that,  
everything emanates from a single source.**

**Calm the spirit return to the source.**

**It's a Great Love omnipresent  
throughout all times and quarters of the universe.**

**Love is the guardian deity of everything.**

**Nothing can exist without it.**

**"There is no discord in love. There is no enemy of love."**

**Aikido is the realization of love."**

**Morihei Ueshiba O Sensei  
Founder of Aikido**

**I don't really study Aikido as a Martial art  
an art in the realm of Mars the god of war  
I study Aikido as a 'Venusial' art  
an art in the realm of Venus the goddess of love**

**This second has passed  
as has this one  
The moment is so fleeting  
yet  
The now is eternal**

**"Rely on Harmony, to Activate your Manifold Powers, Pacify your Environment and,  
Create A Beautiful World"**

**Life in Three Aikido Lessons**

**Enjoy Breathing Aliveness**

**"Intelligence is not what you know how to do.  
It's what you do when you don't know what to do!"**

**"When something vibrates, the electrons of the entire universe resonate with it.  
Everything is connected.  
The greatest tragedy of human existence is the illusion of separateness." Albert Einstein**

**"Can there really be a martial art  
in which one downs their attacker  
with a smile?"**

**The most important decision you make  
is to be in a good mood."  
Voltaire**

**Winston Churchill described success as,  
"going from failure to failure with no loss of enthusiasm.**

**And I define it as, when inquiry dissolves knowing.**

**There are two wolves fighting inside all of us.  
One is good, one is evil . . .  
Which wolf will win?  
The one you feed."  
Native American Proverb**

**"Whoever enjoys their life is doing the Creator's will."  
Ancient Proverb**

"Rely on Harmony, to Activate your Manifold Powers, Pacify your Environment and,  
Create A Beautiful World"

Life in Three Aikido Lessons

Enjoy Breathing Aliveness

**Enjoy YourSELF**

**Feel**

**Better**

**or else**

**you won't**

**It's a tough job still**

**If you don't enjoy yourself who will!**

**Try It**

**You'll Like It**

**DropBackSinkOpen**

**KeepDoingIt**

Love gives birth to harmony, harmony brings forth joy and joy is the greatest treasure  
THE Warrior's Challenge: A Loving Harmonious Joyful Spirit To live in bad feelings is the easiest thing in the world

## **The Power of Intent - connecting to the 'single source'**

**This is an invitation. If sometimes you try to remember things, this is an invitation to forget everything. Forget everything. Forget everything you know, forget everything you think, forget everything you have felt. Forget everything you believe, forget everything! Forget about it!**

**Empty your tea cup.  
Not knowing creates the space where learning occurs.**

*We must live today by the truth we can get today and be prepared tomorrow to call it falsehood  
William James*

**"The purpose of today's training is to defeat yesterday's understanding."  
Miyamoto Musashi**

**These teachings are part of a lineage, supported by a community of people in conversation. Acknowledgement and gratitude to all the people who have taught me, trained with me, studied with me, played with me, inspired me, frustrated me. For everyone, who brought their spirit to the forge, who has been part of the development of this albeit limited understanding of O Sensei's incomprehensible art.**

**Special acknowledgement to Stephen Samuels and Chris Thorsen for their immeasurable and eternal contribution without which this would have been a very different book, if indeed it existed at all. In gratitude, this invitation to explore, welcomes everyone into the conversation.**

**Nicasio 2021**

### **The Dragon**

**We are this tendency that we have, to hold a fixed attitude. It's locked in our muscles, in our belief systems, in our thinking patterns. The tension of holding fixed attitudes is something to which we become so accustomed, we don't even know we're doing it. It drains our energy, diminishing the primary resource to create our lives. Without energy, we can't even think or dream about what we want, let alone make it happen. When we let go of our holding patterns and open up to the totality of ourselves, the universal flow, we find we are nothing but creativity, ki, life force, the divine spirit of creation.**

**DropBackSinkOpen      KeepDoingIt!**

**"Rely on Harmony, to Activate your Manifold Powers, Pacify your Environment and,  
Create A Beautiful World"**

**Life in Three Aikido Lessons**

**Enjoy Breathing Aliveness**

**Our vitality/aliveness gives off a magnetic field, whether we notice ourselves doing so or not. And this bio-chemical electro-magnetic mass of energy connects to, affects and is affected by, everything in the universe. Depending on the focus of our attention, the attitude or quality of spirit, that flows through the magnetic coil that is our life, may seem a very subtle tonality. As such, most of us generate our magnetic field unconsciously, without the awareness of how powerfully it affects the quality of our lives. As we pay attention in ever finer dimensions, it becomes tangible. With practice, intent becomes an art.**

**Love  
Feel**

**Harmony  
Breathe**

**Joy  
Enjoy**

**Consciously  
Feel/Love  
Align**

**Intentionally  
Breathe/Harmony  
Allow**

**Volitionally  
Enjoy/Joy  
Appreciate**

**Gull cuts through the fog**

**as if it weren't really there . . .**

**Just so, our fears.**

**C.T**



"Rely on Harmony, to Activate your Manifold Powers, Pacify your Environment and,  
Create A Beautiful World"

Life in Three Aikido Lessons

Enjoy Breathing Aliveness

## Aikido's Three Lessons for Life: Vitality, Harmony & Intent

Experiential Explorations in One Page

**Love**

**Harmony**

**Joy**

Like Charity, begin at home

# Feel

**Feel the glow of life that is yourSELF**

**KeepDoingIt!**

Focus attention on something you love. Amplify the feeling. Feel love, on purpose!

# Breathe

**Breathe in harmony with yourSELF**

**KeepDoingIt!**

Feel oxygen enter the system. Transfer to the blood stream. Absorb into each cell. And burn into life.

# Enjoy

**Enjoy yourSELF Intentionally** (enjoying yourSELF)

**KeepDoingIt!**

Feel each cell breathing aliveness. Enjoy the glow of vitality. Explore experiencing the central core of life.

Try It You'll Like It

**Feel/Love**

**Breathe/Harmony**

**Enjoy/Joy**

**Align**

**Allow**

**Appreciate**

**Unify**

**attention**

**with**

**experience**

**KeepDoingIt**

**It's a tough job still**

**If you don't enjoy yourself**

**who will!**

Life pivots on the location of attention, the harmony of the breath, the focus of intent.  
Enjoy Breathing Aliveness.

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## Introduction

### Divining Intent: Feeling Better

**Everyone wants to 'feel better', no one wants to feel worse!**

#### Fair Day, Good Day, Great Day

*{As language evolves through experience, words in apostrophes invite exploring new meaning.}*

**Though you're still yourSELF, you don't 'feel' the same every day or in every situation or with every person. Think about a fair day, a good day. 'Every now and then I have a great day. Wow, why can't every day be like that.' Whatever factors determine how we feel, or the kind of day we have, we are part of it. Welcome to an exploration into aligning how the somatic focus of attention, gives birth to our state of being, bringing forth the quality of our days and lives.**

**These 'experiential explorations', practices and exercises activate and explore, enhance and refine 'feeling'. The learning takes place not in reading the words, rather only through actively 'feeling' into the experience each exercise engenders. Once you get the 'feel' you can create your own practices to consciously 'feel better'. Kind of like, 'once a week whether you need it or not'.**

**Here's an experiential exploration:**

**Don't think. Feel.**

**Feel how you feel when you're appreciating life. Imagine driving along the ocean and it could as easily be anywhere or doing anything you might enjoy. Soak in the feeling, enjoying life a moment. Then you start to drive into town into traffic. Can you feel changes in the 'way you feel'? Then, you get stuck in traffic. Suddenly, now you're running late. Can you feel your energy changing? Then the driver in front of you does something that endangers you. Likely, that joie de vivre, the enjoyment of 'life glow', that you felt at the ocean diminishes. Let's describe this by saying, your attention is now located in a different feeling.**

#### Location: The continuum



**On one end of the continuum, you're feeling the glow of life, with the pure joy of an infant. On the other you're under pressure, from the same life energy, to the point where stress becomes distress.**

**There was a Disney cartoon in the 1950's called 'Motor Mania' where Mr. Walker, a kind and friendly, gentle pedestrian, gets behind the wheel of a car and turns into Mr. Wheeler.**

**"Rely on Harmony, to Activate your Manifold Powers, Pacify your Environment and,  
Create A Beautiful World"**

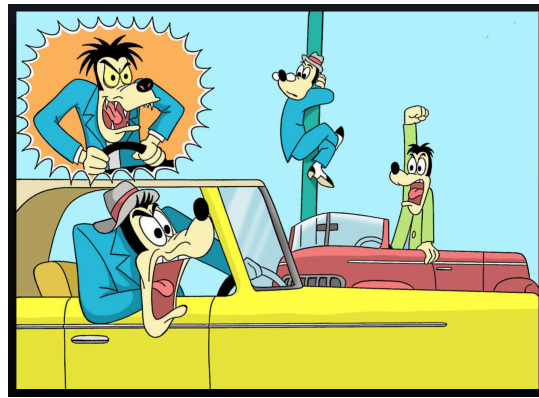
Life in Three Aikido Lessons

Enjoy Breathing Aliveness

**Mr. Walker**



**Mr. Wheeler**



When we 'lose it', 'hijacked by our amygdala', instead of 'Loving it', appreciating the glow of life, we end up at the other end of the continuum, 'Out of Sorts'. Potentially, as pressure increases, frustration and anger can and often do, spin out of control. That is the point, oscillating between fear and aggression, we 'lose it'. 'Letting off steam' we project on the easiest target, 'self' included. The inevitable and seemingly ever-escalating 'reciprocating echoes' set the tone for the world we live in.

Is it a safe bet: We all know how easy it is to 'get in a bad mood'? We've all lost our temper and 'taken it out' on someone else? And we've all been on the other end of that phenomena? 'Losing it' to Vitriol is an addiction, bad moods a bad habit. Presence is an intention, a choice, a volitionally developed skill. If we accept our warrior's challenge to live in loving protection of everyone's joy, we don't treat people irresponsibly. We position the location of our attention. Responsibly.

First with thine own self be harmonious and it's much less likely you'll end up in a fight with anyone else. 'Intentionally', 'feel better'. When we feel more in harmony we are less likely to end up projecting conflict. Because once you start you can't stop. War is hell. And too often even if you win you lose. What if instead of taking it out on anyone, all the energy spent on conflict throughout history had been used to create a beautiful world. It could have been. Let's get in on the joke now.

In the ocean of infinity there are two islands. On one of the islands, everyone smarter and stronger takes advantage of everyone else. On the other, everyone who is smarter and stronger helps everyone else develop. Individually as a culture and as a species, which island will we live on? Either unconsciously or through 'the power of intention', which one will we swim towards?

How little it takes sometimes when I'm in the glow of life enjoying myself to get, 'out of sorts', or to get completely 'bent out of shape' about things that too often, aren't worth it. How cheaply will I give away my soul? Since 'losing it' is such a common experience, we accept it as inevitable. We don't see an option. The power lies in, noticing it. Because If we don't feel where we are, how can we correct? And because, if we feel where we are, we can learn to choose the location of our attention.

