

合氣道

"Words of Wisdom"
by Joaquin Leonardo Sensei

If your belief is weak—
so are you — 9-20-98

If your belief is strong—
so are you — 10-5-98

What I know is next
to nothing — but next
to nothing is better
than nothing —
(7:15 P.M.) 11-28-97

Your character is the
very fiber of your being —
3-12-97

Who are the richest people
in the world and do not
know it — The young —
5-17-97

The people with
"abundant health"
are the "Real Millions
aire's" — 12-31-98

Foreward

Some of us knew him as Mr. Leonardo, some as Joaquin, some as Jack, some as Jack-San, and some as Sensei. He was a Master in the Art of Aikido but preferred to be called simply "Sensei". For those who knew him best in his later years --- knew that he was a truly remarkable individual ~ one who's knowledge was so far reaching and one who loved to share a thought or two to those who cared to listen. The following is a collection of his "writings" ~ "words of wisdom" ~ "feelings" written through the years on scraps of paper, restaurant napkins, backsides of receipts, etc. --- when he got the desire to "write" he did so then, at that moment - no matter where he was.

When asked one time "Where do these thoughts come from"? he simply responded "from here" (as he touched his heart). He may have read it somewhere, experienced it, felt it somehow - no matter how it came to him - he felt compelled to write it down.

He was a self taught, well read man who, while his eyesight was at it's best, was always found with either a good book or the bible close at hand. He thrived on the simple things in life ~ the beauty of nature ~ sharing one's knowledge with others in his well known, soft spoken voice.

Sensei loved the 'Art' and truly believed that his involvement in Aikido changed him forever --- we, his beloved friends and students are so thankful that he found Aikido and truly indebted to the part he played in influencing our lives.

In his own words dated 12-13-93 "I still remember the first time I saw Mitsunari Kanai Shihan - it was the night of September 23, 1967 in Manchester, N.H. for it was the first time I ever saw an "Aikido Demonstration". It was beautiful - it changed my life,
Thank You, Sensei."

As you read, feel his presence, hear his voice and
see his thoughtful grin.

It is with love that we put these "words of wisdom"
together for you ~ for your enjoyment -- on his behalf.

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*John, Carol, Jen, Katie and Johnny Almeida*



"In Aikido ( the way of harmony and spirit) we should always try not to make a fool of another, for if we do, then we are no longer in Aikido ( the way of harmony and spirit) and so become the fool". ~ 08-23-72

What you admire in yourself-is of less value than what others admire in you~06/89

"We exist because of each other, not in spite of each other" ~ 01-01-91

"We will learn to live together or die apart as fools."  
(Martin Luther King Jr.)

Disbelievers live in a much smaller world than those who are believers ~ 01-10-93

We may know a lot about many things but if we know nothing about "Natural Law" -  
we know nothing ~ 06-07-93 4:35 AM

We at times may learn the most from whom we at times may pay the least attention  
~ 07-13-93

Aikido is a study for the refinement of the spirit - with the refinement of the spirit  
comes wisdom and peace ~ 08-02-93

The Lord Jesus Christ is the ultimate study for the refinement of the spirit - with  
the refinement of the spirit comes wisdom and peace

To acquire wisdom one must cultivate humility & sincerity- without these attributes  
acquiring wisdom is not possible ~ 09-09-93

When we recognize a mistake we are still progressing but when we do not recognize  
the mistake we are retrogressing - for it is a matter of knowing or not knowing ~  
10-02-93

The truth and the false - There are those who wear Dogi and there are those who  
wear Costumes ~ 11-15-93

When the head swells there is no room left for "Common Sense" ~ 07-12-94

He who seeks revenge - will dig two graves ~07-12-94 (Antone Ponte)

In my ignorance sometimes I may be correct ~ 07-17-94

Do not worry about what you cannot do - just think of what you can do - then the  
former will be taken care of ~ 07-25-94

