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Exclusive **BRUCE LEE** Ultimate Tribute Fight

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Plus...

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WHAT DOES ADVANCED MEAN

A SILAT LIFE

BRUCE LEE BOXING

GHOST GLADIATORS?

JKD INVESTIGATED

JUNEAN JOURNAL

FIGHTING FILM REVIEWS

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Original Truth...

All For Nothing

IN THE NOTHINGNESS, LIES EVERYTHING

Written prior to the peak of the corona virus pandemic in March 2020, which has swept the world, Lak Loi explains how martial artists can help humankind get through the impending fear of this virus by using their 'Martial Mind Power'....

People are falling ill left, right and centre, hospitals are at max capacity, with casualties suffering the ill effects of the virus (sore throats, coughing, fevers, shortness of breath, intensive care), permanent after-effects (loss of smell and taste, just to name but a few of the symptoms), and worse still...death are rife.

Countries have come to a total standstill, economies and markets are tanking, the social norms have totally collapsed with global communities being put into self-isolation, and governments unleashing martial law to police and further prevent the spread of the disease.

Though the media is doing its' best to educate the global populous about the virus and its' ill effects, and how to prevent it spreading by instructing people to stay at home, and adopt greater hygiene practices in daily life, people have been put into a state of frightened frenzy.

Survival Mode

As primal beings, when we experience fear, especially from something like a pandemic virus that threatens your health, livelihood, life, loved-ones, and the potential existence of humankind, our primal **survival mode** kicks in hard-core.

The virus has catapulted us head first into survival mode through the following triggers:

- People scared of catching the virus and getting ill or dying,
- Worry for loved ones health and lives, especially for the frail, elderly and vulnerable,
- Anxiety for the loss of income and livelihoods,
- Scared of lockdown and presence of martial law,
- Scared of being in ones own company in self-isolation,
- The sense of feeling imprisoned in ones own home, and getting bored and/or cabin fever,
- Uncertainty of what is happening, and scared of the unknown future,
- Eerie abandoned streets, remnant of a zombie apocalypse movie,
- Fear of not having enough resources such as food and money to survive, and
- The surreality of reality, as the illusory house of cards seems to be falling down and the fabric of life is changing.

When we go into **survival mode**, most people have a natural tendency to protect themselves first and foremost. Everyone and everything else tends to come second.

Our first action is protect ourselves

WHEN WE GO INTO SURVIVAL MODE, MOST PEOPLE HAVE A NATURAL TENDENCY TO PROTECT THEMSELVES FIRST AND FOREMOST. EVERYONE AND EVERYTHING ELSE TENDS TO COME SECOND.

from the impending threat, so people have gone out and bought their protective armour by way of: face masks, plastic gloves, and anti-bacterial hand gels and sanitisers.

Second, we hoard as many resources as possible such as food, drink and even toilet paper, so we can hide in safety and have enough to survive on without going back out into the looming danger.

The Irony

The irony with something like a virus pandemic is...

1. When a few people hoard all the protective gear like face masks, plastic gloves, and anti-bacterial hand gels and sanitisers, then the rest won't have any and will simply have no choice but to go without and risk spreading and perpetuating the disease, increasing the risk to those with protective gear (while it lasts) - so no one benefits.
2. If everyone didn't decide to panic buy and start stockpiling all the resources, there would be enough to go round as usual, rather than trigger more fear and panic.

Our **survival mode** has created a 'mass hysteria'. For example, I watched a man being interviewed on a TV news report outside a supermarket carrying several multi-packs of toilet roll.

The journalist asked...

"Why have you bought so many toilet rolls?"

The man replied...

"I don't know. Everyone else was buying them, so I thought I'd get some as well."

In a nutshell, when people go into survival mode, most people will act with what I call '**Emotional Dumbness**', because they are no longer thinking consciously with their rationality. Rather their cognitive processes bypass their conscious faculties and operate from their primal survival mode centre in the mid-brain, called the **amygdala**.

Everything

The human race can act through one of two modalities...

1. Fear

When we act through fear, we look at the world through a

negative lens of fear, paranoia and scarcity. This is when we sink into **Survival Mode** and act selfishly through our lowest vibration.

