Original Title. Aikido: The Way of Harmony. ISBN. 0394714261 (ISBN13: 9780394714264). The book itself looks at Aikido as more of a spiritual discipline, with focuses on breathing as well as learning how to gracefully fall and to blend one's own movements with those of others to help bring peace and harmony to the universe. The art has been full of peace advocates who have sometimes faced persecution in Japan itself (before and during World War II, for example) because of their distinct lack of militarism. Complete Aikido: Aikido Kyohan - The Definitive Guide to the Way of Harmony by Christopher Watson and Roy Suenaka (1997, Trade Paperback) at the best online prices at eBay! Free shipping for many products! Both a fascinating martial biography and a comprehensive instructional manual, this aikido book is a must for all practitioners seeking the way of harmony. Product Identifiers. Publisher. Aikido movement can only be understood from its roots in universal law and the processes of nature. The sincere practice and study of Aikido deepens our appreciation for the perfection of nature's balance and brings us back into harmony with our environment, other people, and ourselves. I would like to comment on Saotome Sensei's work, Aikido and the Harmony of Nature, from the perspective of my academic specialty, ethnology, the field of anthropology that focuses on the human cultural experience. For the true follower of the Way, all actions arise from an unconscious and sincerely felt respect and appreciation for the perfection of nature's process and from the knowledge that all things have within them a living part of the Divine Spirit of Kami, the Creator of the Universe.