'Feeling', mood, attitude is a 'location' of the focus of attention. 'Feeling better' is a change in the 'location' of the focus of attention. 'Feeling better' implies a change in the glow of life, a change in experience. It's not only a more enjoyable present moment. 'Feeling better' means a

**better operating place, better perception, better judgment, better choices, and better outcomes. Paying attention to 'feeling better' allows us to influence our 'location', to 'position' it. For a moment intentionally locate the focus of your attention on something you love. Feel love. Do you 'feel better'? Try it. You'll like it. You can't get there from not here!**

**Turn these questions into experiential explorations. Feel into each for a moment or so.**

**Feel your 'location' on the continuum? How can you tell when you're feeling better? Can you feel the difference connecting attention with experience makes? Sense into the value, of 'location', and 'mood', on effectiveness in fulfilling your life, feeling better. What signals or indications direct you towards 'completing your bestowed mission'?**

**Let's come back to a good day a great day and what we can affect by 'locating', paying attention to where we show up on the continuum. When you feel like you'd like to feel better, 'feel where you are'. Intentionally 'love' (say one word, hear ten) feeling your aliveness, your vitality. Even when you are under pressure and especially when you don't want to be there, feel your central core of being. Power emanates from the glow of life itself.**

**The funny thing about harmony is it starts by being in harmony with what you're feeling, even if what you're feeling is not particularly harmonious. As two forces come into contact, one story might call it conflict, and out of fear becoming aggression assume resistance is required. It is more often the discord in our own minds, rather than the situation, that turns life's energy into a problem. 'Listened to' the 'pressure' is a source of guidance for movement. Depending on our attitude, 'location' or story, we either go into resistance and live in the universe that creates. Or we listen, learn, grow and develop and live in the universe of that creation.**

**When I talk about joy and feeling better, it's not to deny feelings that are painful and difficult. Being present and feeling, really experiencing grief and sadness heals, completes, makes us whole again. Repressing or avoiding feelings festers making us very susceptible to getting into 'things'. CG Jung says, "that which we resist persists." Marshall Rosenberg offers as a doorway to greater harmony, "Enjoy your pain."**

**Feeling and breathing the depth of the human experience allows enjoying life to the fullest degree possible. This includes facing the pain of life with the greatest strength and courage that one can bring. Feeling whatever we're feeling brings us into harmony with 'now'. Feeling is presence and understands what's needed. Presence is creativity. Now there's a potential for resolution for reconciliation.**

**Feeling, i.e. harmonizing with, both aspects of the duality, sadness and joy, fear and aggression, attraction and repulsion, masculine feminine, whatever, completes a system. 1+1=1. Unify the two aspects, the 'on purpose' and the 'it happens' aspects of breathing. Experience them as a unified field.**

**'Intentionally' unify with the 'single source' i.e. 'feel', sink open. "Listen to the whisperings", the guidance that helps you 'feel better' in your practice, which is your life. 'Consciously position attention' in your central core, the 'location' where you feel most yourSELF. Enjoy the experience of yourSELF facing life, bravely, intentionally, on purpose. Because every shift in the location of attention creates a different world, a different universe, a different reality.**

**DropBackSinkOpen      You can't get there from not here!      KeepDoingIt!**

## Self

**It's Funny. It's Complicated. It's Simply Mysterious.**

**"Although the word 'SELF' is an old one, the word which was used in the past is fundamentally different from that of mine."**

**That word thing again (see reader's notes). 'Self' is an experience, not a thing. If you're into it, it's an exploration. For this conversation, hear the word 'self' as the essence of being. Let's have some fun here. 'Self': a dimensional hyper-link to (the) universal creativity. 'Self': the dynamic portal into the experience we call life. 'Self': an inter-connectivity with the totality. 'Self': the infinite, dynamic, trans dimensional, experience of being.**

**'Feel' into the source of your interest and intention. The essential motivating force field of vitality, that's how I think of 'self'. You never get there in the sense that it's not a fixed any'thing'. There's no'thing' there, no thing. There's nothing, it's an opening. 'Self' is an experiential exploration, not a 'thing'.**

**DropBackSinkOpen**

**KeepDoingIt**

**Turn these questions into experiential explorations. Feel into each for a moment or so.**

**What does 'self' mean to you? What does feeling like yourSELF mean? What do you consciously experience as yourSELF? Do you: Think for yourSELF, Act like yourSELF, Seem like yourSELF? If you talk to yourSELF who is talking to whom? Ever lose yourSELF, look to find yourSELF? Any difference between, How you feel? & How you would like to feel? ... and feeling 'like' yourSELF? How do you feel (yourSELF better)? If and when you 'feel' like you have found your 'self', what quality shows up for you? How might you describe the experience? Notice if it changes. Keep a journal if you like. Record your stories. Because feelings like dreams are fleeting.**

## Stories

**Intent makes it possible to experience 'self' in the midst of the myriad forces in life. Without it we don't exactly live in direct experience. We more live in our stories about what is going on. We sort of need our stories because the infinite is so, well, infinite. The totality being impossible to comprehend, we develop navigational shortcuts. Inevitably we have built our stories out of stories told to us, before we knew enough to even think about whether they were true or to our benefit. We probably know that when we think about it, but I suspect we rarely if ever do. I'm not sure if we like our stories as much as, we're addicted to them. We are attached to our stories because that is how we make meaning out of life.**

**When you're yourSELF, when you're aligned with yourSELF, our stories are informative. From a good place our stories offer points of learning, strategic ideas increasing our ability to negotiate life. Stories, as tools for our use, guide us towards the completion of our bestowed mission.**

**When we're 'off', the reverse is true. In the world of duality, in the realm of fear and aggression, we become their captive. We love information that supports what we believe. We discredit**

**information that challenges what we like to tell ourselves. It takes inordinate courage to re-examine our stories. What say, we bravely face rehab for our story addiction transforming it into an open spirit of learning. Divining the intent of life's energies requires, 'an intense energy of listening', listening experientially, 'locating', 'feeling'. 'Listen' to the wisdom of the total system, total being. You've got to want to. Then you have to do it!**

**Though we can't comprehend the infinite, I don't think it's important what we 'know'. What is important is our state of presence. Create an intelligent harmonious relationship to reality on purpose. Experientially, 'feel' into playing a part of the ineffable mystery. Just for a moment forget everything. Connecting to the 'single source' by sinking open, enter the unknown.**

**Align heaven and earth within one'SELF'. Unifying 'the way we appear in the world' and 'the single source' begins with a single step. 'Feel where you are'. Unifying the manifest and divine realms, experiencing both at the same time, births the true original 'SELF'. Awareness + Experience = 'Being'. "1 + 1 = 1". 'Standing this way' intones the harmony of the universe. A beautiful world comes forth when the known and unknown come into perfect harmony, through each of us, "standing on the floating bridge of heaven".**

*"Calm the spirit. Return to the source"*

## **The journey Home**

**Too often, mistakenly, who and what we identify our'self' to be, is a location of attention, a focus. And we can change that experience, that identity. We can volitionally focus our experience of being, in the glow of the central core. After the show, you take off the costume and the make up from playing the character, 'how you act', and come back to yourSELF, 'who you are'. You may have felt a sense of relief coming home, even from a really enjoyable press of people. Ever come back from a stressful meeting or an event relieved to be home and 'let your hair down' and feel like yourSELF? Come more and more into feeling yourself, taking off the tie the whatever, completely untying the knot. Completely let go of wherever you were and "return to the source", come completely and totally and exactly back to yourSELF.**

**Then. . .**

**Keep Doing It**

**If you don't who will**

**Remember in feeling, a time when you got into a 'thing' with somebody. In 'resist stance', energy 'backs up' into a 'thing'. How far do you have to get from you'self' before fear and aggression trigger enough 'bad chemicals' and turn it into a 'thing'? You know a thing where you're talking and not listening. Who wants to live there? But . . .**

**Don't make it into a 'thing'. Where you feel most yourSELF you should be the least of any'thing' else. In flow state, there's nothing, no'thing'. When you're with yourSELF and tuned into your experience, breathing in harmony with yourSELF, intentionally appreciating and enjoying the glow of aliveness, there's nothing, no thing, no'thing'. Where you feel most yourSELF you should be the least of any'thing' else. When you are located exactly with your experience, there's nothing, 'no thing'. Feel, breathe, enjoy the energy, 'a second before' it becomes a 'thing'.**

**Dissonance, 'discord in your own mind', resolves to the degree attention flows with experience. I call that listening. When you release into experientially listening to the 'emptiness of the pure void', when you enter the unknown, that's what I refer to as the experience of 'self'. [As I said my use is 'fundamentally different from . . . ] Maybe it's not so much I experience self as it experiences me. No, it's 'yes and', both at the same time. I recognize self by its emptiness by the 'not knowing'. I experience it as nothing, NO 'Thing' a greatbecomingness.**

**"A zinja does not find his happiness in things of the world,  
because they do not last.**

**A zinja does not find his happiness in eternal things,  
because there are no eternal in things.**

**A zinja finds his happiness in nothing at all."**

**Shike, Robert Shea**

**When you get into a 'thing', when you can't let go of some'thing', a memory or in the moment when you are in conflict or upset with someone, when you raise your voice, or even feel like doing it, picture your posture. Don't you slightly tense and lean forward? When you're done, when you 'feel better', don't you naturally 'drop back' and relax? Let's get in on the joke now.**

**DropBackSinkOpen**

**KeepDoingIt**

## **Create a Beautiful World**

**"True budo is a work of love."**

**"Medicine for a sick world"**

**WHEN IT COMES TO ENJOYING YOURSELF, TO 'FEELING BETTER':  
'EITHER YOU'RE PART OF THE SOLUTION, OR YOU'RE PART OF THE PROBLEM!'**

**The way of harmony develops a way out of a world (his)'story' based on fear & aggression. O sensei's Aikido offers us a seed crystal of a world based on "the realization of Love". The medicine that keeps "all beings in constant growth and development" is 'experiential awareness, 'feeling better' intentionally, developed through practice. Experiential practice relinks us with the interconnectedness of creation. 'Don't think. Feel!' As soon as you start to feel, to pay attention to 'feeling', connecting attention with experience, that's 'feeling better'.**

**Feel pain better, feel pleasure better, you know, 'feel better'. It is in your self-interest. Even if it feels worse, it is by 'feeling' the negative stimulus, that you make the corrections that you need to make to 'feel better'. Without 'feeling', you wouldn't take your hand out of the fire. 'Don't think. Feel'.**

**When attention unifies with experience, the system naturally self-corrects, re-aligning balance, enhancing our ability to make ever finer corrections. Balance 'feels better' and performs 'better'. Elegance of action, leads to 'feeling better' in a reinforcing cycle. When 'self' expresses naturally, truly, authentically pure, it has a luminescence, a 'glow'. In simple language, you 'feel**

**better', you 'enjoy' yourSELF. And everyone else is affected by that, as they are when we do the opposite. Aikido cultivates a harmonious personal/universal relationship, that 'feels', that feels more, that feels more consciously, i.e. 'better'.**

*"When something vibrates, the electrons of the entire universe resonate with it. Everything is connected. The greatest tragedy of human existence is the illusion of separateness."  
Albert Einstein*

**IV. Experientially remember, the physical response and feeling reaction at the instant of being startled. Our posture and state of emotional tension when startled, give a snapshot of our reaction to stress. Our initial reaction to change, is similar. The reaction takes an instant. Recovering, correcting, coming back to our 'self', natural, relaxed, open 'self', takes a while. With practice we, "recognize it sooner and get back quicker".**

**Attention to balance, to reconciling the whole system, locates our best operating place. Balancing the upward rising force and the downward sinking force may have always been difficult. At the speed and excitement of modern life it is an Olympian challenge. Stimulation and stress abound. Modern life moves too fast for reactivity to fully settle back down to a natural open state. To balance life's intensity, relaxation and reconnecting must be fed through conscious awareness, volition, through intent.**

**Relaxation is coming back to how you would like to feel. The discomfort arises from 'pre'tense. Relax into yourSELF as much as possible. It will happen to some degree naturally, given enough time. Since there's never enough time, enjoy yourself, as an intentional process, a developed skill. With practice we, "recognize it sooner and get back quicker". Release. Let go. Feeling into what 'feels better', follow that path. Listen to what gives you joy and appreciate the guidance into the experience.**

**Open, sense feel, listen, into finer dimensions. Breathe in harmony with the source of aliveness. Develop the extraordinary listening that honors life's somatic wisdom of enjoyment'.**

**INTENTIONALLY**

**D**rop**B**ack**S**ink**O**pen.

**In the practice of 'sinking open', we begin to have awareness of, and take responsibility for, connecting to the 'downward sinking force'. 'Sink open' into 'the glow of life'. 'Sinking open', enjoy the complimentary 'components of self' in dialogue, listening to each other, unifying, balancing and harmonizing. "One plus one equals one."**

**Again, Aikido starts 'feeling where you are'. Locate the center of the central core of experience. 'Locate' where you 'feel' the energetic forces in your own system 'better'. Contradictory as it may sound, especially on a bad day, position where you most enjoy being. It is specifically to handle threats, small or serious, that we train to bravely face life from the central core of experience, from our best operating place.**



*" Aikido is not for correcting others; it is for correcting your own mind."*

**Metaphorically: confronted with a violent attacker I (1.) wish I didn't have to deal with it. And I (2.) want to have killed them already. Then I like the voice that comes in and says, "Oh no, you study Aikido. You shouldn't feel either of those things. You should just be centered.**