2. Love

When we act through love, we look at the world through a positive lens of kindness, compassion and abundance. This is when we rise to the occasion in **Service Mode** and act selflessly and demonstrate true inspired thought leadership in our highest vibration.

To flip our mindsets from survival mode to service mode, we can practice '**The Art of Gratitude**'.

When you show gratitude for what you have, rather than what you do not have, an unusual mental shift takes place inside us. There is a sudden self-realization that you are already blessed, are enough, have enough, dissolving desire for taking, and switch to a mode of giving.

Why not take part in '**The Art of Gratitude**' exercise in the '**Take Action and Master Your Life**' section, and see what happens for yourself...

Nothingness

It is weird and wonderful that... *In order to 'keep everything' (that we already have and can be grateful for), we literally have to 'do nothing'.*

This calls for the **action of inaction**. If we do nothing, and go nowhere, the virus cannot transfer and spread and will eventually die out, and the human race will survive on.

We have to embrace staying in, not as self-isolation, but self-liberation. It is a once in a lifetime opportunity when everything outside is quiet for us to be silent inside, so we can '**Disconnect to Reconnect**'.

We can achieve this through **meditation**, to connect to our higher selves towards our self-realisation, and as a side-benefit, we increase our relaxation and boost our immune systems to fend off the virus, and fight it to recover speedily in the event you contract it.

And whilst in self-isolation, we cannot only use this opportunity to connect to our higher selves, we are also gifted an opportunity to reconnect with our household members as we get to spend more time with them whilst at home. We can also take the extra time to catch-up with family and friends which you may have lost touch with because you may have been consumed in the 'business of busyness' of daily life.

Meditating also teaches us that we are not our thoughts. Has someone ever enraged you so much so, that you

thought you wanted to kill them, but (hopefully) you didn't. This is because you are not defined by your thoughts, rather your character is cultivated by your outwards expression of your thoughts, otherwise most people would have done some jail time or be dead for living out every negative thought they ever experienced.

When you connect to your higher self, you learn to sit in a place of **Zen**. So when a tornado like this pandemic virus comes, you can sit in the eye of the storm where everything is still whilst the chaos swirls around you, so you can maintain your centre, calm, clarity and calibration of thoughts and actions/inactions.

When you act through love and the service mode, you realize that we are all in this together, and no one is immune to this horrid virus. And there is a stark realization that the only way to beat this is together as one global family.

In the words of the *Three Musketeers*...
'All for one, One for all'.

I saw a humorous meme, which summed this up nicely...
'For the first time in history, we can save the human race and the world by laying in front of a TV and doing nothing. Let's not screw this up.'

In the Nothingness, Lies Everything

A pandemic virus like this can bring the worst and best out of people, depending on which lens we are wearing.

This is a time to put on the love lens, for when we do that we learn that...

We are one - We can only beat this virus if we act as one global family to stop its' spread (and momentarily stop bickering and fighting with one another).

We are equal - As this virus does not discriminate by colour, creed, race, religion, gender, sexual orientation, religion, or political preference.

We have strength of character - When we act with patience over panic, to make wise decisions and actions/inactions.

We have freewill - We can act with selflessness over selfishness.

We can heal Mother Earth - By simply self-isolating and allowing Mother Earth's' atmosphere, waterways, and lands to recover and rejuvenate.

We are not in control - As an invisible enemy threatens our health, livelihoods and lives, and puts our egos into check.

We are spiritual beings - When you start fearing death and the illusion of your reality starts to fall apart - putting the love of God back into us when all else fails.

Life is more precious than material things - When we realize, what really matters most is the health and wellbeing of ourselves and our loved ones, and our highest calling is that.

We are custodians - Custodians of one another, other sentient beings and Mother Earth.

Martial Mind Power

As martial artists, we train to conquer our fear, so we don't have to act through our primal **survival mode**. Rather we can act with **emotional intelligence** because we have cultivated mastery over our physiological fear mechanism to develop deep calmness and crystal clear clarity when put in the face of adversity and act with strength of character, leadership, and wisdom with cool composure and calibration.

We train to understand how to sit in the eye of the storm, where it is **Zen** while the chaos swirls around us like a tornado. This allows us to make wise informed choices, allowing us to rise up to help people sucked into the tornado spinning out of control.

