

## Philosophy of Aikido - “The way of spiritual Harmony”

attainment of [utopia](#) during one's life.

The Word “Aikido” is formed on three **Kanji**:

**合 - ai - harmony, unifying**

**氣 - ki - energy, spirit**

**道 - dō - way, path** (derived from the Word Tao)

### **Ueshiba:**

“The **heart** of Japanese **Budó** is simply **harmony and love**.”

Aikido stresses the importance of **four gratitudes**

#### **Gratitude towards the universe**

1. Only humans can obtain the status of the buddha
2. One has to know the pain of **samsara**, practice the **Dharma** and experience **nirvana**

### **Ueshiba:**

*“Saints and sages have always revered the sacredness of heaven and earth, of mountains, rivers, trees, and grasses. They were always mindful of the great blessings of nature. They realized that it is the purpose of life to make the world continually afresh, to create each day anew. If you understand the principles of Aikido you too will be glad to be alive, and you will greet each day with great joy.”*

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#### **Gratitude towards our ancestors and predecessors**

Being grateful toward the matriarchs and patriarchs of our own particular clan

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#### **Gratitude towards our fellow human beings**

We can not live without the support of other people. Everything is manmade.

### **Ueshiba:**

*“I really have no students - you are my friends, and I learn from you. Because of your hard training, I have made it this far. I’m always grateful for your efforts and cooperations. By definition, Aikido means cooperating with everyone, cooperating with the gods and goddesses of every religion.”*

### **Dalai Lama:**

“Be grateful to your enemies since dealing with them makes our spirit stronger.”

### **Gandhi:**