**The misunderstanding is that you can't get there from not here. Totally feeling both 'fight & flight' at the same time allows them to balance and complete each other. Feeling both is "the completion of the universe". "1+1=1". When we completely honor the truth of our experience of both fear and aggression, we "stand on the floating bridge of heaven", where "harmony activates our manifold powers".**

*"This is not mere theory. You practice it.  
Then you will accept the great power of oneness with Nature."*

**The rush of life energy when fully experienced, informs the completion of our bestowed mission. Resisted, the original intent of those same energies is debilitated or distorted. Once we create a story in opposition to the force of life, we then live in that world. Not only do we live in our story of the world as conflict, we lose the magic alliance our life force intends. And we should know. Because it 'feels worse'. And we would. If we were paying attention.**

*"Until you make the unconscious conscious  
it will direct your life and you will call it fate.  
One does not become enlightened by imagining  
figures of light but by making the dark conscious."  
Carl Jung*

**D**rop**B**ack**S**ink**O**pen

**Practice it.**

**Keep D**oing**It!**

## **Medicine for a Sick World**

**Let's think simply in terms of 'feeling better'. I like being around people who are enjoying themselves. That is especially true of my'self'. Can we reconcile the war within? When we feel out of sorts, can we locate, feel where we are, recognize our tone? As we 'locate' closer to the central core, each change in alignment gets smaller. As we move towards 'self', they get finer. Because the increments get smaller, so small, we may not notice or may think they don't matter. And yet the power of each shift 'in', is exponentially greater.**

**The challenge is to 'see the log in our own eye', notice we are off. From there we can move towards how we would like to feel, how we 'feel' on a great day. The sense of where we are, in relation to where we want to go, enables us to at least 'take a step in the right direction'. Be the**

"Rely on Harmony, to Activate your Manifold Powers, Pacify your Environment and,  
**Create A Beautiful World"**

Life in Three Aikido Lessons

Enjoy Breathing Aliveness

**change. Bravely facing a warrior's challenge take a next step, not dependent on externals, no blame, no excuses.**

*"Without budo a nation goes to ruin,  
because budo is the life of loving protection  
and is the source of the activities of science."*

**The Warrior's Challenge: to live in a spirit of total responsibility, 'response ability', for life's experience and outcome. What matters is the spirit we bring forth into the world. My challenge isn't the external war. It is the internal one, "the discord in my own mind", to use O sensei's phrase, or, 'my stinking 'expletive deleted' attitude', to use mine.**

**Feel Breathe Live - True to yourSELF! That's the alignment that matters. Intentionally love feeling aliveness, the vitality of life. 'Feel better'. 'Locate in feeling', the central core of yourSELF. Align the rhythm and depth of the breath, so as to breathe most freely. Breathe, so as to most enjoy yourSELF.**

**Empty your tea cup. Invite yourSELF to sink/open, to forget what you know. It is about your spirit, your being, your 'Intent', your 'SELF'. 'Locate' your best operating place.**

**If it doesn't involve anyone else and if you're paying attention to moving at a level of intensity that feels good to you, we're probably fine. First put on your own oxygen mask, then create a beautiful world.**

<b>Consciously</b>	<b>Intentionally</b>	<b>Volitionally</b>
<b>Feel/Love</b>	<b>Breathe/Harmony</b>	<b>Enjoy/Joy</b>
<b>Align</b>	<b>Allow</b>	<b>Appreciate</b>
<b>Locating</b>	<b>Breathing</b>	<b>Divining Intent</b>
<b>Kamae</b>	<b>Kokyu</b>	<b>Aiki</b>

**FeelBetter LoveHarmonyJoy FeelBreatheEnjoy AlignAllowAppreciate FeelBetter  
FeelBetter AlignAllowAppreciate LoveHarmonyJoy FeelBreatheEnjoy FeelBetter**

**Feel. Breathe. Enjoy.  
Once you think you're there,**

**DropBackSinkOpen                      KeepDoingIt**

**Repeat as needed.**

*"Aikido keeps all beings in constant growth and development  
and serves for the completion of the universe."*

**Enjoy doing what you most enjoy doing. Explore thoughts and activities during which you tend to release the good chemicals of enjoying yourself. Capture the feeling. Learning a new skill develops through intent. Create a reminder or trigger word to anchor the 'location'. Using these explorations as a starting point, find and create your own images, words and practices. Post words and images that remind you on your wall or the bottom of your computer screen. Make up a screen saver that returns you to the source.**

**'Only through repetition do we make the material our own.' Mastery naturally flows from conscious intentional loving practice, if we keep doing it.**

**We live in stories about what we need to do to 'feel better'. Calm the stories. Return to feeling better. Every shift in the 'location of attention', creates a different world, a different universe, a different reality.**

## **Creating a Beautiful World**

**Feeling better creates a society that feels better**

**Everything affects everything. To exude loving protection means being responsible for our 'location and mood'. The spirit with which we enter each moment of life, sets the tone of our experience and contribution. Our interactions individually and as a society will reflect whatever degree of inner harmony we 'feed'. Technology, rather than saving us, will only magnify our tendencies. The transformation to a beautiful world is born in individual responsibility, in 'paying attention' to how we come to the party.**

**Paying attention to our 'location', buys a preferred outcome. Paying attention, produces a high return on investment. Were everyone to monitor their own state of being in this way, the wealth of the world would immediately increase exponentially. Wealth being to the spirit, what health is to the physical body. Positioning our location is a developed skill. Practice. Enjoy yourself enjoying joy. Through positive spirit, courageous generosity, open and encouraging engagement, share with future generations a seed crystal to a beautiful world.**

**Take your inventory (again an exploration, not a definition). What's important to you, education, personal wealth, religion, status, a civil society or equity or seeking social development towards justice . . . ? How much equity is awarded to future generations?**

*"Aiki is not a technique to fight with or defeat the enemy.  
It is the way to reconcile the world and make human beings one family."*

**It would be nice if we could talk together standing on the floating bridge. Because together, we could share better ideas. Talking together in the right spirit is critical to us coming up with solutions to take us, where we actually, would like to go. And you know this; if we don't, we will end up where we're headed.**

**Joy flows into the world through your brain and nervous system, through the glow of life energy that you are. Our emotional tone is sympathetic and somewhat contagious. So, bring more joy to the world the best way we can. Enjoy yourSELF. When you do, others may more easily find their way in the glow of your joy. 'Enjoying yourself' is the FIRST step on the journey of a thousand miles to create a beautiful world.**

**As part of all that exists and all that sustains existence, it doesn't matter how many times you've forgotten or failed to do it. It doesn't matter how long it's been since you've done it, or if you never have. Harmonizing with the energy of the universe is good for the soul. And 'alignment' 'consciously locating', is essential for the connection of 'self' with the universal.**

**"Rely on Harmony, to Activate your Manifold Powers, Pacify your Environment and,  
Create A Beautiful World"**

**Life in Three Aikido Lessons**

**Enjoy Breathing Aliveness**

**"Bravely face whatever the gods offer." Transform life into less of a struggle and more of a dance. Not that there isn't pressure. But if we 'listen' and respond to it intelligently, it becomes guidance for movement.**

**'Strange travelling suggestions are Dancing lessons from God.'**

**If it doesn't involve anyone else and if you're paying attention to moving at a level of intensity that feels good to you, we're probably fine.**

**These are my stories. See for yourSELF what's so in your experience.**

**Hafiz the true lover of God**

**I sometimes forget that I was created for joy  
My mind is too busy    My heart is too heavy  
Heavy for me to remember    That I have been called to dance  
The sacred dance for life  
I was created to smile    To love    To be lifted up    And lift others up  
Oh sacred one Untangle my feet From all that ensnares  
Free my soul    That we might Dance    And that our dancing  
Might be contagious**

**Aikido's Three Life Lessons:  
Connecting to the 'single source'**

*It's a Great Love omnipresent throughout all times  
and quarters of the universe." O Sensei*

**I. Feel Locate Align Unify -**

**Feel/locate the central core of Being, of yourSELF**

**Feel the glow of life that is yourSELF**

**Drop Back Sink Open in ever finer alignment**

**Every shift in the location of attention creates a different world,  
a different universe, a different reality.**

*Kamae*

**KeepDoingIt**

**KeepDoingIt!**

**KeepDoingIt!**

**II. Breathe Universal Harmony -**

**Breathe in harmony with yourSELF**

**Breathe so you're most enjoying yourSELF**

**Breathing - Each cell enjoying life's glow**

**Breathe in harmony with life's universal impulse to breathe**

*Kokyu*

**KeepDoingIt**

**KeepDoingIt**

**III. Enjoy Joy Appreciate -**

**Enjoy yourSELF Intentionally (enjoying yourSELF)**

**A warrior's ultimate challenge: Loving protection  
of joy the vitality of life.**

*AIKI*

**KeepDoingIt**

**It's a tough job still**

**If you don't enjoy yourself**

**who will!**

**Love, Harmony and Joy, like Charity,  
begin at home as an act of conscious intent**

**Winning means winning over the mind of discord in yourself.  
It is to accomplish your bestowed mission." O Sensei**

**Drop/Back Sink/Open/DBSO**

**Keep Doing It /KDI**

**Feel Breathe Live**

**Align with yourSELF**

**into enjoyment**

**Keep doing it!!!**

**Once in the morning is not enough!**

## I. Feel Locate Align Unify -

*Ai Kamae*

**DropBackSinkOpen** *"Calm the Spirit. Return to the source."* **KeepDoingIt!**

*Kamae* - Understood properly, one's stance in life, adjusts constantly. If we mis-identify we think our 'location' is 'who we are'. In that confusion, we end up defending our 'location', thinking it is our 'self'. All our problems stem from that confusion. "Return to the source"

**DropBackSinkOpen** **Feel the glow of life that is yourSELF** **KeepDoingIt!**

Align, Allow, Appreciate. Gently Tense and Relax your whole body.

**DropBackSinkOpen** **Feel the energetic central core that is yourSELF** **KeepDoingIt!**

Now Tense and Relax the muscles closer and closer to the spine.

**DropBackSinkOpen** **Locate/Feel into the center of the central core** **KeepDoingIt!**

Align with the force of gravity in ever finer alignment

**DropBackSinkOpen** **Feel the center of the center of the central core** **KeepDoingIt!**

'Feel' into your energy central core, use the spine for reference in the physical.

**DropBackSinkOpen** **Feel yourSELF as the glow of life** **KeepDoingIt!**

If and when you lose the sense of release or sinking, tighten slightly, just enough to make it distinct. Then re-release, sinking opening, enjoying aliveness.

Feel pain better, feel pleasure better, you know, 'feel better'. It is in your self-interest.

Developing our ability to feel our location influences our ability to position ourselves where we might like it better. Even if it feels worse, it is by 'feeling' the negative stimulus, that we make the corrections that we need to make to 'feel better'. Feeling better is somatically like turning up the sound, so we can hear better. Positioning our attention's location is a focus of intention.

We've all lost our temper and 'taken it out' on someone else. We've all been on the other end of that phenomena. Vitriol is an addiction, bad moods a bad habit. Presence is an intention, a choice, a volitionally developed skill. To exude loving protection, means being responsible for our tone. If we accept our warrior's challenge to live in loving protection of everyone's joy, we don't treat people irresponsibly.

Creating a Beautiful World begins with a single step. 'Feel where you are'. Enjoying yourSELF is a location of attention. 'Intentionally' unify with the 'single source' i.e. 'feel'. When we let go, we naturally drop back just a little bit. As we get closer to our core, move towards the self, the increments of correction get smaller and smaller. Though small, they are disproportionately important. Every time we experience this shift in attention, we create a different world, a different universe, a different experiential reality. Let's get in on the joke now.

If it doesn't involve anyone else and if you're paying attention to moving at a level of intensity that feels good to you, we're probably fine.

**DropBackSinkOpen** *"Calm the Spirit. Return to the source."* **KeepDoingIt!**

## II. Breathe Universal Harmony -

*Ki Kokyu*

**Breathe in harmony with yourSELF**

**KeepDoingIt**

**Kokyu:** When yin & yang enhance each other. Listen to the impulse to breathe. Listening in my lexicon means not just hearing, it means doing it, applying the guidance. Listen and act. Align with the intent of the energy. Harmonize with the power breathing you. Sincerely listen to someone until they feel heard completely enough to feel done talking. Watch the world change. Listen to the universe that way. Breathe the wisdom of 'life'.

