

CONSTANT BALANCE

Personal Training

A PARADIGM SHIFT

What Is Martial Art?

The essence of art

Art in itself is not inherently spiritual. It has the potential to express spiritual desire. At best, it can be a reflection of spirituality. Which is not the same as spirituality; in the same way that your reflection is not the same as you. It may look like you (the better the reflective surface, the more faithful the reflection) but no matter how authentic the reflection, it has none of the substance of the real thing. In other words, martial art is part of the matter of the earth, albeit on a subtler level than some things.

The first master of martial art is perhaps Shri Parashurama, who lived in India about 8,000 years ago.

The original purpose of martial art was to purify and balance the grosser bodies in the hope that the subtle system may become clear enough for Mother Kundalini to connect us to the All Pervading Energy; the Grace of the Divine. With the advent of Sahaja Yoga, that purpose has become redundant. A secondary purpose was for man to not only connect with Nature, but to be in harmony with Nature, to awaken Nature within us, to become Nature. The purpose of art is to create beauty; in this case beauty in & of movement. On the gross level, we have emotions, physical activity and mental activity. If done properly, kung fu can help balance us on this mundane level. It can promote well being. And ability to defend oneself, naturally, as a by-product.

What then is the essence of martial art?

Balance- to be in perfect balance

Movement- the ability to move in harmony with the flow of chi

Energy- to be able to follow, tap into, lead and direct chi

Addressing this essence is what distinguishes internal kung fu from ordinary martial arts.

Soft internal kung fu

is developed from Taoist cosmic principles. The Mother gave birth to the universe. The Feminine Aspect rules the universe. In practice; the theory, attitude, approach and techniques of soft kung fu puts it on an equal footing to the hard variety. Water is softer than earth but harnessed properly it can overwhelm even the hardest steel. In fact, ladies have an innate physical & psychological advantage in the study and practice of soft kung fu.

Art of the essence

The truly artistic part of martial art occurs when we move in obedience to the essence of the movement, which is beyond the shallowness of mere form, i.e. substance shaping form not form before substance.

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But what are the benefits?

An avenue for graceful expression. Expect to enjoy increased energy levels, be less susceptible to illness and to improve your posture. Enhance your sense of well-being; feel balanced, supple, more confident and empowered. Just by the way, you'll learn to defend yourself. You may feel more attractive as a result of improved health, self-confidence and poise.

Your physical abilities will be enhanced- balance, coordination, speed, ambidexterity, control, strength and reflexes that can spill into the emotional & mental sides. This may become apparent in your sporting activities or just in the way you walk.

Together with patience and harmony, you should gain a better sense of timing, more acute perception and become more effective at "going with the flow".

The original paradigm for teaching and learning was the guru-student association that started at least 8,000 years ago. It involved intensive interaction and close supervision to ensure correct learning. It allowed for individual attention and methods that best suited individual personalities. The justification for personal training today remains that it is the best format for a person to realize her physical potential.