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The Ancient Secret of **MARTIAL ARTS** **ORIGINAL** **TRUTH**

Across the world, Eastern Martial Arts Masters from India, China and Japan as well as Tribal Warrior Chiefs of indigenous tribes of the Native Americas and Africa (to name but a few places), have been closely guarding the ancient secret of martial arts.

East Meets West

These martial arts masters all knew this profound wisdom, and many say the secret travelled west from mysterious India itself with the likes of an Indian Buddhist monk called **Bodhidharma** (to name one of many greats who spread this enlightened wisdom), who became famous for founding **Shaolin Kung Fu** and the world renowned Shaolin Temple in Zhengzhou, China.

What they all share in common is their approach to martial arts as a holistic way of living, not just a way for kicking and punching a way through trouble when times get tough.

They all followed the same process which went...

- **Heal your spirit, so you can heal others spirits.**
- **Heal your mind, so you can heal others minds.**
- **Heal your body, so you can heal others bodies.**
- **Only then were you qualified to learn combative motion to hurt others for 'just' causes only.**

The firm belief among all the ancient masters who knew this secret was that when there is a problem in your spirit, it manifests itself in your mind, and presents itself

as limiting beliefs, thoughts and actions.

When there is a problem in your mind, it will eventually manifest itself in your body, and show up as an ailment or illness. I like to think of the human body as a dashboard. Just like when your cars' dashboard shows low fuel, coolant temperature too hot, engine management problem, you know something is wrong under the hood which needs urgent attention before the car comes to an abrupt halt because it has broken down. Similarly our bodies are dashboards for the spirit and mind, and when a rash, cold or cough appear, it is just a light on our dashboards trying to tell us something needs fixing under our hoods before our bodies come crashing down with sickness. Therefore the big idea is to heal your spirit to collapse the chain of problems through the Spirit, Mind and Body.

A good friend of mine, a Hakko-Ryu Jujutsu practitioner once told me...

'If you can break it, you should know how to make it.'

The greatest masters of all time were first and foremost healers and renowned medicine men and women who were looked up to as the leaders of their communities and tribes, for healing of daily ills, and thereafter for protection



Article: Lak Loi

Website: www.MartialMindPower.com

with sound advice and wisdom to protect and preserve the community. One of my students once told me...

'You cannot give something away, if you don't have it in the first place.'

...hence why you have to learn to self-heal first. Martial arts is just another form of self-help. I like to say...

'There are many roads to Edinburgh.'

Unfortunately, we have it all back to front in the West. We are very much stuck in the body, if it is not for purposes of vanity we are entrenched within the prowess of physical violence. The glorification of combat sports such as cage fighting, professional boxing and wrestling has drawn us further away from the truth, so much so that we are so stuck in the body, we have lost sight of the bigger picture.

The ancient secret I am about to reveal has been deeply buried as a result of this, and seldom is it taught in martial arts schools around the world, because of the lack of understanding and the commercial attraction to the physicality to give customers what they want for financial gain for survival (understandably so), rather than what they need... to heal themselves, others, the planet and build strong loving communities to protect and to serve one another in unison.

What's in a Name?

The secret has always been there right in front of our faces. It has been in the name 'martial arts' itself all this time. But the problem is, we often misunderstand what 'martial arts' means. Often, people will translate 'martial art' to mean 'war like' putting an emphasis on physical combat, but there's much more to this than you realise. Let me explain the true meaning of martial arts...

- **The first side of the coin is when we Heal the Spirit, Mind and Body - this is to create, or the 'art' part of martial art.**
- **The second side of the coin is when we**

learn to Hurt using Combat for 'just' causes only - this is to destroy, or the 'martial' part of martial art.

When we recognise and start to understand the two sides of this indivisible coin, we can start to become whole, healed and happy through the process of cultivating ourselves, or what I call Self Mastery. This allows us to heal ourselves so we can heal others and Mother Earth. This is the true meaning of martial arts - life.

As they say...

'Hurt people hurt, Healed people heal.'

Martial arts gives us tools to understand our body, and by investigating what is happening inside us and comparing it to what is happening outside in nature, we are able to identify the laws of nature inside and out are interdependent. The two parts of the whole are known as the macrocosm (big - the universe) and the microcosm (small - the human being), and everything we think inside we can project outwardly from something inexplicable that comes from deep inside us (spirit) that translates into a thought (mind) which we convert into physical action (body) to manifest 'it' into our reality (life).

Revealing the Secret

The ancient secret of martial arts was noticed by the Taoists, who studied the effects of naturally occurring universal processes upon human nature. By observing nature and investigating the effects of its energy upon and within the human body, the Taoists traced nature's energy back to its source. They used meditation to make this 'expedition.' The search led them to the discovery of a primordial void, a condition of nothingness. This void, recognised to have been the state of things at the beginning of all creation, was given the name Wu Chi meaning 'Original Source' or the 'Great Emptiness.' This is depicted in Taoist art as an empty circle.

The energy born from Wu Chi created the main energy forces that sustain our lives: universal energy (stars, planets, galaxies

and multi-verses), human plane energy (cosmic particle or stellar dust), and earth energy (water, plants and animals). These forces work together in harmony to sustain all existence, and it is our job through cultivating self mastery through learning martial arts to understand our body, mind and spirit, to connect to the original source. This is the biggest secret of martial arts that has been hidden all this time, and everything else along the way has merely served as a distraction. As Bruce Lee famously quoted,

'It's like a finger pointing away to the moon.

Don't concentrate on the finger or you will miss all that heavenly glory.'

Now this is...

'Easy to say, Hard to do,'

...because it takes years of practicing martial arts to ascend your understanding to the level of connecting to the Original Source from,

- **Physically mastering martial arts techniques to be able to defend yourself against harm (body),**
- **To cultivating your mind so you are emotionally resilient to cope with daily life challenges without resorting to physical violence (mind),**
- **To cultivating your inner compass and being able to listen to your intuition and energy to make sound conscious decisions (spirit).**

Only then will you be able to go deeper within to connect to the Original Source, through deep meditation. Now there are different types of meditation, from sitting to standing to moving - which is exactly what martial arts is - a moving meditation. To connect to the Original Source, you need to find someone that 'has it' in the first place, so they can give it to you, so you too can Connect to Wu Chi.

Remember, once you have discovered your gift, then you have an obligation to give it away.

PEACE, RESPECT & LOVE,