

Aikisophy

flow, flexibility, reflection

seminars to develop attention, creative power and
broadmindedness

for people working in complex workplace

Dr. Norbert Held

Blücherstr. 28

41061 Mönchengladbach

Germany

0049/2161/ 468 380



Our world is complex. The shortest way from A to B is rarely strait. Seldom B remains the reasonable target during the way. Simple situations may rise unexpected problems: „The more plained man works the harder he will be stroken by accident.“ Dürrenmatt , „Die Physiker“.

In unexpected situations given directions often do not work. **Adjustment is demanded**, *a nose for the right thing to do*, a common sense or *senus communis* is necessary.

Therefore „Besinnung“ helps, mental and sensual opening through movement and reflection. Wisdom and farsightedness could be developed. The over-thinking of basic contexts may build the way. Automatically wisdom will not arise: „**No man sees his mirror image in flowing water.**“ (Chuang Tsi, ca. 300 b.C..) Therefor a quite situation is demanded.

The lack of total thinking as well as the often not developed sensation for the social-emotional reality causes a lot of damages in companies and society.

The pressure of selection in education and job brings up emotional structures which undermine social care, truth and confidants.

The anxiety about to appear weak in the opinion of others is the beginning of self-deception.

Our expectations and anxiety creates blockades and conflicts. Therefore our acknowledge demand:

Awareness instead of anxious

Instead of the hallucinating anxious awareness is the unafraid way to go

Self-confidence instead of egoism

The worth of personality rises out of respect and recognition of oneself in a group or society. The less one have to fight for self-development the less egoism will block teamwork.

Responsibility instead of control

All controls which are not demanded for personal insurance is counterproductive. In any case its more reasonable to invest in responsibility and emotional education, because more than intelligence both influence our acts.

Friedrich Schiller

„Education of our sensibility is therefore the main demand of our time , not just because it will become a medium, to improve the effect of knowledge for life, but further because it improves the knowledge itself.“ („On the Aesthetic Education of Man“, 8th letter, 1795)

Lin Yutang

„The critical mind is too thin and cold, thinking itself will help little and reason will be of small avail; only the spirit of reasonableness, a sort of warm and glowing, emotional and intuitive thinking, joined with compassion, will insure us against a reversion to our ancestral type.

Only the development of our life to bring it into harmony with our instincts can save us.

I consider the education of our senses and our emotions more important than the education of our ideas.“ („The importance of living“, NY, 1937)

holistic method

Aikisophy trains the totality of our cognitive, affective and reflective qualities.

social responsibility

The movement exercises stimulate our care, respect and attention.

reflection

The philosophical reflections help to express our experiences and to sharpen our expressions, - they change, enlarge our understanding of ourself and the world.

self confidence

All that gives us more self-confidence, and start processes of unselfish behaviour, reflexive as transitive.

complexity

Aikisophie harmonise the energy flow and liberate us from linear-casual thinking. It opens our mind to see the opportunities surrounding as or given by accident.

inspiration

Combines sense of life with ecological spirit, it teaches to be visionary thinking without losing oneself in unrealistic utopia.



The difference

Social Interaction will be reflected and experienced **basically**, so that blockades will be opened without the need to discuss them individually.

Focusing **understanding** instead of superficial stereotypes of behaviour.

Developing of the **personality** through discovering of new power potentials.

