

THE FINEST GLOBAL MAGAZINE FOR THE FIGHTING ARTS

# WORLD OF MARTIAL ARTS MAGAZINE

Issue Five | May/June 2019

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**PLUS:** A REVIEW OF JCVD'S LATEST FILM, THE GRITTY, FAST AND  
BRUTAL ACTION THRILLER 'THE BOUNCER'





Original Truth...

# The Happiness

Take

**A**s martial artists, we train hard so when push comes to shove and we have to fight for a just cause, we can fight with relative ease and confident, graceful lightening fast movement to incapacitate our foes.

## Train Hard, Fight Easy

To get to that level, we endure hours of hard training with sweat, blood and tears. We experience black eyes, split lips, black and blue bruises, not to mention the bruising of our egos. We put ourselves in difficult positions and face our innermost demons so we can conquer them - remember the first time you stepped up to spar and felt the butterflies in your belly.

None of this is to attain happiness. But rather like a samurai sword,

- Heated to white hot temperatures,
  - Beaten repetitively,
  - Folded a hundred times, then
  - Thrown into the deep end of a cold water trough to harden it, to then be
  - Rubbed abrasively by a whetstone,
- so as we forge our swords, we hone and temper ourselves, revealing a work of art inside that rough block.

## State Of Affairs

Quite often we hear people say things like, "I would be happy if..." or "I would be happy when..." Happiness is not a condition or a destination. **Happiness is in fact a**

**state.** Like a light switch which has an ON and OFF state, you can turn happiness ON and OFF at a flick of a switch.

We can all relate to a moment when you listen to a song which reminds you of a happy time in your life, and all of a sudden all your worries melt away for a moment and you attain a momentary state of happiness. On the flip side, when you listen to a sad song, it oftentimes makes you feel unhappy and gloomy.

## As Long As You Are Happy

We live in a world where our daily mantra is slowly becoming, "*As long as you are happy*," self-condoning actions putting you in a temporary state of happiness.

What this does not take into account is sometimes your happiness comes at the cost of someone else's happiness. You cannot build your own happiness on the foundation of somebody else's misery. That has a karmic footprint which comes with consequence. (See previous article for more information on this topic).

Martial arts teaches us to take responsibility and ownership of our actions. For example, when a beginner spars against an advanced student for the first time, most advanced students have an innate tendency to 'take it easy' and ease the beginner into the flow, foregoing their egos, coaching them with

a sense of care, knowing full well the damage they could inflict if they really wanted to.

Likewise in everyday life, if we recognised the power of our choices and actions in the same way with care, responsibility and ownership, we start to realise,

- We don't act towards our own happiness,
- Neither do we don't act towards others happiness, but in fact
- We act towards doing what's right when we become consciously awake.

## You Chose This Life

Indigenous cultures all over the world share a common belief, that we choose our own parents and life experiences, so they will help us reveal who we really are in this lifetime.

Bruce Lee called this **self-realisation**. I call it **self-mastery**. That is, the process of,

- Accepting everything that happens in your life is by your choice,
- When you start to do that, you can start to see the lesson in each life experience,
- Which helps to reveal a little bit more of who you really are,





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“Cultivating your vibration to the higher state takes *Sadhana*, that is sitting in deep meditation with study, patience, concentration and surrender.”

until one day, like the samurai sword, you reveal a powerful piece of beautiful artwork.

## Our Teachers

Bruce Lee stated, *“Life itself is your teacher. And you’re in a constant state of learning.”*

Our teachers come in two forms, that is: **Inspiration and Suffering.**

People seldom take heed of the inspirational way of learning/self-realisation due to comfort and/or complacency, so life ends up throwing a curve ball of whoop ass suffering so you have to learn the hard way.

It is only when the suffering becomes unbearable that people retreat and go inwards to ‘find themselves’ and seek reasons why these things are happening to them.

## Good Vibrations

Absolutely everything in the Universe as we know it, is just a mere **vibration**. Let me explain...