**Breathing the Whole System: #1 Inhale #2 Transfer #3 Transport #4 Absorb #5 Burn**

**#1 External breathing:** the air moving in and out of the lungs. **# 2 Transfer:** the oxygen being absorbed into the bloodstream. **# 3 Transport:** the blood carries the oxygen to every cell. **# 4 Absorption:** every cell absorbs oxygen. **# 5 Burn into Life:** each cell lives, i.e. burns oxygen into aliveness. Pay attention, you can feel the oxygen burn into the glow of life itself. You can feel when each cell is glowing at its most enjoyable charming self.

**Breathe listening to the impulse to breathe. Breathe exactly like you want to, however it feels most enjoyable to you. Breathe so you're most enjoying yourSELF. Breathe enjoying exactly a speed and depth of breath that feels GOOD to you. Hold, both in and out, exactly as long as it feels good to you, for as long as you're enjoying it. Feel attention enhance O2 saturating the system exquisitely. Feel 'life' as each cell absorbs oxygen and burns into life. FEEL aliveness as the oxygen turns into, the Vitality of Life, The Glow of Life Itself.**

**Feel life breathing you. Breathe in harmony with life's universal impulse to breathe. The breath breathing you is the pulse of the universe stimulating the pulse of life that flows in your system. Breathe Universal Harmony. Listen to the impulse to breathe. Breathe exactly like you want to.**

**DropBackSinkOpen Breathe in harmony with the universal pulse KeepDoingIt!**

**Maybe, at first, a universal pulse breathing you seems like imagination. However, when you're not thinking about breathing, the impulse to breathe continues breathing you. Should we call that you breathing or not? Let's enjoy calling it the universal pulse breathing you.**

**Feel where the breath penetrates into the tissue and where it doesn't. Enjoy the glow of cells saturated in oxygen. Sense oxygen absorption balancing perfectly. Every shift in the location of attention creates a different world, a different universe, a different reality.**

**Imagine: At the ocean side, feel taking that first deep breath of ocean air. And every cell in the body in response, lights up and says in feeling, "oh wow, oxygen what a concept." Imagine pretend, remember the 'feeling', as with each breath, the glow of life increases. Enjoy! keep doing it!!!**

**Can you imagine that place as an infant just breathing and enjoying the oxygen, enjoying the glow of life that oxygen intake brought to you, just being there and glowing and being alive. Breathing and that's all it was. There was no thought. There was 'no thing'.**

**DropBackSinkOpen**

**KeepDoingIt**

### III. Enjoy Joy Appreciate -

*Aikido -*

### Divining Intent Feeling Better The power of Intent the focus of attention

*"There are no Forms in Aikido, no Forms,  
the study of intent is everything."  
O sensei*

**AIKIDO: The 'DO', way, of divining 'KI', intent, so you can 'AI', love, harmonizing with it. Life pivots on the location of attention, the harmony of the breath, the focus of intent.**

**THE Warrior's Challenge" Living in a loving harmonious joyful spirit. A warrior's mission: Loving protection of joy the vitality of life. A warrior's ultimate challenge, living the Full Experience and Expression of Joy. To live in bad feelings is the easiest thing in the world. Receiving experiencing and sharing joy into the world is the ultimate honor of an Aiki warrior. 'Divining intent' allows one to neutralize conflict by re-aligning the situation, internally as well as externally. Joy, like Harmony, like Charity, begins at home. Enjoy yourSELF intentionally (enjoying yourSELF). Enjoy yourself enjoying joy.**

**DropBackSinkOpen**

**Try It You'll Like It**

**KeepDoingIt!**

**'Share who you are' in a way that enriches the world. It may seem funny to call enjoying yourself a challenge, yet it is life's essential challenge. What could be a greater gift in the world, than bringing forth a loving harmonious joyful spirit? Enjoy the experience of yourSELF, bravely, intentionally, volitionally, on purpose.**

**Feel into your joy and interest emanating from the universal. Joy is the seed crystal of Aikido. Listening to the whisperings allows 'aiki' to come forth, "not only when you are being attacked but also in your daily lives." Pay attention to and practice listening to enjoyment, to the messages of 'feeling better', as they guide you to the completion of your bestowed mission. Every shift in the location of attention creates a different world, a different universe, a different reality.**

**Feel/Love  
Align**

**Breathe/Harmony  
Allow**

**Enjoy/Joy  
Appreciate**

**Feel Better FeelBreatheEnjoy Feel Better LoveHarmonyJoy  
Feel Better AlignAllowAppreciate Feel Better  
Enjoy Breathing Aliveness.**

**It's a tough job still If you don't enjoy yourself who will!**

**DropBackSinkOpen**

**KeepDoingIt!**



"Rely on Harmony, to Activate your Manifold Powers, Pacify your Environment and,  
Create A Beautiful World"

Life in Three Aikido Lessons

Enjoy Breathing Aliveness

# Connecting to the 'single source'

Aikido's Three Life Lessons: Vitality, Harmony & the Power of Intent

"Winning means winning over the discord in your own mind.

It is to accomplish your bestowed mission."

O Sensei

## Align/Feel/Love

Feel the glowing/vital central core of yourSELF

## Allow/Breathe/Harmony

Breathe in harmony with the pulse of life that is yourSELF

## Appreciate/Intend/Joy

Experience yourSELF intentionally enjoying yourSELF

It's a tough job      still      If you don't enjoy yourself      who will!

**DropBackSinkOpen**

**KeepDoingIt!**

**Align**

**Allow**

**Appreciate**

**Feel**

**Breathe**

**Enjoy**

**Love**

**Harmony**

**Joy**

Love, Harmony and Joy,  
eminate as an act of conscious intent

**DropBackSinkOpen**

**KeepDoingIt!**

Feel Breathe Live  
Align with yourSELF following the guidance of joy.  
Keep doing it!!!

**There is a vitality, a life force, an energy, a quickening, that is translated through you into action. And because there is only one of you in all time, this expression is unique and if you block it, it will never exist through any other medium and be lost. The world will not have it. It is not your business to determine how good it is, nor how valuable, nor how it compares to other expressions. It is your business to keep the channel open. You do not even have to believe in yourself or your work. You have to keep open and aware directly to the urges that activate you. Keep the channel open.**

**Martha Graham**

## I. Feel Locate Align Unify "Calm the Spirit. Return to the source." *Kamae*

**The continuum: 'Location'**  
Feel where are you are.

<b>Loving It</b>	<b>Losing It</b>
<b>Happy</b>	<b>Stressed</b>
<b>Optimistic</b>	<b>Pessimistic</b>
<b>Energetic</b>	<b>Exhausted</b>
<b>Relaxed</b>	<b>Tense</b>
<b>Open</b>	<b>Defensive</b>
<b>Glowing</b>	<b>Stressing</b>
<b>Wonder</b>	<b>Terror</b>
<b>Flowing</b>	<b>Freezing/Freaking</b>
<b>Peaceful Reconciliation</b>	<b>Fear &amp; Aggression</b>
<b>Feeling Better</b>	<b>Feeling Worse</b>

**How do you sense the tone of the way you enter the world? Is your spirit one of peaceful reconciliation? Or does it lean towards fear and aggression? Is your stance balanced? Open? . . .**

**The quality with which we enter a situation molds the seed crystal of an experience. All that follows forms and unfolds from that. How we enter the world stage and the kind of reciprocating echoes that we create represents our 'location' on the continuum, our Kamae - connection, relationship, stance, position, alignment, attitude, spirit. Moods dominate the tone of the average person. Most never give it a thought. We seem to be too busy 'doing' to think about how we 'are'. Yet alignment, the way that we enter and how we position, may be the most powerful dynamics affecting the outcome.**

**"Of what use are horoscopes to one who studies yoga." Sri Aurobindo**

**When we correct our balance suddenly without thinking, we operate by feeling. In the dark, we feel our way. In realms where we can't see like the emotional realm or the realm of spirit, we operate by feeling. 'Feeling gives birth to movement'. Listened to, 'feeling' informs response. When we feel better, heighten our sensory awareness, we function better. When we function better, we feel better, live in better feelings.**

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**Attention and feeling complete each other as do the masculine and feminine. Together, and only together, they give birth to life. Giving primacy to one leaving the other underdeveloped, ignored or repressed stifles growth, development and the completion of the universe.**

**'Locating' means, paying attention to our experience. Locating' implies consciously intentionally 'feeling where you are', in every domain of being. Feeling where you are on the continuum, empowers you to consider if you might like to adjust your location.**

**We say to each other enjoy yourself, i. e. enjoy the concert or trip, because we know enjoying one's self, is to some mysterious degree an intentional process, a location of the focus of attention. That is Aikido. Harmonizing, feeling what we feel, heals our reactivity to it. Kamae is a focus of intent. With practice comes the ability to ever more consciously 'position' in a location that feels better.**

**We probably don't see our'selves' as a certain kind of character. Just as probably, everyone else does. 'How' we show up, starts to form before we have self-consciousness, so most of us don't even think about our persona, or how it's perceived by others. We rarely recognize our mood or how we feel in the moment. We rarely give it a thought, unless we have trained to do so. Consciously paying attention, intent influences mood. Without training, it's the reverse.**

**It is not uncommon in the human condition to unconsciously identify with the location we inhabit. Once we identify we separate out of the totality. Disconnected isolated we believe our stories are 'who we are'. In that confusion, we end up defending our 'location', thinking it is our 'self'. All our subsequent problems stem from that confusion. And all the chatter, wars and after effects miss the point. Much like tightening the wrong muscles more, 'and hoping the result will be different'.**

**'Locating' 'you' in your experience, means adjusting to being more yourSELF. Understood harmoniously one's stance in life is a 'changing'. It adapts. Surfing, you have fun or 'eat it' depending on your 'location' in relation to the changing wave energy. Surfing, lean too far in any direction, the ride is over. Always looking for the sweet spot, you adjust your' location' to move with the wave as it unfolds.**

**Positioning our 'location' in life is much the same. 'Locating' yourSELF, finding yourSELF, being yourSELF is the sweet spot, your best operating place. When we add attention to feeling, 'location' fluidly adapts, intelligently, harmoniously, joyfully. Creatively ride the changing. Feel Breathe Enjoy.**

**The founder explored a path to "the realization of love", by "winning over the discord in our own minds". He envisioned a way, to stop the war within and harmonize with the force of life, that "reconciles the world and makes human beings one family". So that rather than channeling our energy into conflict, we create a beautiful world where energy flows to its natural creativity, "serving for the completion of the universe".**

**We would buy an infinitely wealthier existence, if, we would pay attention consciously and constantly to the process of surfing the 'KI' of life. Imagine how different the ride would be if the energy and resources the human race has devoted to conflict and destruction had been spent constructively and creatively. It could have been. Let's get in on the joke now.**

*"The secret of Aikido is to harmonize ourselves with the movement of the universe and bring ourselves into accord with the universe itself. He who has gained the secret of Aikido has the universe in himself and can say, "I am the universe."*

## **Energy: The Rush the System and 'Feeling Better'**

**In response to any stimulus our system responds with a 'rush' of energy. Confronted with any situation, energy responds intending to handle the situation, to get the job done, to make it 'better'. Even so, the rush misunderstood can freeze us in the headlights or send us fleeing in the wrong direction. The startle response is an example of our reaction to a too much too fast rush of energy.**

### **GETTING 'OUT OF SORTS'**

### **GETTING 'BACK IN 'SORTS'**

**When a rush of energy upsets us, or bumps us 'out of sorts', or causes us to 'feel badly', it is common to blame the situation we are in or the people in it, including ourselves. Any and all of these may indeed be affecting the situation. Everything is connected to everything. But none of that changes the essential warrior's practice of seeking a "spirit of loving protection". Excuses are worthless, blame more so. Our primary responsibility from which all others flow is 'location', 'location', 'location' {Kamae - connection, relationship, stance, position, alignment, attitude, spirit}. The more intense the rush, the more location matters.**

*"Heaven is right where you are standing  
and that is the place to train."*

**Through one window the force of life, the rush of vital energy, sometimes obvious, sometimes not, is changing how we 'feel', in effect who we are. When we are 'with it', we experience a flow state. If we're OK with 'feeling' change, we can surf the waves of energy. If not, our resistance ends up draining the energy's gift and distorting its original intent. At some level of intensity, a rigidly fixed identity 'can't stand' the rush of energy. When 'it' gets 'bad enough' we do something about it. Training decides whether it is something stupid, or something constructive.**

**Being an open channel to life's force, allows energy to do what it comes to do, complete our bestowed mission. When you 'can't stand it', healing comes through 'feeling into', 'who can't stand what'. Tension, indicates and ensues from, resistance. 'Listening' to the energy, 'feeling', dissolves tension, releasing resist stance once again into 'free energy'. There is a rush, but there is no hurry.**

**The energy is not so much changing who we are, as it is who we are. Consciously experiencing feeling, the release is natural, effortless, almost automatic. In breathing, the slightest bit of attention can completely transform experience. And, so it is with life.**

**( [Harmony in Creativity, Energy and Human Brain Function](http://www.extraordinarylistening.com/books/ThalamicDiscourses.pdf): The Thalamic Discourses  
<http://www.extraordinarylistening.com/books/ThalamicDiscourses.pdf>).**

## The Compass of Energy



In resist-stance, the life force appears as a threat. In reaction, we may try to avoid, repress or dominate the rush/ki universal energy, thus resistance becomes the seed crystal of experiencing a universe based on adversarial opposition. Intentionally, train openly 'listening in feeling' to the energy, to its guidance and possibilities. As we take responsibility for balance as individuals we ignite reciprocating echoes in our society. The way of harmony creates a very different seed crystal, world and reality.

