



## Secret of Aikido, by Morihei Ueshiba

The secret of Aikido [a form of martial arts] 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."

I am never defeated, however fast the enemy may attack. It is not because my technique is faster than that of the enemy. It is not a question of speed. The fight is finished before it is begun. When an enemy tries to fight with me, the universe itself, he has to break the harmony of the universe. Hence, at the moment he has the mind to fight with me, he is already defeated. There exists no measure of time -- fast or slow.

Aikido is non-resistance. As it is non-resistant, it is always victorious. Those who have a warped mind, a mind of discord, have been defeated from the beginning.

Therefore to compete in techniques, winning and losing, is not true budo. True budo knows no defeat. "Never defeated" means "never fighting." Winning means winning over the mind of discord in yourself. It is to accomplish your bestowed mission. This is not mere theory. You practice it. Then you will accept the great power of oneness with Nature. [...]

There is no enemy for Uyeshiba of Aikido. You are mistaken if you think that budo means to have opponents and enemies and to be strong and fell them. There are neither opponents nor enemies for true budo. True budo is to be one with the universe; that is, to be united with the Center of the universe.

True budo is a work of love. It is a work of giving life to all beings, and not killing or struggling with each other. Love is the guardian deity of everything. Nothing can exist without it. Aikido is the realization of love.

--Morihei Ueshiba (one of the greatest martial artists of all time, he founded Aikido, which translates to 'Art of Peace'; more ... [1])

Links:

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[1] <http://www.cs.ucsd.edu/users/paloma/Aikido/morihei.html>