They who are not kind have a great flaw in their personality and character - for  
there is no wisdom greater than kindness ~ 07-26-94

Rudeness shows the lack of knowledge and especially the  
absence of wisdom ~ 08-09-94



Aikido is a world of spirit  
Aikido is a world of philosophy  
Aikido is a world of psychology and  
Aikido is a world of dynamics ~ 08-23-94 ~ 3:05 A.M

Care for it not and it will not be yours ~ 09-03-94

There are those who practice "Aikido" but without an  
"Aiki Attitude" ~ 09-04-94

No mystery is closed to an open mind ~ 09-17-94

Simplicity & basic are the beginning & end of any art ~12-06-94

Nature can look after the needs of people but Nature cannot look after the greed  
of people ~ Mahatma Gandhi

We cannot hurt or destroy another without hurting or  
destroying ourselves ~ 07-03-95

A Principle of Change  
We know what we know and nothing else - but he or she who recognizes  
their own ignorance will be taking their first step toward  
new knowledge and wisdom ~ 08-02-95

When a person displays rudeness that person acquires moral ugliness ~ 10-24-95

The problem with quitting is that you will never know how close you  
were to success ~ 02-20-96

Your attitude is the spearhead to your destiny ~ 07-27-96

Your life is the way it is because of it ~ 07-27-96

Ignorance is most prevalent in Man ( humankind)  
Correctness is in God and Nature ~ 7-31-96

In connection with the 100 year old Fir tree which will be cut  
down to be placed in front of the White House for Christmas.  
Why not an artificial tree ?

Water as a premise for Gambling  
You may win a trickle but on the other hand you could lose an ocean ~ 8-27-96

In the eyes of god and nature true success is measured in what you do for others  
and not what you do just for yourself only ~10-07-96

Who is the most recognized person on Planet Earth?  
"A Humble Little Lady known as Mother Teresa of the World  
- The Living Saint ~ 10-12-96

During a class toward the end of July 1996, I asked each student the question - "Do you believe that you are ignorant or do you believe that you are not ignorant"? This is a very broad question and I was hoping it would not be taken in a derogatory manner. One of the reasons why I asked this question was to learn by the response of the student if the answer would come from his higher-self or real-self or true-self or lower-self? Do we know the very basic laws of God and Nature?

The true answer is: "Yes, I believe that I am ignorant"

The more Physical we are the less Spiritual we are - The more Spiritual we are the more acquirement of Knowledge and Wisdom ~ 1-4-97

The 3 Realms

Manifest Realm

Hidden Realm

Divine Realm

Your character is the very fiber of your being ~ 03-12-97

Who are the richest people in the world and do not know it - The Young ~ 05-17-97

You will know the true level of a true Budoka or a spiritual person or any person by his Etiquette ~ 05-31-97

One who is empty of virtues knows nothing of any real value .  
For he is no help to himself nor anyone else ~ 06-26-97

He who is always in a hurry is only acting foolishly for we are all riding the same vehicle " Planet Earth" ~ 7-20-97

A very proud person will increase his ignorance without knowing it for he becomes blind with his own pride - he will be unable to acquire humility ~ 07-28-97  
(A great virtue)

Without using your will power you can get into a lot of trouble -  
Sometimes, Big Time problems ~ 08-18-97

We hold "Life" in one hand and "Death" in the other -  
We must make a "Choice" ~ 09-10-97

A person who is only interested in himself only, will be dangerous to others and even to him or her self ~ 10-04-97

What I know is next to nothing - but next to nothing is better than nothing ~  
11-28-97 7:15 PM

When a person becomes insincere - the truth will be hidden from him ~ 12-08-97

The Secrets of Truth are not so much in people as they are in God and Nature  
where the Truth becomes Infinite ~ 2-18-98

The ruination of most humanity is greed - a disease of the mind ~ 04-11-98



There are those who just take and never give - Then there are those who just give  
and never take ~ 04-15-98