At the most fundamental level of physics, there are three states: **solids, liquids and gases**. They all consist of molecules, which are a collection of atoms. Atoms are made up of electrons which orbit the nucleus, which comprise neutrons and protons. The relative distance between the nucleus and the orbiting electrons are the same ratio as the Earth to its’ Moon. In between there is just a vastness of empty space. They are held together by invisible vibratory forces, often referred to as ‘energy.’ Therefore we are made up of intrinsic vibrational energy.

As human beings we have the ability to detect vibratory energy, and often we hear people say ‘I’ve got a good *vibe* about this,’ and on the flip side we often hear people say, ‘I’ve got a *bad vibe* about this.’ This is called intuition... a knowing.

The ancient scripture, the **Bhagavad Gita**, describes the Universe being made up of

three subtle vibratory energies:

- **Tama** - this is the lowest vibratory energy, which relates to our ignorance,
- **Raja** - this is the medium vibratory energy, which relates to our actions and passion, and finally
- **Sattva** - this is the highest vibratory energy, which relates to spiritual purity, purpose and higher wisdom.

Quite often we hear people say... ‘Follow your passion and you will be happy’. Again, this couldn’t be further from the **Original Truth**. I like to say, *“Passion is not your path. Your path is your purpose.”* This is known as your ‘**Dharma**’.

Cultivating your vibration to the higher state takes **Sadhana**, that is sitting in deep meditation with study, patience, concentration and surrender.

## Moving Meditation

Martial arts is merely a... **Moving Meditation** to cultivate your self mastery, slowly revealing who you are: **Beyond body, Beyond mind, Beyond emotion, Beyond soul.**

When your thoughts and self slip away, you start moving towards your true essence.

Martial arts is already doing this, through helping you to understand: **Mastery of your body, Mastery of your mind, Mastery of your emotions, and Mastery of your fighting spirit.**

## Happy Or Unhappy

Life isn’t about being happy or unhappy. It is about revealing who you really are at your true highest vibrational self. Everything in between is a process of removing the veil of illusion, or *maya* in Sanskrit. In **Sikhi** this is called *Sat Naam*, i.e. your true name, your true identity, your Original Truth.

When you connect with your Original Truth, you self-realise and you will experience *Ananda*, i.e. bliss. This is not happiness, it is not a temporary state, it is a place of eternal joy. People who have experienced this bliss

often refer to it as **Love** (not in the Valentine’s sense), being...

- A knowing of the unknowing, not just a blind belief;
- A contentment, not just a reconciliation;
- A certainty, not just mere speculation;
- A centredness, not just imbalance;
- A weightlessness, not just a fleeting feeling of lightness;
- A natural flow, not just an idea of moving towards your success; and
- Absolute love, compassion and kindness.

At the highest level, martial arts is about love. We only ever fight in the name of love. To protect the ones we love, and the things we love. Be that ourselves, our loved ones, our belongings, or even our ego (that we are trying to shed, whether you realise that or not).

You only realise that when you know you have the martial skills to seriously hurt someone, but instead you choose to use your gifts to heal them instead. That is the start of your higher expression of the true self.

**Thich Nhat Hanh** beautifully sums this up when he said, *‘Finding truth is not the same as finding happiness. You aspire to see the truth. But once you have seen it, you cannot avoid suffering. Otherwise you have not seen nothing at all.’*

## Take Action & Master Your Life

Our physiology can change our emotional state. When we droop our shoulders, drop our heads and stare towards the ground, hunching our backs, we start to sense a feeling of sadness. When we lift our chins, lift our chests up, straighten our backs, stand upright, and look up, we start to sense a feeling of confidence and happiness. And just like that we can switch from unhappy too happy.

To practice managing your emotional state, the next time you walk up the street, look up and count the number of chimneys on your way to work, home, or wherever you’re going.

As they say, chin up ;-)

■ **Peace, respect & love**