**Bjorn Saw**

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Born in 1963, 5th dan Aikikai, began training traditional Iwama Takemusu Aikido in Sweden for Takeji Tomita Shihan in 1974.

After receiving his Shodan (1989) Bjorn taught as an assistant instructor in Aikido Dojo Stockholm. He travelled to Japan to further his training under Morihiro Saito Shihan in Iwama and lived as uchi-deshi (live-in apprentice) in O Sensei’s Aikishurendojo and as soto-deshi for a period of two and a half years between 1987 and 1993.

While in Japan, Bjorn also practiced Kashima Shinryu sword under Minoru Inaba Sensei in the Shiseikan dojo at the Meiji Jingu shrine in Tokyo (1987-1993). He received his Nidan (1993) from Saito Sensei in Iwama and subsequently opened his first Aikido school in Värmdö, Sweden.

Bjorn was a student of American spiritual teacher Andrew Cohen from 1991 to 2003. With much experience of meditation and spiritual contemplation Bjorn highlights the importance of the spiritual aspects of the art. His spiritual interest being a major influence on his Aikido teaching.

In September 2002 he founded Aikido Alive London where he teach his own development of Takemusu Aikido with a clear emphasis on incorporating spiritual understanding to the practice. Based on a correct understanding of kihon (basics) yet with intent and freedom to explore the living and dynamic relationship that Aikido is.

**Session – When Two Become One**

Coming together with others to bring about a shared conscious unitary experience demands that we let go of what we already know. It has to be new every time. Even if we believe we personally have a grasp on our own experience there must be a willingness to ‘not to know’. Leaving room for a shared experience to reveal itself among many. Opinions will not help the situation. Stay open and fresh with a beginners mind and pay attention to the other. This can be achieved in dialogue but also in Aikido. This is different from one person exerting their influence over the other, whether that be on or beside the mat. I believe that an exceptional aikidoka can, like O Sensei, command the engagement as if throwing a net around the other and move the whole situation as one unit. This is very impressive and joyful to do and to receive. The next step would be to awaken uke to the same kind of relationship. So there would be equal participation and awareness of the engagement. Then co-jointly a beautiful dance could ensue, flowing freely back and forth. Yet without falling back into duality and a competitive mindset. Being more interested in the un-obstructive nature of Oneness. Now this would be a shared event where no one is above or below. Mutual awareness of an impersonal experience that we all equally partake in.