We really cannot learn anything of real value unless we become sincere and truly  
interested in the study ~ 04-26-98

He who thinks he is mostly right is mostly wrong -  
He who thinks he is mostly wrong is mostly right ~ 08-07-98  
(Acquiring Humility) (A great virtue)

If your belief is weak - so are you ~ 09-30-98

If your belief is strong - so are you ~ 10-05-98

Remember that in the eyes of god and nature we can not do harm to people or animal  
without receiving punishment in one form or other ~ 10-06-98

A hard skeptic lives only in the Manifest Realm and cannot experience the other two  
realms - Hidden Realm and the Divine Realm ~ 10-6-98

He or She who are Arrogant and Rude are also Ignorant ~ 10-27-98

Most of us are immature in one way or another -  
not fully grown or developed ~ 11-20-98

All the dirt in our lives is not only in our home or things we own but also within  
ourselves ~ 11-26-98

The fewer people you know the fewer enemies you have ~ 12-07-98

The kind of Knowledge we should try to acquire is the Knowledge that has Wisdom  
as it's Foundation ~ 12-15-98 ~ 4:00 AM

The people with "Abundant Health" are the "Real Millionaire's" ~ 12-31-98

One who becomes old must be careful not to become foolish ~ 1-15-99

Destiny ~If you are destined to know about this or about that then  
you will know -If you are not destined to know about this or  
about that then you will not know ~ 1-20-99

One who only sees himself will never know anything about his  
friends or his enemies ~ 01-28-99

One who is unclean in body could be clean in soul -  
One who is clean in body could be unclean in soul ~ 01-30-99  
(The Heart)

He who does not believe he is Ignorant is the most Ignorant of all !

In the eyes of God and nature -  
No matter how big and strong we may become we still can become vulnerable to the  
risk of great danger ~ 02-21-99

What we see is so tiny in comparison with the Absolute Vision of God and Nature

If your mind is destroyed by ignorance and hate - so are you because the natural  
laws of nature can cause retribution ~ 03-13-99

We should never question the Divine of Nature as it is a negative attitude -We have  
more than enough to question within ourselves ~ 03-18-99

The Absolute Miracles and Miraculous Cures come from the Divine Realm of the  
Almighty and not from Man ~ 4-8-99

He who believes he is Ignorant - he is correct - He who believes he is not Ignorant -  
he is not correct ~ 5-22-99

Do not be full 100% of the time become empty when you have to be ~ 1-24-00

Your disbelief does not change the Truth - the loss is yours ~ 2-10-00

The moment you become corrupt - the moment you will begin to rot  
from the inside ~ 2/12/00

When you become a member of a clan - you become separated  
from the One Human Family !

When we think we are better than someone else - Mother Nature slides our proud  
character under the mire ~ 3-28-00

They who believe they know everything - They know next to nothing ~ 4-29-00

Ignorant & Wise

When you sincerely believe that you are ignorant you are on your way to acquiring  
wisdom ~ 05-06-00

Do not be over concerned in what you eat or what you wear, for the Lord thy God  
knows your needs best, than you do !

~ Not dated ~

In order to become advanced, you must never leave the beginning!

"When you own too many possessions, they own you."

Lillian S. Rottman

He who hoots with the owls at night -  
Cannot soar with the eagles in the morning

Do not demand or expect perfection from anyone -



if you have not achieved it yourself.

"Aikido is for everyone but not everyone is for Aikido"

Those who wish to learn Aikido must first study its spirit; if one's heart is not true  
the way will never be attained.

He who thinks he knows does not know - He who knows he does not know- knows  
(Joseph Campbell)

Do not blame others nor hate them - Be afraid only of your own lack of sincerity

Speak ill of others and it will surely come back to you  
(Aikido book)

It is easier to do without the things you want to buy than it is to work for the  
money to buy them.

The wrong three dimensions Me-Myself-and I !

