

Life beyond time and place magnetically moves toward pleasure and away from pain, toward joy and away from anguish. That is the medium through which the nervous system transmits its guiding message. As the human brain develops it is driven by an intangible force, whether described as pressure, energy, an entity, or a field. Human knowledge evolves to fulfill the innate desire of every being. Everyone

not only the breath's impulse but also the totality of the universe. Create the impulse of breath out of the totality of the universe.

Once upon a time when the hint of dawn was on the horizon, the child of human consciousness, awakened from a dream by mysterious echoes, wandered out of the darkness in exploration of an unknown universe. Drawn out of the shadows towards the source of light, awakening awareness responds to the beckoning of whisperings, energies expanding the threshold of consciousness. The winds of imagination, like chimes calling or the guidance of a distant chant, appear from the energy of a changing universe as disturbance or disruption rippling through human consciousness.

The force of disturbance is creativity itself. The unfolding universal energy that underlies existence emerges as the flow of life force. In varying degrees of consciousness, an alive system is always adjusting in response to a changing universe. Seeking the path home amidst the incoherent complexity in the various explanations of life, little really seems to make sense. Instead as understanding grows, every answer seems to highlight a larger incoherence, question or mystery.

The ancient teachings appear to contradict each other and unfolding scientific knowledge, at first. However, at a certain distance, stepping back to look, a picture emerges from the painting. The world of a million brushstrokes dissolves, distilling a singular imagery of the whole. Through the changing prism of consciousness, components merge as an interconnected network, a unified field in the realm of the spirit.

The stories that follow come from a single source that is at the same time the whole of creation. The winds of the mystery whistle through creation, whispering a call to evolving consciousness. Wisdom crystallizes in the crack between the two worlds. Attention follows the call of exploration down the path of wonder, with vagueness of purpose and yet unable to quiet the mysterious attraction. The mystery is always sharing its intelligence in a language closer to feeling than thought, closer to music than words, inviting the unity of diversity to enjoy the dance.

Consciousness, a word of expanding definition, equates at the simplest level of understanding with sensory awareness, the thinking-feeling-knowing aspects of being. The science of anesthesia studies turning consciousness down. Spiritual awareness studies turning it up. Spiritual practice deals with pain and pleasure in life by feeling it more, feeling pain better, feeling pleasure better, feeling better.

Though it can be challenging to intentionally point attention into feeling discomfort, feeling is the path to experiencing the energy as intelligence. The message of the neural system suggests intentional action to manage or direct thoughts, feelings, and awareness. Only by feeling the energy or pressure, that may at first seem uncomfortable, can the

messages be decoded as guidance indicating what might correct or improve a given situation. Feeling better, as opposed to a self centered or insignificant process, indicates an intelligent harmonious response to a changing expanding universe.

Feeling better means increasing sensitivity to the spirit, attitude or mood one engenders. The word spirit as used here points to the source and quality of vitality. The spirit one lives in and radiates can be colored in using many terms: state of being, attitude, mood, humor, affect, mindset, temperament, operating place. Spirit is the function through which one listens to and expresses relationship with creation, harmonious or otherwise.

Gaining power is one thing. Using it intelligently is another. The process of paying attention to experience brings the quality of spirit into the realm of conscious influence. The internal process of aligning experience with changing meaning is mutable, accessible and largely within influence of the focus of attention. The external world is largely outside of the control of an individual. Though it can be influenced to some degree, it is best influenced by correcting the discord in one's own mind rather than correcting others.

Enjoying life, living in joy is to some degree mysteriously volitional, because in some unknown way enjoyment is a product of intent. Imagine feeling better producing effective function beyond present imagination, as dramatically revolutionary as the shift into quantum theory was in physics. Imagine a 'quantum shift' in creating mastery, comparable to the exponential transformation from conventional weapons to the thermo-nuclear devices of today. Only imagine that intensity of power directed not towards destructive ends but rather intentionally brought to bear in the spirit of loving protection and peaceful reconciliation. Imagine if the world were to wage peace as intensely as it wages war.

Quantum mechanics, jazz, and Aikido opened doorways shifting the paradigm of consciousness to imagine and perceive possibilities always present but only now surfacing. Quantum mechanics opens a world that could turn out to be the "wish bestowing" genie's lamp or Pandora's box.

Enter The Power of Harmony, offering spiritual power aligning humanity and its use of technology in service of the realization of love.

The way of harmony provides an alternative to the continuum of fighting or giving up, a process reconciling the world. Aikido's cultivation of the spirit of reconciliation absorbs and utilizes the energy of a situation, be it change or violent attack, in creating spontaneous resolution, leading to innovative solutions in any study or discipline. The principles teach improvisational creativity in response to the unexpected 'creating technique in the moment', at high speed, under pressure, effective at a level presently beyond imagination.

