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To whom it may concern

I'm studying martial arts since 1975, first at the University of Heidelberg, later on with the national instructor of Switzerland, and Sensei Hideo Otchi, world champion and national karate instructor of West Germany. I'm holding the first Dan Masters degree of the Japanese karate association, and I'm teaching since 1979 at the University of Heidelberg. I was supervised by Sensei Otchi together with members of the German national team.

I first came in contact with Bhagwan Shree Rajneesh in 1979, participating in meditations and inner growth processes, and went to Shree Rajneesh Ashram in Poona, India in 1980, where I learned about Bhagwan's innovative approach to the ancient martial arts.

The ancient spiritual content of the martial art, to experience the divine within oneself being utterly in the present moment through physical exercise has been completely deteriorated to a mere competitive sport where people get physically damaged and the most cruel is the winner. The martial arts taught in Shree Rajneesh Ashram were used as a means to attain a state of higher physical and mental awareness, inner peace and restfulness. The real opponent to master is within oneself.

Through these experiences, my whole approach to martial arts changed, as well as my teaching. Since I met Bhagwan, I consider martial arts as a spiritual path, that can help a large number of people to channelise their aggressions and to find inner peace and quietness.

Meeting many spiritual leaders and masters, Christians as well as Zen masters, and Tibetan Buddhists as well as martial art masters, yet only Bhagwan Shree Rajneesh, having the divine realized within himself and working through utter silence, could really change profoundly my view of martial arts.

Now, more and more martial artists all over the world get interested in Bhagwan's teachings and meditation techniques, looking for a way to come in contact with the spiritual content of these ancient arts.

Undoubtedly, Bhagwan Shree Rajneesh is an outstanding religious and spiritual teacher who is able to transform the whole field of martial arts through his insights, taught through his spoken words, and presently through the higher language of silence.

To have the means to channelize and transform people's aggressiveness into a higher consciousness, could have an important impact on our social life, help to diminish crime, give us healthier bodies and even could help to prevent wars.

Sincerely,



Michael Aisenpreis
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