

Quotes from Morihei Ueshiba

One does not need buildings, money, power, or status to practice the Art of Peace. Heaven is right where you are standing, and that is the place to train.

Life is growth. If we stop growing, technically and spiritually, we are as good as dead.

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

Those who are possessed by nothing possess everything.

Loyalty and devotion lead to bravery. Bravery leads to the spirit of self-sacrifice. The spirit of self-sacrifice creates trust in the power of love.

Failure is the key to success; each mistake teaches us something.

The divine is not something high above us. It is in heaven, it is in earth, it is inside us.

To injure an opponent is to injure yourself. To control aggression without inflicting injury is the Art of Peace.

Your spirit is the true shield.

When an opponent comes forward, move in and greet him; if he wants to pull back, send him on his way.

A good stance and posture reflect a proper state of mind.

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

Each and every master, regardless of the era or the place, heard the call and attained harmony with heaven and earth. There are many paths leading to the top of Mount Fuji, but there is only one summit - love.

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

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

There are no contests in the Art of Peace. A true warrior is invincible because he or she contests with nothing. Defeat means to defeat the mind of contention that we harbor within.