The speed and intensity of change happening today overwhelm present structures of thought and society. Without creativity, stuck in the past, change is terrifying. In overwhelm mood falls victim to the winds and storms. In a bad mood, 'out of sorts' people act out - lose their temper, or act in - give up in exasperation. People, scared out of their wits, individually and in groups, attack each other instead of the problems. Not new still, considering the population curve, resource and ecological pressures and the explosion of technology, responding intelligently to change increasingly becomes a critically dangerous opportunity.

Creativity & the Unified Field, resonant with the mysteries of quantum mechanics, is a study of energy. The connection between the two is highlighted to invoke the oft missed transformational magic Aikido offers. The way of harmony where joy is the greatest treasure, leads to the creation of a fulfilling life and the completion of one's bestowed mission.

Through the growth, development and fulfillment of each individual, the art invokes the creation of a beautiful world, as an amalgam of the individuals that make it up. Developing and radiating harmonious spirit creates a magnetic field of loving protection, cultivating reconciliation in the world. Creating a beautiful world primarily occurs through being the change one wishes to see.

Harmony starts with feeling the relationship to the internal energy rush as it floods the alive system in response to any external situation. The practice of harmony with universal energy begins simply aligning breathing with the universal pulse, appearing in the alive system as the impulse to breathe.

Harmony like all virtues begins at home. Harmony with the breath, listening to the impulse to breathe, is a simple, accessible, tangible first step on the road to harmony with the energy that creates breath's impulse and the totality of the universe. Harmonious spirit, transforms life experience from a struggle to a dance.

Familiar Pathways

Rain washes down a soft dirt hillside creating gullies, along paths of least resistance. The next time it rains water flows following and reinforcing the same pathways. Physiologically, stories form neural pathways and patterns in the brain. Forming out of ideas, images, inner dialogue, and the stories of others, patterns once adopted tend to set quickly. Feelings like thoughts, as synaptic signals, quickly default down familiar pathways of affect, shaping persona and character.

As synaptic pathways deepen, stories and positions, thought patterns as well as emotional states and responses that fire off semi-mechanically, habituate into fixed and familiar affect and stance. Once created neural connections become established patterns repetitively following and reinforcing the same pathways.

In the process of crystal formation, the first shape that forms as crystalline formation begins is referred to as the seed crystal. Every aspect that forms following inception tends to match the shape of the seed crystal. The first stories, systems of thought or beliefs become in effect a primary model or archetype, the seed crystal on which future stories are based.

From birth, the impressionable synaptic system absorbs stories and attitudes, positions and patterns. Early imprints filter what is valued enough to be noticed out of the vastness. The first pathways formed design what future information will be received and how it will be valued and ultimately the quality of story that will be developed. Forming the foundation of thought structures and tonality of affect, early patterns habituate before rational thought exists to assess their accuracy and evaluate their usefulness.

It takes considerably more intention to challenge belief systems adopted before the development of critical thinking, before the concept of coherent thought is understood.

Even once critical thinking develops, it requires the intent of a warrior to change established beliefs and fixed neural pathways. By the time the level of maturity and consciousness develops enough to be able to ask these questions, the patterns are so established that they function not just unquestioned, they operate undetected.

Early installment and repetition of stories and the synaptic pathways that support them establish what becomes 'inculcated as true'. Like the key codes of a computer, early stories decide what every keystroke that follows will mean. Barring an act of grace, unless disturbed, unless acted on by the force of intent, attitudes, beliefs, and emotional tones keep repeating and reinforcing. These stories of being include the degree of physical tension one lives in down to postures, muscular tonalities and facial expressions.

Down this path, life defaults at effect of established and habituated synaptic patterns that come to feel familiar, normal, true. Habituated thoughts, feelings and behaviors rarely consider what if anything else might be possible. Beliefs and postures, attitudes and

tonalities accepted without question live beyond belief and as such discredit, ignore and generally remain unaffected by contradictory information. Set early, given sufficient repetition, established synaptic pathways get truer by the day. They 'just feel right', whether they are or not.

The unified field of breathing in and breathing out produces and sustains aliveness, as night and day merge one into the other in the eternal flow of time-space. Creativity births out of the love between yin and yang completing each other in harmonious relationship . . . or not.

The calling that draws the attention of spirit, the reason why anyone would go to a church, laboratory, dojo or ashram is in search of a path that brings the power of habit and the magic of creativity, the manifest and the divine together into a unified field that functions to create a beautiful world. In the song of the winds swirling on the threshold of the unknown, inquiry invites knowledge to dance.

Quantum Understanding

The value of collaboration in the story of the development of human knowledge is incalculable. Producing an increasingly holistic model offers an enlightened viewpoint from which to predict future possibility and to develop future strategy. Synergizing differing views, myriad options for inquiry, dialogue and creative resolution appear that don't exist in a world of fixed positions.