When you feel better do you tend to treat others better? When you feel worse are you more likely to speak to someone else in a harsher tone? Do the moods of others affect you less when you feel better? Do you pay attention to feeling where you are? Do you position feeling better? With conscious attention and intention, we can generate a healthier tonality and a better world.

Listening to the intent of what we are feeling gives birth to harmony. Harmonizing with what we're experiencing brings forth who we are, to complete our bestowed mission. Experience and 'self' give birth to each as a dynamic vortex. Attention/love gives birth to finding a harmonious relationship enjoying the flow of life energy bringing forth Aikido: 'loving harmonious joy'.

Aikido offers a way to enter life transforming, anger into listening, animosity into understanding a potential struggle into peaceful reconciliation. The way of harmony opens possibilities to dance with unwilling partners. If we pay attention we can 'center', 'feel where we are', influence where we 'locate'. With practice and attention, we can increasingly refine intentionally 'positioning' our 'location' into harmonious relationship. 'Feel where you are', aligning, allowing and appreciating the energy flowing through your system, "bravely facing what the 'gods' offer". Sharing harmony instead of discord makes it easier for everyone to feel better. Reciprocating echoes, echo reinforcing reciprocating echoes.

Explorations: 'Feel where you are'

Turn the following questions into experiential explorations. Feel into each for a moment or so. 'How' do you 'feel' how you feel? Where are you located? Is there a 'thing'? What are you 'on' about? What interests you? What is your stance, position, station, character, identity, persona, affect, tonality? How fixed is your stance, your take on the world? When you feel in 'resist stance', can you harmoniously align the aspects of being to feel better?

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**V. Thinking and feeling complete each other as do the masculine and feminine. Explore if connecting attention with experience feels better. As we pay attention we may find an inclination to adjust our posture or the tension we hold in our muscles. We may notice an inclination to breathe slightly differently. When we pay attention we by a different experience.**

**Start by being aware of your chosen continuum and feel into it experientially. Next locate yourSELF on the continuum, 'Feel Where You Are'. Paying attention to your location is the first step in learning to influence it. Then explore how you would like to feel? Don't think. Feel! At first, sense, notice the difference. Then actualize it! Feel yourSELF in a way that you feel better, in every meaning of the phrase.**

**In addition to the above list we could create infinite continuums using multiple parameters. Follow your joy and interest as to what is significant to you in the here and now.**

<b>Conscious</b>	<b>Unconscious</b>
<b>Thinking</b>	<b>Sensing</b>
<b>Mind</b>	<b>Body</b>
<b>Psyche</b>	<b>Soma</b>
<b>Composition</b>	<b>Improvisation</b>
<b>Designed</b>	<b>Emergent</b>
<b>Knowing</b>	<b>Feeling</b>

**ad infinitum**

**In resi'stance' we fail to receive the signals the energy sends. In opposition, we end up at effect of events or forces. Instead of sailing using the wind we get blown about by it. 'Feeling' is the magic heat that melts resistance into flow. You really can't release resistance until you feel it. Being here, appreciating what you're experiencing, the 'energy' informs and empowers who you are.**

**Let the words wash over you. Let listening do all the 'work'. Soak in these simple practices experientially. Appreciate if you 'feel' any change at all. Practice intentionally positioning attention in a 'feeling location' that you like better. It is a developable skill. Focus attention on what you love. That's the feeling. Practice feeling like that. Keep doing it. KeepDoingIt.**

**'You can't get there from not here'**

**Love/appreciate (say one word hear ten) the vital force that is yourSELF here and now. It doesn't mean that you like the situation. It means that you love that you are 'given energy' to activate yourSELF to "bravely face" life. It means you are still listening. The ticket to where you want to go, is 'feeling the flow of aliveness'. It is the power source.**

**Our challenge, a balanced dynamic field of energy harmonizing with each situation in timespace. Adjusting constantly requires an ongoing dialogue challenging our assumptions, reinventing our stories. A fluid 'kamae', spirit, attitude, relationship, location' stance, adapts its position surfing the ever-changing flow in an ever-changing universe. Our practice, Feel. Listen to the guidance of the flow of aliveness.**

**VI. Gently Tense your whole body. Relax and Feel. Now Tense the muscles closer and closer to the spine, head to hips, and Re-lax. As you relax, 'Feel' into your central core of being, beginning with the spine as a reference in the physical. 'Feel' into the energetic central core. 'Feel' into the center of the central core. How long? As long as you are enjoying. It's your**

**Love gives birth to harmony, harmony brings forth joy and joy is the greatest treasure  
THE Warrior's Challenge: A Loving Harmonious Joyful Spirit To live in bad feelings is the easiest thing in the world**

practice. Similar to working out, more repetitions at a gentler level is generally the best way to start, and build from there.

**VII. Align, Allow, Appreciate.** Beginning with the physical align with the force of gravity. As the weight is supported by the skeletal structure, 'allow' muscle tension to release, and appreciate how that feels. 'Drop back' 'Sink' into the Opening. Release allowing an increasing sense of 'flow, aliveness, vitality'. If and when you lose the sense of opening, of release or sinking, simply tighten the musculature a little bit, just enough to make it distinct. Then re-release, sinking opening, enjoying aliveness. PRN meaning repeat as you choose to. It's your practice.

**VIII.**

**DropBackSinkOpen Feel the glow of life that is yourSELF KeepDoingIt!**

**DropBackSinkOpen Feel into the energetic central core of yourSELF KeepDoingIt!**

**DropBackSinkOpen Locate/Feel into the center of the central core KeepDoingIt!**

**DropBackSinkOpen Feel the center of the center of the central core KeepDoingIt!**

**DropBackSinkOpen Feel yourSELF as the glow of life KeepDoingIt!**

Over emphasizing the upward rising force, we 'tense toward accomplishment'. Trying too hard, we constrict many muscles that are not involved. No matter how much we tighten other muscles, none of that helps. Rather, it hurts by draining and impeding the energy and attention we might direct to accomplish our intended task.

Pay attention. In the physical use the muscles that matter. Consciously release any muscles you may have inadvertently tightened. Make the ever-finer adjustments in your physical positioning so that you feel better. Do what matters. Continue that practice into the finer dimensions. Relaxation is a developed skill, emotionally as well as mentally and physically. The energy wasted on unneeded resistance, bad feelings, misunderstandings etc. could have created parallel universes based on love harmony and joy.

Engender laser focus on what's important and significant in life. Responsibly, consciously intentionally relax the rest. Practice learning to let go of unneeded efforts in every facet of life. The 80/20 rule comes to mind. 80% of our results come from 20% of our efforts. Let's improve that equation. Focus on what's important. Feel into what is. Tremendous power lies in this ongoing focus. And it is both simple and easy. If there is a hard part it's that we just have to keep doing it. So, KeepDoingIt.

Reconcile the discord in your own mind. Align with yourSELF emotionally. Intentionally align with the energy that drives your life's interest. That means 'feel' your vitality, the central core of being that is yourSELF. Take the time and feel into the 'you', that you recognize when you're in your favorite spot, feeling as good as you've ever felt. Appreciate it. 'Feel (better)'.

The first move towards adjusting to a more comfortable position will be larger than the next one. The first move towards self will be larger than the next one. Sequentially in the physical each move will get smaller. In the energetic central core, each adjustment as you move towards 'self' is 'finer' than the previous one. They get so minute, so subtle. It's easy to misjudge the importance of these finer adjustments. Thinking they don't matter because they're so small is a mis-take. Because the power of each seemingly smaller shift 'in' is exponentially greater.



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**Though the increments get smaller as we align, keep it up. Location location location. Then, keep doing it. Not because you weren't there. Because it's not a location. It is a way of traveling.**

*"Yesterday's technique won't be good enough today. And today's technique won't be good enough tomorrow."*

**DropBackSinkOpen into harmonious relationship with the energy of the universe in ever finer increments, into ever finer dimensions. 'Locate' the focus of attention in the center of the center of the central core. Release to the fluidity of the 'essential self'. Each step, move, sense or dimension being smaller, finer, subtler, KeepDoingIt.**

**Because the other piece about finer increments that gets lost is, it's easy to come out a little bit, to be slightly off and not notice it. Though the movements are so small or so subtle at this level, not noticing we are 'losing it' is more of a problem causing more regrets than most might guess. When we do notice, the adjustments being very minute or precise make it both, easy to ignore, as well as to over correct. Don't tighten up about that. Or rather notice if you do. Then, relax into each smaller and finer correction. Guide yourself through feeling what you feel, experiencing what you feel. Be in your own experience. That is where the universe completes.**

**To illustrate the idea about locating attention, I've described 'locating' on a 'continuum'. I've been drawing a 'line'. Of course, it could be a 'circle'. Does that change your sense of the process? More it probably should be a 'sphere'. Of course, it should be infinite inwards and outwards at the same time. The map is not the territory. Still, it can be useful in our exploration.**

**Because feeling into self experientially is a felt sense, words fail to describe it. So, the word thing again, reminding us; 'if you lose your sense of humor, it's not funny'. So, ¿Glow, Aliveness, Vitality, Elan, Ki, Chi, Prana, Energy, Life Force? Pay attention to experiencing whatever you experience. Doing so will bring you to a finer dimension of attention where you can repeat the process. Then we can use words to talk with each other but it is the experience that matters. The words are simply tools to help us in the exploration.**

**"Even if it's slightly apart from the way, it's no longer the way."**

**Love, harmony and joy, like charity begin at home. Intend a spirit of reconciliation. At the other end of the continuum, resistance to the rush of energy increases stress. From being ok with yourSELF, where there's no 'thing', as you get more involved in anything and begin to 'lose' yourSELF, it turns into a 'thing'. Before we know it, AND THAT'S THE PROBLEM, we're having a 'thing'. You know a 'thing' where you'd actually like to not be having the 'thing', but you keep having the 'thing', the thought, the feeling, the memory, the disagreement, the tension in your body, the ..., whatever the not enjoying yourSELF 'thing' is.**

**Listen! The universe is reminding us to 'check our location!' Most likely, we're not 'feeling where we are' so we don't notice being off center. Most likely, before we know it, AND THAT'S THE PROBLEM, we're in resistance. 'Feel where you are.' Notice any change in experience. See if it feels better.**

**Remember a conversation that suddenly turned into a 'thing'. Even all by ourselves the discord in our own minds can be a thing. And maybe it's gradual so we don't notice it pushing us into**

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**the world where it's a 'thing'. Because we miss the little shifts out without realizing it, we get into these things. They tend to draw us still further out of 'self' into 'acting out' in the world. And it's a vicious cycle. Look at world history.**