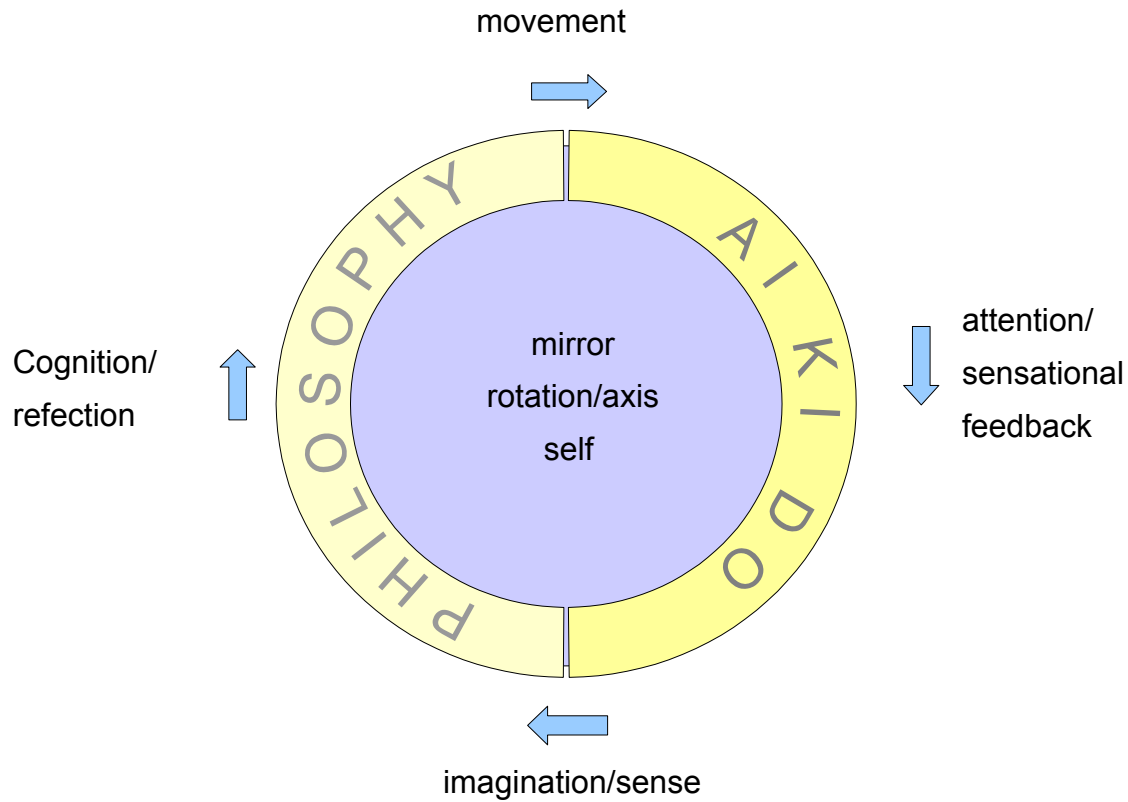
Unity of movement and spiritualism.

Reasonable reflection on world and reality.

Stimulating of social-emotional **instincts**.

Training of the **total** agile sphere.

Free from pressure to perform, the seminar stimulates consciousness of quality and social behaviour through partner-movements.



introduction



From: 4,5 hours at two days [z. B. FR /SA].

Participants: 6 -20 persons. Space per person 3sqm.

Age: all, non special conditions .

Clothing comfortable sportswear.

The sequence of the seminars follows a movement of Aikido, which can be described by „Einkehr“ [Step in, arrive], „Umkehr“ [turn] and „Rückkehr“ [return].

„Einkehr“, Introduction in the Life-power of self,

„Umkehr“, Turn, Changing of the blocking structures into flow power,

„Rückkehr“, Return, to daily life.

The subjects will be always worked out in conversation, cleared by examples of daily life and finally shown in Aikido movements. From the start movement and reflection will be coordinated.

Target is broadmindedness, a better feeling and awaring of social complex coherence, witch allows to see complexity as space to move in/with like a life-stream. Target is Ai-Ki, a harmony of life power stream. The following classes or workshops are to consolidate broadmindedness. They bring back your energy, make you open-minded and happy.

Step forward, **Irimi**

1st class

90min

The power of motivation

The spirit of Aikido in the single movement.
guide, think, do
power of aspiration, Ki – power,

Pause

Turn, **Tenkan**

2nd class

90min

Imagination

Sphere of recognition and the limit of arbitrary.
To guide with tai sabaki

Return, **Kai ten**

3rd class

90min

Power of growth, the non selfish self
Understanding as an happening of the non-ego-self.
Takemuso, the creative power of Ai-ki-do or how to move
within complexity.

continuing course

6 hours

3 days

Intensive course 1

12 hours

6 days

Intensive course 2

18 hours

6 days



Dr. Norbert Held,

1962 born in Essen.

Study of German Language and Literature, Philosophy and Linguistic at the Universität Düsseldorf.

10 years productmanager of the sportbrand RYKÄ.

Member of Aikikai Deutschland e.V. (IAF) und IGPP. 3rd Dan Aikido, Honbu Dojo Tokio

Since 1985 direct student of K. Asai Shihan, 8. Dan, who directly learned Aikido from Morihei Ueshiba.

Since 2005 seminars of Aikido and Philosophy.

IGPP: International society of philosophical practice.

Aikisophy was shown 2009 during the Bayreuther Dialoge (Uni Bayreuth) , at the Aikidotage Scheinfurt and at the Düsseldorfer Gespräche (Uni Düsseldorf). Since 2009 the first Aikisophy Seminars started at die ARAG Insurance Company Düsseldorf.



Präsentation von Aikisophie im Rahmen der Bayreuther Dialoge 2009 des Lehrstuhls Philosophy and Economics an der Universität Bayreuth. Thema: „Agenda humanita(t)i)s, Wirtschaft (ver-)sucht Menschlichkeit“.