When the regions of the brain operate symphonically attuned in harmonious relationship, the potential of creating new synaptic connections, new neural pathways, new possibilities of function, magnifies exponentially. Understanding and identifying the bifurcation point where the system is potentially mutable brings the field of potential into conscious attention and potential volitional influence.

Activated, aligned and integrated the unconscious, subconscious, conscious and superconscious seem to recover their function as a unified field. This is just a story but in the field of potential that is produced when the center of attention and the center of the central core of energy unify experientially positioning together in time and space, it is as if the system comes out of sleep mode into active function.

Modern science can now track as areas of the brain 'light up'. Different physical locations of the brain come out of sleep mode, as they activate different life processes. Activating the multiple aspects of the brain, together, at the same time collates their input. As they synchronize into symphonic resonance the multiple perspectives integrate into holographic perception, comprehension and understanding.

Through observation and description humanity's infinite potential collapses into the mindsets and social systems that direct and bind life. Every interaction and interconnection between forces, people or aspects within a person exist as a field of potential until it collapses into experience and feeling. Crystallizing into meaning, a story produces either creative or default behavior. The degree to which inner conflict reconciles is the field out of which stories of either confluence or conflict emanate into the world.

A world conscious of the relativity of 'truth', deepens the possibility of inquiring together. In a field of potential, a story leading to war could instead be re-written with a seed crystal of harmony, reconciling the world, making human beings one family and focusing all the power, imagination and creativity of humanity to create a beautiful world. Though it can occur as an act of grace, commonly bringing the thinking, feeling and creative aspects of being into the unified field experience is an act of intent.

Though the paths up Mt. Fuji are infinite in number the summit is always one. The peak and purpose of training's first step is always inner harmony, as it is a spiritual warrior's primary responsibility. Once experiential alignment is reconciled internally a spirit of harmony exudes into the world.

Directing attention, feeling into central core opens a portal to a field of infinite creative energy. Focusing attention experiencing feeling as a visceral sensation dissolves emotional tonality, affect and identity into the pure glowing energy of self. From a centered and grounded state of inner harmony the art extends a life of harmony in & with the world. Whether the story of quantum harmony is accurate, it is useful. The proof of the pudding is in the quality of life experience.

Beyond, and yet including the physical, beyond anything yet perceived at a conscious level, subtle energies, 'whisperings of the exalted workings of spirit' hint of experiencing a state of presence, of power and radiance, a dimensional shift into a superior level of existence. The distractions and challenges of daily life absorb the precious commodity of attention. As a result, one may neither hear, nor as such ever listen to the whisperings in the realm of the spirit, yet they are ever present. And everyone is invited to the conversation.

Whether through a moment of inner quiet, by grace or intent, the whisperings may begin to be heard or at first simply vaguely sensed. Often there's a trace of some intangible feeling, un-nameable, so subtle it can pass unnoticed. Maybe it's just an odd sense or haunting wisps on the threshold of dreams, yet somewhere surfacing into consciousness, a whispering or calling, a sense of mission, destiny, fulfillment, completion in the best of all possible worlds beckons.

The whisperings of the Kami, 'divine spirit', show up as subtle feelings. Changes in feeling echo changes in the flow of life energy. The energies of the unified field of mind, body and spirit harmonizing with a situation crystallize a flow of guidance. Although without that knowledge Ki can feel like just disturbance, an upsetting rush of energy, an attacker to be overcome. Absent the power of listening, information offering potential learning collapses unheard.

The whisperings, present in all times and all quarters of the universe make their offering. As the aspects of being come into symphonic attunement, tonalities surface that otherwise function inaccessible to conscious influence. If attention aligns, allows and appreciates aliveness, the guidance can be felt, understood and translated into action. In the beginning of the quest if stillness listens, aliveness senses the impulse, impetus and guidance of the energies that are life itself. As the unification of attention with experience attunes aligning in ever finer dimensions, a trickle becomes a stream, becomes a river. A whispering becomes a calling.

Feeling, experiencing the glowing aliveness of being activates unknown powers of the central core. The 'spiritual journey' moves the focus of attention tuning awareness into subtler dimensions and locations that feel better, increasing precision alignment between aspects of being. In finer dimensions of harmony, as the aspects of being entrained, the subtle world emerges, stars appear never seen before and answers beyond logic and knowledge.

The mysterious whisperings of 'the exalted workings, the 'Mita Hiraki, emanating through the essence of self speaks through the angels of joy and interest. The guidance of the whisperings, the finer dimensions of universal intelligence show up subtly in energy on the horizon of feeling as images, imagination and ideas, as an urge or impulse, an

attraction or calling, as curiosity, as echoing whisperings of some fulfillment or destiny yet to unfold.