As martial artists, we train through gruelling pain and suffering, enduring many bruises and injuries (i.e. disease - the absence of ease), only to come to learn that...
'After every dis-ease, comes ease.'

This is the time for martial artists to rise to the occasion in service mode, and help humankind get through the impending fear of this virus by using our **Martial Mind Power**.

I like to think of this pandemic virus as a divine gift, which is...
'Not a great disaster, but a great corrector.'

And remember, when you wear the **love lens**, you will see this, *'Not as the end, But as a new beginning'*, because it is, *'All for nothing'*.

This quote from **Laura Kelly Fannucci** sums this up beautifully...

"When this ends, may we find, that we have become more like the people we wanted to be." ■

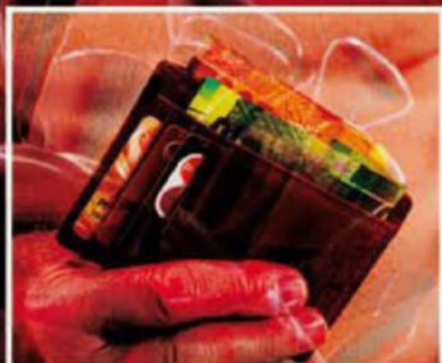
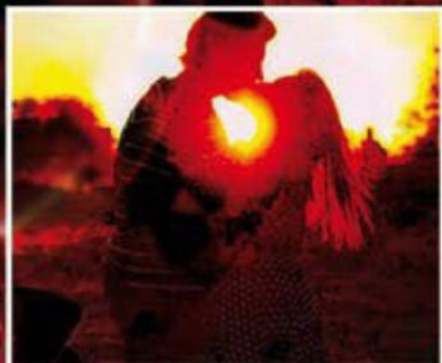
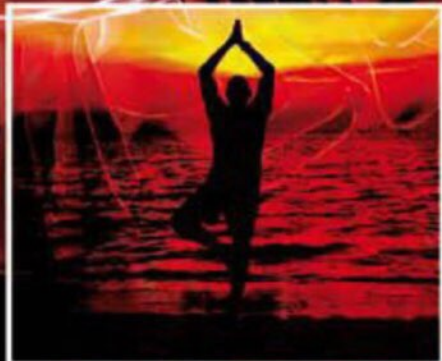
**PEACE, RESPECT & LOVE,
SIFU LAK LOI**

WHEN YOU ACT THROUGH LOVE AND THE SERVICE MODE, YOU REALIZE THAT WE ARE ALL IN THIS TOGETHER, AND NO ONE IS IMMUNE TO THIS HORRID VIRUS.

TAKE ACTION AND MASTER YOUR LIFE

The Art of Gratitude

To develop a sense of gratitude and abundance for all that we have been blessed with, and act from a place of love and servitude, we have to simply sit in peace and quiet, and be grateful for our...



Physical Body

Give thanks and gratitude for your health and wellbeing. Even if you have contracted the virus and are feeling sick, you can be grateful for still being alive. Have faith in yourself, that you can beat the virus and live a healthy and happy life hereafter.

Mental Body

Give thanks and gratitude for your ability to think and become. For what we conceive and believe, we can achieve. We have the power within us to heal ourselves by thinking this, so keep your mind strong and steadfast.

Spiritual Body

Give thanks and gratitude for your unbreakable human spirit. Through our inner conscious will, we can change our outer reality through pure intention, focused energy, and our indomitable fighting spirit.

Finance

Give thanks and gratitude for you having a roof over your head, food on your table, and clean clothes on your back, and if you have cash in the bank, give thanks and gratitude for that too.

Family, Friends and Colleagues

Give thanks and gratitude for your family, friends and colleagues that bring love, connection and magic into your life.

Social Life

Give thanks and gratitude for your community, hobbies and interests that bring meaning, purpose and contribution to your life.

Romance

Give thanks and gratitude for your partner, and all their unconditional love and support, through sickness and health, through rich and poor.

Career and Vocation

Give thanks and gratitude for your career. If you are able to work from home, then give thanks to your IT departments for facilitating remote working. If you lost your job recently, then give thanks and gratitude for everything they did do, and the time to pursue that thing which you always wanted to do but never had the time till now could be as simple as taking some much deserved rest and relaxation.