

Morihei Ueshiba

Quotes

Art, Sports, Aikido, Heart, Warrior, Peace, Practice, Fighting, Mind, Real, Teaching, Heaven, Enlightenment, Spiritual, Technique, Life, Inspirational, Enemy, People, Voice

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

~Morihei Ueshiba

Life itself is always a trial. In training, you must test and polish yourself in order to face the great challenges of life.

~Morihei Ueshiba

True victory does not come from defeating an enemy, true victory comes from giving love and changing an enemies heart.

~Morihei Ueshiba

A warrior's mission is to foster the success of others.

~Morihei Ueshiba

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.

~Morihei Ueshiba

Economy is the basis of society. When the economy is stable, society develops. The ideal economy combines the spiritual and the material, and the best commodities to trade in are sincerity and love.

~Morihei Ueshiba

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.

~Morihei Ueshiba

Now and again, it is necessary to seclude yourself among deep mountain and hidden valleys to restore your link to the source of life.

~Morihei Ueshiba

Your voice is a very powerful weapon. When you are in tune with the cosmic breath of heaven and earth, your voice produces true sounds. Unify body, mind, and speech, and real techniques will emerge.

~Morihei Ueshiba

The heart of a human being is no different from the soul of heaven and earth. In your practice always keep in your thoughts the interaction of heaven and earth, water and fire, yin and yang.

~Morihei Ueshiba

Even the most powerful human being has a limited sphere of strength. Draw him outside of that sphere and into your own, and his strength will dissipate.

~Morihei Ueshiba

Your spirit is the true shield.

~Morihei Ueshiba

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

~Morihei Ueshiba

Progress comes to those who train and train; reliance on secret techniques will get you nowhere.

~Morihei Ueshiba

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.

~Morihei Ueshiba

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

~Morihei Ueshiba

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

~Morihei Ueshiba

Nonresistance is one of the principles of aikido. Because there is no resistance, you have won before even starting. People whose minds are evil or who enjoy fighting are defeated without a fight.

~Morihei Ueshiba

Shihonage is the foundation of Aikido. All you ever need to master is shihonage.

~Morihei Ueshiba

The Art of Peace begins with you.

~Morihei Ueshiba

Those who are possessed by nothing possess everything.

~Morihei Ueshiba

There are times when you may be overwhelmed by the teachings of the Way. At such moments, it is important to continue with the original spirit of a beginner.

~Morihei Ueshiba

Cast off limiting thoughts and return to true emptiness. Stand in the midst of the great void. This is the secret of the Way of a Warrior.

~Morihei Ueshiba

The Samurai is the first to suffer anxiety for human society, and he is the last to seek personal pleasure.

~Morihei Ueshiba

Master the divine techniques of the Art of Peace and no enemy will dare to challenge you.

~Morihei Ueshiba

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

~Morihei Ueshiba

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

~Morihei Ueshiba

Create each day anew by clothing yourself with heaven and earth, bathing yourself with wisdom and love, and placing yourself in the heart of Mother Nature.

~Morihei Ueshiba

There are many paths leading to the top of Mount Fuji, but there is only one summit - love.

~Morihei Ueshiba

Never fear another challenger, no matter how large; Never despise another challenger, no matter how small.

~Morihei Ueshiba

If you are centered, you can move freely.

~Morihei Ueshiba

The spirit of self-sacrifice creates trust in the power of love.

~Morihei Ueshiba

WHEN YOU BOW deeply to the universe, it bows back; when you call out the name of God, it echoes inside you.

~Morihei Ueshiba

True victory is victory over oneself.

~Morihei Ueshiba

The realization of our true substance and potential is the purpose of creation.

~Morihei Ueshiba

Move like a beam of light: fly like lightning, strike like thunder, whirl in circles around a stable center

~Morihei Ueshiba

Each person is the universe from a particular perspective.

~Morihei Ueshiba

The Way of a Warrior is to establish harmony.

~Morihei Ueshiba

The real purpose of the martial arts must be to purge oneself of petty ambitions and desire, to obtain control of one's own character.

~Morihei Ueshiba

Everything - even mountains, rivers, plants and trees - should be your teacher.

~Morihei Ueshiba

The key to good technique is to keep your hands, feet, and hips straight and centered. If you are centered, you can move freely.

~Morihei Ueshiba

Your heart is full of fertile seeds, waiting to sprout.

~Morihei Ueshiba

Those who are enlightened never stop forging themselves.

~Morihei Ueshiba

The purpose of training is to tighten up the slack, toughen the body, and polish the spirit.

~Morihei Ueshiba

Those who have a warped mind, a mind of discord, have been defeated from the beginning.

~Morihei Ueshiba

Foster and polish the warrior spirit while serving in the world; illuminate the path according to your inner light.

~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.

~Morihei Ueshiba

In a real battle, atemi is seventy percent, technique is thirty percent.

~Morihei Ueshiba

All the principles of heaven and earth are living inside you.

~Morihei Ueshiba

Be grateful even for hardship, setbacks, and bad people. Dealing with such obstacles is an essential part of training in the Art of Peace.

~Morihei Ueshiba

A mind to serve for the peace of all human beings in the world is needed in Aikido, and not the mind of one who wishes to be strong or who practices only to fell an opponent.