"If you would lift me, you must be on higher ground." - Emerson

"Beauty is not in the face, Beauty is a light in the heart." -  
Kahlil Gibran

"When you add to the truth, you subtract from it." - The Talmud

Your mind is like a parachute it only works when it is open.

The young know all - the middle-aged mistrust all -  
the old believe all.

Philosopher--- One noted for calm judgment and practical wisdom.

Unification---

If your mind can conceive it, and your heart can believe it, then you can achieve it !

Respect the Tiger and Leopard because they cannot change their stripes or spots.  
You who can change, will not !

"Fire is a useful servant but also a fearful master" -  
George Washington

When a man walks into the shade his shadow vanishes

"Man does not own the earth - It is the earth that owns man" -  
Joseph Campbell

Prophets are not taught - they are chosen



We should respect animals because they show themselves in their natural and true form. Man hides behind his mask!

*~ There is no Wisdom Greater than Kindness ~*  
I would trade one hundred pounds of knowledge  
for one ounce of Wisdom.  
Knowledge is of the utmost importance  
if it is driven by Wisdom.  
Knowledge is the Mind  
Wisdom is the Heart

The longer we live the more we realize that the people who want to help themselves can only do so by helping others. It's a basic law of success.

People who begin by asking how they can find success solely within themselves are doomed from the start. The rewards go to people who have searched diligently for ways to help others.

Those who wish to learn Aikido must first study its spirit; if one's heart is not true the way will never be attained.

*Ki Exercise*

1. Keep One Point
2. Relax Completely
3. Keep Weight Underside
4. Extend Ki

*The Eight Great Powers*

Movement - Calm  
Release - Solidification  
Retraction - Extension  
Unification - Division

Aikido does not teach you to beat up people -  
But Aikido does teach you how to defend yourself and not really  
hurt your attacker, if possible.

The human heart knows things that the human mind cannot begin to understand.

Progress comes to those who train in the inner and outer factors. Do not chase  
after "secret techniques" for everything is right before your eyes.

Learn and forget - and move on - do not stagnate !

Who are the three teachers here in the class ?

The students all recognize the Sensei as the first teacher but become puzzled  
about the identity of the second and third instructors. Your second teacher is your  
eyes. " You watch and learn". Your third teacher is your ears. "You listen and you  
learn".



Those who wish to learn Aikido must first study it's spirit; If one's heart is not true  
- the way will never be attained.

The Pride goes before the Fall !

The man who recognizes his ignorance has taken the first step toward knowledge !

If your mind is destroyed by Ignorance and Hate - So are you !

The truth of humanity is in the human heart. It can be benevolent (to be kind) or a  
tyrant (extreme cruelty).

From the light of the divine seven virtues glow like jewels to guide our way on the  
path of AIKI;

Benevolence, Honor, Etiquette, Wisdom, Sincerity, Loyalty & Piety.

"Pronto, quem nao janta fica Tonta."

(Sensei ended his meals by thinking to himself this Portuguese  
saying said by his mother to him)

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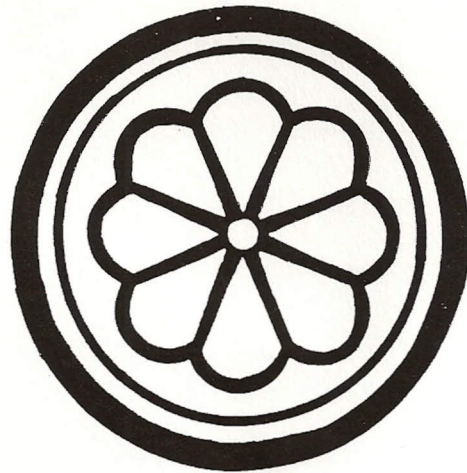
Leonardo Sensei sums up Aikido by saying:

"In a nut shell, Aikido is power without strength"



In Loving Honor of

Leonardo Sensei



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