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Essay for the 2nd dan Examination

Aikido is a Way of the Beauty

Aikido is the art of beauty, and when you study the art, there is no reaching the perfection. This studying will never end. Even the world itself is perfect in its imperfection. Every Aikido student is studying the art of beauty and synchronizing with it. This art is transforming a person toward becoming a true self.

The whole existence tends to move toward the beauty. Even a small seed has a natural program for becoming a beautiful flower. However not each seed will find the good soil to grow and bloom on it. Like the seed, each human being has an internal potential to grow and bloom into a true self, and the Aikido is a perfect soil for achieving that.

As life itself, Aikido is the movement, and while you are moving and studying, you are growing, you are alive. Basic Aikido movements are magic, very powerful and harmonic. During daily physical practice, their internal beauty is absorbed by the students, allowing them to move in more harmony. Magically, an endless circle of feedback is created, and external movements affect powerfully the internal world. From the inside, the beauty explodes into graceful movements outside.

While practicing, a student will learn an art of attention, and this skill will let him or her to see how the outside movement and inside feelings are getting more harmonic. A person who could feel and see the beauty inside and outside is moving toward becoming the beauty himself.