

合氣道唯心会

Aikido Yuishinkai Sydney

Founder's Philosophy

Words have a power of their own.

The power of the spoken word was recognised in ancient Japan as 'kotodama', or word spirit. To speak a word is to encourage it to come true. Your life energy responds to sounds and thoughts, as expressed in the spoken word.

When you fill your daily life with positive words and thoughts, your life is filled with the power of Ki. In this way you can keep mentally and physically healthy, and have a positive influence on others as well. Words have real power, and can produce practical results in your life.

I have written the following membership motto for members of Aikido Yuishinkai. I encourage you to read them aloud each morning and night to keep your subconscious in a positive state of mind.

Motto

I am mind itself.

If I hold positive thoughts in my mind, good things are likely to happen.

Holding negative thoughts in my mind works against my best interests.

Therefore, even if my body suffers physically, my mind remains optimistic.

Even if I encounter obstacles, my mind is never defeated.

Daily I fill my heart with thoughts of joy, gratitude and hope.

I face each new day with a bright and optimistic spirit, which I express in word and deed.

I have faith in life, and life responds in kind.



Koretoshi Maruyama

Founder of Aikido Yuishinkai