**This is important enough to read again**

**Remember, because the increments are so small, it's easy to come out a little bit, to be slightly off, to be losing it, and not notice it. Most of us can see another person 'losing it' before they do. That is a precious power to develop, to see the log in our own eye. In the realm of the Spirit, listening to the whisperings is hard if there's a thing (fixed idea, mind of discord) in the way. When we let go of a 'thing', we naturally drop back just a little bit. Though it can be a very small move, it is disproportionately important. Though it may be a very small move, it is disproportionately important. Because remember, every time we experience any shift in attention, we create a different world, a different universe, a different experiential reality.**

*My students think i don't lose my center but that is not so.  
I simply recognize it sooner and get back quicker*

**Intentionally 'locate', dropping back into yourSELF, so you're simply yourSELF engaged in the world, but there's no 'thing'. Practice sinking open in the emotional realm in smaller increments into the quality of nothing, no thing. In the inner personal realm when there's a thing, before any 'fixing it out there', practice dropping back sinking open. As we develop experiential awareness of our resistance at subtler levels, we "recognize it sooner and correct quicker". The earlier we can feel and correct when we're starting to lose it, the more beautiful the world we create.**

**So many of the spiritual texts relate to something heavenly, the 'pure and shining void', 'the mystery' or some variation. Heaven is a 'location' where there's no thing, there's no vexation to the soul, there's no hindrance to the spirit. Feel into where there's nothing. Where you feel most yourSELF, you should be the least of any'thing' else.**

**When all your forces are in balance, the original self comes through without any impedance. When you are naturally truly authentic, when the pure 'self' expresses, it has a radiance to it, a quality of love, divine love resonating with the totality.**

**Drop back sink open until you are aligned as yourSELF experiencing 'self'. One plus one equals one. Wave particle it's all one system.**

**DropBackSinkOpen**

**in ever finer alignment**

**KeepDoingIt!**

**(Ten to the Tenth: A simple exercise that enhances the power to create your life**  
<http://www.extraordinarylistening.com/books/TenToTheTenth.pdf>)

## **Center of the Central Core Relaxation: Feeling Frees Flow**

**You are invited to consciously take yourSELF through this focus of attention into deeper relaxation. Feel into relaxing using each aspect of the body as a portal into the energy dimension. Stay with each practice as long as you like, as long as it feels good or feels better.**

**Sink open into the gravity shadow as you Relax your:**

**mind, brain, forehead, eyes, sinuses, gums.**

**Imagine pretend you can relax your teeth.**

**Relax your tongue, jaw, throat,**

**shoulders, under the scapula, abdomen,**

**hips, sitz bones, legs, feet.**

**Deep relaxation is not only deeper than you imagine, it's deeper than you can imagine.**

**Keep Doing It!!!**

## II. Breathe Universal Harmony -

## *Aiki Kokyu*

### Aiki Kokyu

**Kokyu:** The word used in the past, translated as 'breath power' and pretty much left there, is fundamentally different from mine. Aiki Kokyu is harmonizing the power that activates breathing at the individual and universal level. Understand Kokyu as the dynamic harmonious unrestricted enjoyment and connection of 'being' with 'intent'. And no, I don't 'really' know what those words mean either. *That word thing again (see reader's notes).* But then again, I'm not that clear what most words mean. I more assemble the meaning by connecting the dots. A dictionary explains a word and then defines it by using it in a sentence, because a word's meaning is defined by how it is used. The meaning of words changes over time as does the context in which we hold it. Have fun. 'Don't lose your sense of humor. If you do it's not funny.'

**Kokyu** describes when yin & yang enhance each other. If two people are good friends, they are said to have good Kokyu. When people sing well together, they are said to have good Kokyu. Kokyu implies harmonious relationship with, the power that creates the breath. Kokyu describes listening to the impulse to breathe, fully experienced, appreciated and enjoyed. Aiki Kokyu is loving harmonious joyous relationship with the universal pulse breathing you as itself. Although we each have a unique experience of the impulse to breathe, for the entire universe, the source is the same.

**So, big words, Aiki Kokyu, the breath of universal harmony describes breathing in harmony with the power that activates the universal pulse. Don't make it a thing. You don't have to do anything. IT is what is happening. Where are you? When your heart is in place, meaning you are glowing with the energy of life, the universal pulse is breathing you. The rest of the time it is trying to, doing the best it can without your attention. And the universal misses you and your participation, unless you feel the impulse to breathe. Then 1+1=1.**

**Sink open as you listen to the impulse to breathe. Let the impulse guide the quality of the breath. It is easy. Just breathe exactly like you want to. We can only do that by paying attention to feeling. Listen, because when we lose touch with feeling and listening to the power activating your breath, we lose touch with the universal pulse. Recognize life's pulse within you emanating from the source of everything that is. Just breathe exactly like you want to. Love being part of the totality. Breathe in harmony with everything. Pay the price, attention, our most precious resource.**

### **Breathing. No, Really Breathing!**

**On average, we pay little attention to the breath. If asked, we 'know' we are breathing. But we don't really 'experience' breathing until we start to notice, i.e. pay attention to the breath. For most people that's pretty much only when they are 'short of breath'. Then they pay attention. Then as the system corrects, they forget the 'source', and go 'back to their life'. Let's not wait until we have to, to start feeling better. Let's get in on the joke now.**

**Under stress we pay attention to the breath, when we 'have to'. Then almost everybody knows take a deep breath. Maybe at that point we fill the lungs and it's a good start. Now let's take it**

**further. Breathing consciously implies much more than moving air in and out of the lungs. What we call external breathing is only one step in the breathing system. Aiki Kokyu implies the whole system of 'breath becoming life', experiencing itself consciously.**

**Once in the lungs the oxygen transfers into the bloodstream which transports it to the cells where it is absorbed. Then, each cell burns the oxygen creating life. The bio-chemical electro-magnetic system of signals stimulates the cells activates the diaphragm, circulates the blood, absorbs the oxygen and burns it in-service of Life. Listen to the whole system of the impulse to breathe, connecting attention with experience. Start by imagining, sensing, feeling into each phase.**

**#1 External Breathing: the air moving in and out of the lungs**

**#2 Transfer: the oxygen being absorbed into the bloodstream**

**#3 Transport: the blood carries oxygen to every cell in the body**

**#4 Absorption: every cell in the body absorbs oxygen**

**#5 Life: Breathing No! Really Breathing: Aliveness, feel the glow of life itself**

**What we feel, if we pay attention to breathing at the level of each cell, is aliveness, the glow of life itself. Train to pay attention to consciously appreciating, to unifying attention with the experience of, the glow of life itself, as you breathe. Sense/feel into each cell's breathing as it ignites the oxygen into an energetic glow, into the living burning experience that is life, joy, aliveness. Breathe in harmony with the life glow that is yourSELF feeling each phase. In the beginning if you have to, imagine that you feel it. If that's difficult, pretend you do. Enjoy.**

**Don't think. Feel. Breathe. Enjoy.**

**Now reverse the imagery. Feel life activating the breath. 'Listen to the Impulse to Breathe'. Imagine you feel the breath as a universal pulse of aliveness that's breathing you. Feel the glow of life activating all the systems of being. For someone new to this, a pulse breathing you maybe seems like imagination. However, when you don't breathe on purpose, if you stop intentional breathing, when you're not thinking about breathing, the impulse to breathe continues breathing you. Should we call that you breathing or not?**

**Is light wave or is it a particle? Light doesn't care. It just is light. It stands on the floating bridge of heaven. When harmonious notes stand on the floating bridge together the resonance of the of harmonics produces a richer overtone series than that of either individual sound. Similarly, the 'on purpose' and the 'it happens' aspects of breathing complement each other as parts of a whole. 1+1=1 activating our manifold powers.**

**Our breath, breathing us, is a manifestation of the pulsating KI (energy) of the universe of which we are an inseparable part. As we consciously relax into feeling, breathing entrains with the breath of the universal pulse. From the impulse to breathe, to the source of the impulse to breathe, trace into the center of the central core of energy that is you. However subtle the inquiry, invite yourself to explore the way, through feeling and breathing vitality, into consciously being yourSELF, on purpose.**

**'Listening to the Impulse to Breathe', intentionally connects the volitional and autonomic /divine aspects creating reality in a new way, a new reality. Volitional or autonomic-divine are you one or the other? Yes and. Stand on the floating bridge of heaven. Enjoy the aspects enhancing each other. That is kokyu.**

**Here is an exploration into the feeling of the principle. First, and I'm going to speak Californian here. 'Heighten your sensory acuity.' Now:**

**Imagine how you would feel if you were about to go to dinner or maybe on a long car trip, with 'a couple who are always arguing'. Do you feel any reaction, notice any change in how you feel? Appreciate the difference if any in how you feel about the same possibility with a couple who gets along beautifully. Take the moment needed to contrast the two. We could look similarly at Kokyu as the relationship of yin and yang within us, the masculine and feminine within each of us. When the two forces within us are in opposition, nobody wants to go to dinner with us either. When my masculine and feminine aspects aren't getting along, I don't even want to go to dinner with myself.**

**Now if we start to breathe exactly the way we want to that's kokyu. If Aiki is cultivating a spirit of reconciliation, Kokyu is the reconciliation. It is a way of allowing the masculine and feminine aspects of our nature to speak together in a loving way, in a way that they help each other complete themselves and each other, 'better'. Though they might not be listening to each other on occasion, in harmonious relationship, the two forces 'love each other' if you will. Through harmonious relationship they create a richer overtone series, an ever increasingly holistic presence.**

**"I am the universe."**

### **'Listening to the Impulse to Breathe'. Let's get in on the joke now.**

**Stress affects our thoughts, feelings, and tissue. Startled or in a tense moment, muscles constrict, breath shortens, peripheral vision narrows, heart rate increases. We tend to hold our breath. Emotionally we mirror those reactions. The system of breath, as part of and key to life, helps us to re-align with our changing experience. As, when a stressful situation resolves, we naturally sigh or 'listen to the (too often ignored) impulse' to take a breath. Let's correct sooner. Add attention and the system 'feels' and adjusts naturally. So, let's go back and check, are you breathing exactly the way you want to? Are you actually 'listening' to that counsel Let's get in on the joke now.**

**When I 'feel' increasing tension or anxiety, or decreasing comfort, meaning less strength or courage, that's my signal. Diminishing joy and interest are not to be ignored or lived with. Read properly those 'feelings' are signals on how to 'feel better'. Feeling stimulates corrections, to the degree we pay attention. In flow state who we are is a changing, not a thing. The universal intent is talking to us through 'feeling' and if we're 'listening', it's leading us to our "bestowed mission" in "the completion of the universe". If not it's just unsettling.**

**Without intent to 'listen, feel and function better' the system 'feels' and balances 'good enough' to get by. Enter life as a warrior entering battle, assembling our absolute best operating place. Facing the edge of life and death, we align exquisite functioning, one of mastery, one of infinite creativity, 'a great day'. "God, why can't every day be like that?"**

**Breathe listening to the impulse to breathe, bringing attention in tune with the whole system of breath, from external air to the glow of aliveness. Feel into the energy, that is the life force, activating the breath. Harmonize perfectly with the intent, guidance, wisdom of that impulse. Breathe the 'wisdom of life'. 'Feel' if paying attention to the breath in this way, muscle tone changes, emotional tone, state of being. Do you feel better? If you 'keep it up', is your day better?**

**I like the breath as a travel vehicle because we're always doing it and we have to do it anyway. It is in my experience simply the most effective and accessible exploration to connect attention and experience. Listening to the impulse to breathe connects the individual with the totality, the personal with the universal.**

**These are my stories. See for yourSELF what's so in your experience.**

## **The O2 continuum**

**Feel where you are on the O2 continuum. Pay attention! Buy a different experience.**

**"FIRST put on your own oxygen mask. Then Create a Beautiful World."**



**'Feel where you are'. Locate ever more consciously. 'Feel' because if you're 'feeling' then you can feel/sense when each cell feels in perfect oxygen balance. You can 'feel' life 'glow' in the cells burning oxygen. Or, if there are areas that are not receiving sufficient oxygen you can feel that. Add attention and our somatic awareness receives the information it needs to perfectly adjust oxygen absorption.**

**And here's the sales pitch. As the system absorbs and burns oxygen perfectly all aspects of being are affected. Sinking open, muscle tissue relaxes, allowing arteries to open enhancing circulation. Better O2 balance strengthens the immune system as well as emotional resilience. Better oxygen balance means a more balanced life, increasing aliveness, perception, possibility. You 'feel better'. Think about it, because we know this. We just don't think about it. Now, don't just think about it.**

