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Training within the Infinite
by David M. Valadez

Deshi: What really does training consist of when Aikido is infinite? What is a day or an hour in the face of infinity? How do we train within the Infinite?

Sensei: We work as hard as we can, as fast as we can, all the while not being attached to how long we are working for. We wait as long as we have to, all the while not being attached to how hard and how fast we have been working. This is what is training within the Infinite.