~Morihei Ueshiba

You are here for no other purpose than to realize your inner divinity and manifest your inner enlightenment.

~Morihei Ueshiba

Atemi accounts for 99% of Aikido.

~Morihei Ueshiba

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

~Morihei Ueshiba

Ultimately, you must forget about technique. The further you progress, the fewer teachings there are. The Great Path is really NO PATH.

~Morihei Ueshiba

All life is a manifestation of the spirit, the manifestation of love.

~Morihei Ueshiba

Aikido is the spirit of loving protection for all beings.

~Morihei Ueshiba

Focus on stillness, rather than on movement

~Morihei Ueshiba

THE PATH OF PEACE is exceedingly vast, reflecting the grand design of the hidden and manifest worlds. A warrior is a living shrine of the divine, one who serves that grand purpose.

~Morihei Ueshiba

Opponents confront us continually, but actually there is no opponent there. Enter deeply into an attack and neutralize it as you draw that misdirected force into your own sphere.

~Morihei Ueshiba

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

~Morihei Ueshiba

If you have life in you, you have access to the secrets of the ages, for the truth of the universe resides in each and every human being.

~Morihei Ueshiba

Fill yourself with the power of wisdom and enlightenment.

~Morihei Ueshiba

INSTRUCTORS CAN impart a fraction of the teaching. It is through your own devoted practice that the mysteries of the Art of Peace are brought to life.

~Morihei Ueshiba

Aikido is love. It is the path that brings our heart into oneness with the spirit of the universe to complete our mission in life by instilling in us a love and reverence for all of nature.

~Morihei Ueshiba

Foster peace in your own life and then apply the Art to all that you encounter.

~Morihei Ueshiba

If you have not linked yourself to true emptiness, you will never understand the art of peace.

~Morihei Ueshiba

FACE A SINGLE FOE as if you are facing ten thousand enemies; face ten thousand enemies as a single foe.

~Morihei Ueshiba

Aikido is the Way and Principle of harmonizing Heaven, Earth and Man.

~Morihei Ueshiba

True victory is self-victory; let that day arrive quickly!

~Morihei Ueshiba

It is necessary to develop a strategy that utilizes all the physical conditions and elements that are directly at hand. The best strategy relies upon an unlimited set of responses.

~Morihei Ueshiba

The way of the warrior is based on humanity, love and sincerity

~Morihei Ueshiba

Mankind's role is to fulfil his heaven-sent purpose through a sincere heart that is in harmony with all creation and loves all things.

~Morihei Ueshiba

Fill yourself with Ki, invite the attack.

~Morihei Ueshiba

Do not fail to learn from The pure voice of an Ever-flowing mountain stream Splashing over the rocks.

~Morihei Ueshiba

Cleanse your body and soul, removing malice, selfishness and desire.

~Morihei Ueshiba

In extreme situations, the entire universe becomes our foe; at such critical times, unity of mind and technique is essential - do not let your heart waver!

~Morihei Ueshiba

THE TECHNIQUES OF the Art of Peace are neither fast nor slow, nor are they inside or outside.. They transcend time and space.

~Morihei Ueshiba

Create each day anew.

~Morihei Ueshiba

True Budo is to accept the spirit of the universe, keep the peace of the world, correctly produce, protect and cultivate all beings in nature.

~Morihei Ueshiba

The art of peace is medicine for a sick worldit does not rely on weapons or brute force to succeed

~Morihei Ueshiba

The penetrating brilliance of swords, wielded by followers of the Way, strikes at the evil enemy, lurking deep within, their own souls and bodies.

~Morihei Ueshiba

The best strategy relies upon an unlimited set of responses.

~Morihei Ueshiba

To practice Aikido fully you must calm the spirit and go back to the origin.

~Morihei Ueshiba

THE ART OF PEACE is the religion that is not a religion; it perfects and completes all religions.

~Morihei Ueshiba

When life is victorious, there is birth; when it is thwarted, there is death. A warrior is always engaged in a life-and-death struggle for Peace.

~Morihei Ueshiba

The Art of Peace is based on four Great Virtues: Bravery, Wisdom, Love, and Friendship, symbolized by Fire, Heaven, Earth, and Water.

~Morihei Ueshiba

To rid the world of aggression and contention is the purpose of Aikido

~Morihei Ueshiba

Aikido is based on the projection of love.

~Morihei Ueshiba

The Divine does not like to be shut up in a building. The Divine likes to be out in the open. It is right here in this very body. Each one of us is a miniature universe, a living shrine.

~Morihei Ueshiba

THE ART OF PEACE is to fulfill that which is lacking.

~Morihei Ueshiba

Polish the heart, free the six senses and let them function without obstruction, and your entire body will glow.

~Morihei Ueshiba

PRACTICE THE Art of Peace sincerely, and evil thoughts and deeds will naturally disappear. The only desire that should remain is the thirst for more and more training in the Way.

~Morihei Ueshiba

PRACTICE OF THE Art of Peace enables you to rise above praise or blame, and it frees you from attachment to this and that.

~Morihei Ueshiba

ALWAYS PRACTICE the Art of Peace in a vibrant and joyful manner.

~Morihei Ueshiba

Seeing me before him, / The adversary attacks, / But by that time / I am already standing / Safely behind him.

~Morihei Ueshiba

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