**Energy follows attention and vice versa. 'Feel' connecting attention with the whole system from external breathing into the glow of aliveness. Sense into breathing at the cellular level. Feel the energy of being originating in us surfacing as the impulse to breathe. 'Feel', harmonize, enjoy the universal pulse that breathes and sustains us. Seek the source of the impulse to breathe. Explore, if in your experience, 'feeling your aliveness', enhances oxygenation. 'Feel into' if in your experience, increasing oxygenation, enhances 'feeling your aliveness'.**

**Breathe volitionally, take a breath on purpose. I'm talking to you. Did you listen? OK ignore me but listen to the guidance of your own system. Breathe exactly the way you want to and I mean EXACTLY. Hold the breath, exactly as long as it feels good to you. Breathe in harmony with the 'signals aliveness is sending'. Are you listening? Are you doing it? Breathe consciously. Feel**

**"Rely on Harmony, to Activate your Manifold Powers, Pacify your Environment and,  
Create A Beautiful World"**

Life in Three Aikido Lessons

Enjoy Breathing Aliveness

**every cell in your body burning oxygen into aliveness. Like a sunset, you can enjoy the glow, if you pay attention. And you miss it if you don't.**

**As you DropBackSinkOpen breathing entrains with the universal pulse. Follow the feeling. Given the power of attention, fully felt, the forces naturally find their balance. 'Feeling better' is our system sending information to guide us towards the completion of our bestowed mission. If we participate consciously aware, responsibly, it will happen that way. Life pivots on the focus of intent, the harmony of the breath, the location of attention. Enjoy Breathing Aliveness. Open sense feel listen into finer dimensions. Breathe in harmony with the source of aliveness. Develop the extraordinary listening that honors life's somatic wisdom of enjoyment'.**

**Feel the complete breath from the oxygen going in the lungs to the glow of aliveness and then recognize the glow of energy as the impulse to breathe and listen to it all over again. Breathe in harmony with the pulse of the glowing universal energy. Appreciate the experience. Enjoy it.**

**Pay attention to breathing exactly the way you want to. Breathe SO it feels most enjoyable to you. Breathe as if the purpose of breathing is to enjoy exactly what feels GOOD to you. Breathe, as deeply and at a pace that feels good to you. Hold for exactly as long as it feels good to you, for exactly as long as you enjoy it. If it is possible, breathe so to enjoy it more. Could you?**

<b>Breathe in harmony with the glow of life that is yourSELF</b>	<b>KeepDoingIt</b>
<b>Breathe exactly as you want to.</b>	<b>KeepDoingIt</b>
<b>Breathe so you're most enjoying yourSELF</b>	<b>KeepDoingIt</b>
<b>Breathe feeling each cell's aliveness</b>	<b>KeepDoingIt</b>
<b>Breathe enjoying life's glow</b>	<b>KeepDoingIt</b>
<b>Breathe listening to the impulse to breathe</b>	<b>KeepDoingIt</b>
<b>Breathe in harmony with life's universal impulse to breathe</b>	<b>KeepDoingIt</b>
<b>Move in harmony with the glow of life that is yourSELF</b>	<b>KeepDoingIt</b>

**The same practice can be translated through movement into a sense of presence. Once you're in a unity with the universal intent, breathe/move/live exactly like you want to, "in a constant state of ... appreciating the glow of your own life, yourSELF. Appreciate the unique experience that you're having at this exact moment of being purely you.**

**When the problems of your life steal your attention and the devil starts to darken your mood, feel where you are. If you've done these practices you already know what to do. Locate your attention feeling the experience of the breath harmonizing with the impulse to breathe. In two or three breaths of experiential attention, do you sense your relationship to experience change?**

**As your location and oxygen balance align, you can feel joy re enforce each cell glowing at its most charming radiant self. When you are naturally truly authentically yourself when the pure 'self' expresses, it has a divine light to it a quality of love, divine love, harmony and joy. (divine like you know, REALLY good ice cream)**

**The impulse to breathe is not just happening to you it's not just keeping you alive. What you can feel as the impulse to breathe is the most tangible aspect of the infinite, the guidance of the universe. Follow it. It will take you home.**

**There's only one breath. It's this one. And it's almost over.**



## The Power of Intent Medicine for A World In Crisis

Life pivots on the location of attention, the harmony of the breath, the focus of intent.

### Enjoy Breathing Aliveness.

**Feel**

**Breathe**

**Enjoy**

**Keep Doing It**

**Location: The continuum**

I \_\_\_\_\_ I

**Loving It  
In Harmony**

**Losing It  
Out of Sorts**

On one end of the continuum, you're feeling the glow of life, with the pure joy of an infant. On the other you're under pressure, from the same life energy, to the point where stress becomes distress.

**Breathe exactly like you want to for two or three breaths. Feel if your location on the continuum changes. Feel if your feelings, your muscle tone, your thoughts and attitude change. It usually takes less than three. It never takes seven. It does require feeling exactly what your system is asking for in terms of speed, depth of the breath and length of the hold. Pay attention to what you're doing with your attention the whole time.**

**Sincerely listen to someone until they feel heard completely, enough to feel done talking. Watch the world change.**

**Listen to the universe that way.**

**Unify your attention with your experience Keep Doing It**

**Feel/Love  
Align**

**Breathe/Harmony  
Allow**

**Enjoy/Joy  
Appreciate**

**Winning means winning over the mind of discord in yourself.  
It is to accomplish your bestowed miss**

## **Experiential Breathing Explorations**

### **I. Ocean Breathing**

**You get out of the car at the ocean side and you take that first deep breath of ocean air. And every cell in the body kind of right away just lights up and says, "oh wow, oxygen what an idea." Imagine pretend, remember the 'feeling'. The glow of life increases. There's just a beautiful glow and the desire to take another breath or two like that. OK that's the place. Remember the 'feeling'. Breathe at the ocean even if you can't be there physically. Close your eyes imagine pretend and take the deepest breath at the seashore. Feel the oxygen rich glow of life. Enjoy! KeepDoingIt!!!**

### **II. Infant Breathing**

**Imagine in the process of birth the oxygen from mother has been cut off and the need to breathe is intensifying. Then if you can imagine pretend, remember the 'feeling' when you finally took that breath. Then after you recovered from the event and breathing had equalized and your oxygen levels were appropriate, that was pretty much what you did as an infant was lay there and breathe, just breathe. Can you imagine that place as an infant just breathing and enjoying the oxygen, enjoying the glow of life that oxygen intake brought to you, just being there and glowing and being alive and that's all it was. There was no thought. There was 'no thing'.**

**And then very shortly people were talking to you and filling your head with their stories. Teaching you to do the same, as they were taught. We lose that purity of being. Socialization teaches us ideas, identities, ideologies and belief systems are more important. Engaged in the world, without a practice of returning, we lose touch with our original 'self'. Ideas should be helpers not captors. We move towards original self when we come back from a stressful situation or a social event or whatever and we get home and let down. Return. Remember just breathing just feeling being alive just being there.**

**"Return to the source" choosing consciously as frequently as it's appropriate to feel the guidance of the 'glow of life'. Feel whole system breathing. Intentionally breathing the 'breath of universal harmony', brings the joy into your life, that you see in a happy infant. You know how to do it. You knew then. Re-member it.**

### III. Enjoy Joy Appreciate - AIKI Divining Intent Feeling Better

*"There are no Forms in Aikido, no Forms,  
the study of intent is everything."*

*O sensei*

#### **Divining Intent: Chaos or Cosmos: Loving the Mystery**

**Intent: That word thing again (see reader's notes). 'Intent', like spirit, or love or joy, is in my world much more an exploration, than a definition, or an explanation. Intent as used in this conversation implies the essential force of creation, the source of creation, the driving force of the universe. Sort of like, in words, 'Energy drives the system. Intent gives birth to energy'. Energy and intent source each other. Love into the mystery.**

**In our life of action, 'Intent' activates 'neural energy' sent through the nerves to the muscles, causing muscular contractions, producing the kinetic action that is seen in the world. 'Intent' sources all action, conscious or otherwise. Through intent we reconnect ourselves experientially as part of the whole.**

**We intend to do, a particular action, but what creates the intention? Finer dimensions activate the manifest realm. Not only finer than you know, finer than you can know. Let's call it 'intent' and invite the limits of perception to open new portals on new vistas.**

**Intent like electricity, we use it, we don't really understand it. We know a lot about it. AND what we have learned has enriched our lives. So, let's stay open to learning through enjoying moments of not knowing. And especially when we're sure, let's question our answers. Not because they are wrong. Because there is not only more than you imagine, there's more than you can imagine...**

*"All the problems of this world exist,  
because people have forgotten that,  
everything emanates from a single source.*

*Calm the spirit return to the source."*

**Seek not an answer from cognition rather enter a portal into experience. Loving the Mystery!**

**If intent were like the atom of universal force, what would be the subatomic particles that make it up? What if any quantum forces or divine intention precedes any appearance or manifestation we perceive? What, if any, are the natural laws, desires or intentions of the forces that give birth to the universe? How does intent in your life relate to how you fit into the universe?**

**Intent is the word we will use here to refer to the power, that maps the path of the journey, that our life follows. Intent drives the impulse that we feel when we decide to pursue a certain interest, skill, project, relationship. Feeling intent 'better', clarifies knowing what to do. Unifying with intent, we know better when and which life changes to effect. Divining intent means recognizing how to interact in a personal or business relationship with greater sensitivity and effectiveness. Divining intent of our life force implies knowing 'better' how to live, finding our guiding star, our true North.**

**Intent flows in the universal as it flows in the individual, as part of a total system. The second lesson, the breath of universal harmony, focuses on using 'feeling', to harmonize 'breathing' with the universal pulse. The third lesson focuses on harmonizing individual with universal intent, harmonizing with the energy of the universe.**

**To some degree we can infer universal intent through the collective intelligence of the species. Through this lens what we all share in common is, everyone wants to feel better, nobody wants to feel worse. So, let's harmonize with universal intent by focusing on 'feeling better'.**

**'Feeling better' happens when individual and universal intent harmonize as a creative process, a couple that gets along well. The path to harmony is love, which is an 'extraordinary listening'. Sincerely listen to someone until they feel heard completely enough to feel done talking. Watch the world change. Listen to the universe that way.**

*The secret of Aikido is to harmonize ourselves with the movement of the universe and bring ourselves into accord with the universe itself. One who has gained the secret of Aikido has the universe in the self and can say, "I am the universe."*

## **Divining Intent: A Second Before**

**Neurology tells us when you have the intent to do something a fraction of a second before you're aware of your intent there is activity in the brain. 'Divining intent', a second before, in a martial situation, means feeling it coming, enabling us to respond a second before, instead of feeling it hit. Perception of an attacker's intent, informs a timely and appropriate response. When we're in accord with 'the universe itself' we bring forth the power of harmony, as intent is forming, a second before. 'Divining intent', a second before allows one to neutralize conflict before it begins.**

**For an Aikido movement, if you were to divine the intent of an attacker you could move in a way re-aligning the situation. Being a second before the action means leading the energy thus, neutralizing the effectiveness of any attack. For instance, I would like to have left the bar before a belligerent realizes he wants to fight.**

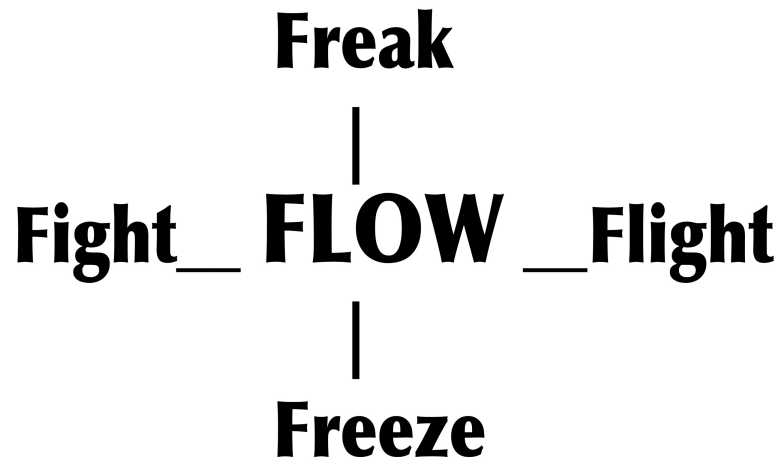
**'Divining intent' allows knowing whether and when to pull the trigger on any decision, how to move in response to any pressure. Perceiving things in advance, with greater awareness and sensitivity, enhances our ability to interact intelligently and harmoniously with each situation. Being a second before off the mat means leading 'the force' of our lives to completion.**

**Kinesthetically moving in a spirit of reconciliation diffuses physical aggression. An empathic spirit of reconciliation works emotionally. Living in a spirit to "reconcile the world" societally**

**creates peace. Peace means focusing our energy and resources on creating what we want, instead of destructively fighting against what we don't want.**

**Correctly divining the intent of any situation happens in direct proportion to feeling the whole system. Where are you coming from as you enter into an experience? In that first instant of contact, are you sensing or projecting? What stories are already in place? To the degree stories, assumptions and attitudes interfere, our response will be inappropriate. In the emphasis on thinking something may have been lost. As you feel 'better', intelligence increases, like when you suddenly realize you are chilled, or way past hungry. Surprising how much we can fail to notice unless and until we pay attention to the signals. Feeling better is somatically like turning on the lights in a room so we can see better.**

## The Compass of Flow



**AIKIDO: The 'DO', way, of divining 'KI', intent, so we can 'AI', love, harmonizing with it. The location of attention colors the quality of every action. Positioning attention 'on purpose', begins with intent. Our lives pivot on our state of intent, in that second before we enter an experience, more than we could possibly understand. Harmonizing with the energy of the universe comes from a domain beyond words, beyond the understanding of the intellect.**

**Listening to the whisperings can appear as a tingling or 'disturbance in the force'. It can show as a vague sense. Delicate, it can seem like we are imagining it. Often, we are, or reading it incompletely. Divining intent happens in the realm of the senses. 'Feeling central core and breathing in harmony with 'self' locates our best operating place, from which we read intent most intelligently.**

**It is hard to sneak up on a wild animal. They feel what is termed proximity sense. It is a bio-chemical electro-magnetic sensitivity in every organic organism. As we humans are socialized, this gets 'turned down' or 'civilized out' of people. We 'learn' to repress the response relative to the proximity of others, though we still feel it when someone gets 'too close'. Before machines connection with the somatic experience was naturally strengthened by life's physical requirements. In a world of robotics, somatic connection diminishes. Without feeling, physical,**

**emotional and spiritual, humanity loses its soul. Intentionally 'feeling better' reawakens somatic awareness, a portal that opens onto vastly more than proximity sense.**

*". . . the study of intent is everything."*

### **If the study of intent is everything, do we have to learn the techniques????**

**If your interest is martial practice for application in self-defense, the techniques are the outcome. If not, if your interest lies "in constant growth and development" or "reconciling the world" and or "serving for the completion of the universe", then let that be your focus. Self-defense or self-development, world peace or universal harmony, any which way a physical training component provides a tangible feedback system for refining one's sense of presence and alignment. These in turn enhance the other goals.**

**Adding a physical exercise or component to the sinking open training completes the universe. Sinking open during meditation is one thing or as a meditation. Sinking open in the midst of activity is something else again. Sinking open under pressure, under threat, requires developing training to a level we might describe as mastery. I don't think the practice has to be Aikido techniques. At the same time, there is a certain magical beauty to Aikido's spiraling aesthetics and their effect on our presence. Whatever your practice, "you must stand on the floating bridge of heaven . . ." if you intend Aikido to come forth in your life.**

**One understanding of "one plus one equals one" would be centering and applying a technique at the same time. Pay attention to experiential awareness in action while functioning. For sinking open to become a constant while in actual battle or in the actions of daily life is a function of what you train. We may separate them for study. Consciously balancing dropping back sinking open, while negotiating life's pressures is the practice. Training both at the same time, "1+1=1," is the 'way'.**

**O sensei didn't envision everyone as martial artists. He inspired us to apply the magic of the principles of the way of harmony to excel in our given path. Practice 'DBSO, Dropping Back, Sinking Open' with everything you do. Once you understand 'feeling intent better', most any physical movement or technical practice, from woodworking to public speaking, can be used to combine with sinking open. Practice 'DBSO' sitting at the computer, on the phone, chopping vegetables, walking, playing the guitar. The larger question lies in whether our intent is focused on the technical practice or using our experience in the mundane world in creating a different dimension of being. It depends on whether you are doing the 'whatever it is action' at the same time as 'sinking open with a loving harmonious joyful spirit' as to whether Aikido will come forth.**

*"In the Way, you must first stand on the Floating Bridge of Heaven.  
If you do not stand on the Floating Bridge of Heaven  
then Aiki will not come forth."*

**Practice being while doing. Practice the internal sinking open while living life. At first of course that seems impossible. It's one and then the other. If you keep doing it, "one plus one equals**

**one". Fully inhabiting both realms at the same time, which happens only through intentional practice, one stands on the floating bridge of heaven.**

**Adjusting your location and harmony with the pulse of the breath while you consciously attend to the experience of life enhances the power of intent and increases creativity. Otherwise we habitually repeat behaviors, neural patterns and chemical addictions of the past.**

**We activate/connect with/experience/express essential self through feeling. In the activation, we can use any movement that activates the sensation of feeling and increases the ability to pay attention. Receive feeling as information to drop back and sink open.**

**When we pay attention to experience, we buy 'presence'. Presence produces creative response when we're under pressure, and need it. Presence flows whether in the kinesthetic, emotional or mental realms. Center ground flow blend. Presence is creativity.**

**Breathing in harmony with a finer pulse, bring vitality to the fore. 'Share who you are' in a way that enriches the world. In a way that allows 'aiki' to come forth, "not only when you are being attacked but also in your daily lives." 'Self' activating, "Standing on the Floating Bridge of Heaven" is the art. Applying "the technique is the dust after".**

## **Divining intent 'The Aiki Kami: Seed Crystals Reciprocating Echoes**

**O sensei ascribed everything as a manifestation of the divine. His realm was movement. He said, the 'Aiki Kami', the divine spirit of Aikido, would wake him up at night and take him out in the garden and teach him Aikido moves. 'Locating' his attention 'listening to the whisperings', he then 'felt like' going out in the garden and exploring ways to move in 'the spirit of reconciliation'. Consider what took his art to another dimension more than technical practice or hard training. I ascribe it to listening, divining divine intent.**

*Teachings of Morihei Ueshiba, O Sensei "MARTIAL ARTS MUST undergo constant change. Budo (the way of the warrior) 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 (set forms—fixed techniques) 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." From Aiki News, Winter 1992, reprinted from a 1942 article by Morihei Ueshiba in Shin Budo magazine*

**When the universe communicates, we need to pick up the phone. Listen to the whisperings, subtle sensations or feelings. They are messages communicating the intent of the of the universe. Learn the language. Harmonize with the energy of the universe. Begin playing**

**"Rely on Harmony, to Activate your Manifold Powers, Pacify your Environment and,  
Create A Beautiful World"**

Life in Three Aikido Lessons

Enjoy Breathing Aliveness

experimenting exploring and learning what is right for you in a state of "constant growth and development". 'Feel better'. Listening to the impulse to breathe, 'feel better'.

As we feel where we are physically and align with gravity, we feel messages in the tension in our musculature signaling corrections to a finer alignment. As we feel where we are spiritually and align with our interests, we feel it in 'feeling better', more ourselves, more that 'all's right with the world'. 'Feeling' the guidance of joy and interest fuels us to complete our bestowed mission. Don't think. Feel. Feel ever finer alignment ever re-connecting with the single source that activates intent, the source of creation, the unknown and unknowable source of the mystery.

Listening to the totality you are not the same you. You listening is you changing, growing, developing. Practice cultivating the spirit of reconciliation with 'the changing/the flow, whatever you call it, the force, god, the holy spirit, the energy of the universe, KI, the great-becoming-isness. O sensei repeatedly instructed us, "You must stand on the Floating Bridge of Heaven." Bridge the manifest and the divine realms. As it seems no one really understands the mystery, stay in the inquiry. 'Feel better' your bestowed mission in this universe. Let your joy and interest guide your study.

### **The Practice**

Loving protection of joy, aliveness, the vitality of life. Be the change. It is about your mind, your being, your Intent, your 'SELF'. If it doesn't involve anyone else and if you're paying attention to moving at a level of intensity that feels good to you, we're probably fine.

**Feel/Love  
Align**

**Breathe/Harmony  
Allow**

**Enjoy/Joy  
Appreciate**

**Feel Better**

**LoveHarmonyJoy FeelBreatheEnjoy AlignAllowAppreciate  
Feel Better**

**Feel yourSELF Breathe yourSELF Enjoy yourSELF**

Life's perfect challenge bringing forth a loving harmonious joyful spirit.

**It's a tough job still**

**If you don't enjoy yourself who will!**

Feel Love, Breathe Harmony, Enjoy Joy. Engender a state of being that "reconciles the world". Align allow appreciate a 'warrior's path' bravely facing life's challenges. Lead life from a struggle to a dance', from feeling a victim, to the creative power of harmony. Pay attention and practice listening, meaning follow the guidance. Listen as 'feeling better', whispers directions to the completion of your bestowed mission.



**Harmony with the universe starts by recognizing that we are part of it. That is job one. The universe completes in the experience of that connection. Feeling connection with the mysterious universal system, we live in a different reality. Aligning heaven and earth within one's self is an act of intent. And how ever limited our conception of the intent that drives the universe, our Intent to harmonize with it, generates reciprocating echoes.**

*"When you bow, the universe bows back to you.  
When you call out the name of the divine,  
it echoes inside of you."*

**The sunset is beautiful but if we aren't paying attention, is it? Is a song if no one listens? If oxygen burns in your being and no one pays attention, is it still the glow of life? Similarly, unless we attend our connection to the totality, we miss the beauty and power of harmony with the universe. " . . . Aiki will not come forth."**

**'Feel' your energy, aliveness, vitality and 'location', spirit, attitude, mood. Pay attention to the way you align to the eternal changing. Align through the guidance of somatic wisdom, 'feel better'. Feel the enjoyment, pleasure, bliss, glow, peace, radiance through listening to the impulse to breathe. Whether the tree falling in the forest, the smell of the roses, a sunset, or an attack, the 'location' of attention gives birth to experience. Pay experiential attention. Feel. Breathe. Enjoy.**

**Long form: consciously intentionally volitionally choosing a path, centered, aligned, harmonizing with intent, moving in accord with the whisperings of the totality, living into the exploration that is your life and life itself, 'feels better'.**

**Short form: being yourSELF 'feels better'.**

**These are my stories. Of course, I could be wrong. Find out what's so in your experience.**

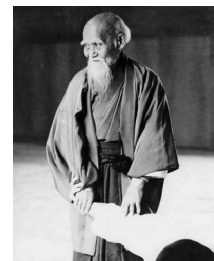
**Aikido, harmonizing with the movement of the universe, receiving the guidance of the force, these are dancing lessons from God. And your mission should you choose to accept it is to live in a spirit of Loving, Harmonious Joy, on purpose. Feel on purpose. 'Position' your location on the continuum, on purpose. Breathe to the satisfaction of every facet of your being, on purpose. Appreciate the glow of life. Enjoy the strawberry. It's a tough job still, if you don't enjoy yourSELF who will!**

**Wanderer, worshiper, lover of leaving  
Ours is not a caravan of despair  
Even if you've broken your vow  
Even if you've broken your vows a thousand times  
come again  
come**

**"Rely on Harmony, to Activate your Manifold Powers, Pacify your Environment and,  
Create A Beautiful World"**

**Life in Three Aikido Lessons**

**Enjoy Breathing Aliveness**



**LOVE**  
**gives birth to harmony**

**HARMONY**  
**brings forth joy**  
**and**

**JOY**  
**is the greatest treasure**

**Morihei Ueshiba O Sensei**  
**Founder of Aikido**



**Love gives birth to harmony, harmony brings forth joy and joy is the greatest treasure**  
**THE Warrior's Challenge: A Loving Harmonious Joyful Spirit To live in bad feelings is the easiest thing in the world**