

# martial arts

health, fitness, & wellness magazine



Issue 4,

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**Karate** is a form of martial arts in which people who have had years and years of training can, using only their hands and feet, make some of the worst movies in the history of the world."

 Dave Barry

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*MARTIAL ARTS health, fitness, and wellness magazine is a valuable resource for information about physical and spiritual well-being in correlation with the practice of Martial Arts. MARTIAL ARTS health, fitness, and wellness magazine is your guide to better health, self awareness, fitness and inner peace.*

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# Meditation Technique: Zazen

by PATRICIA WILBUR

Zazen meditation is a meditation technique started by the Zen Buddhists a long time ago. Although it is an integral part of Buddhism, Zazen can be practiced by anyone who wishes to calm their minds and bodies. It is, in fact, one of the meditation techniques that people practice today.

You can perform Zazen by sitting quietly in a lotus position with your back straight to allow free movement of your diaphragm and your eyes half closed. If you want to keep your eyes fully open or fully shut, that is up to you. You can also choose to perform on a cushion, a mat, or a chair. Tuck your chin in and distribute your weight evenly on both your legs. Breathe calmly yet deeply into the center of your belly. There are several different postures that you can take on. Traditional postures include sitting crossed-leg, kneeling, half-lotus position, and lotus position.

When you are in the lotus position, your legs are crossed in front and your feet are placed on top of opposite thighs. The bottoms of your feet are facing the ceiling. When you are in the half-lotus position, on the other hand, only one of your feet is placed on the opposite thigh. This position is ideal for those who are not flexible enough to do the full lotus position. Also, when performing Zazen, fold your hands together over your belly in a mudra, a spiritual and symbolic gesture. Do not perform this technique if you are too full or hungry.

You can do concentration exercises to help you cultivate calmness. You can use koan, as well. It is the practice of meditating on a short story or question that cannot be understood through rational thinking. It would also be better if you can perform Zazen in groups at zendos or meditation centers. A guru or instructor will guide you. Nonetheless, you may also perform Zazen on your own. In your home, set up a clean and quiet place for meditation. Create a shrine and add flowers and incense. If you are a Christian, you can still perform Zazen. Just remember not to mix it with personal prayers.



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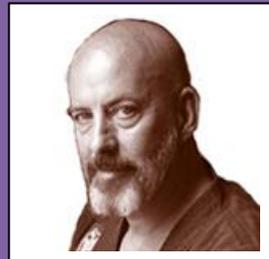
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# What do you about know Kama Sutra?

Author: unitykamasutra

Kama Sutra can be divided into two words in Sanskrit, Kama being the first, which is a reference to the Hindu goddess of love, using the same name. In common parlance, it conveyed the idea of desire, desire, intention, pleasure and love, especially in a sexual connotation.

In Chapter Two of Richard Burton's translation of the text, Kama translates as "the enjoyment of appropriate objects by the five senses of hearing, feeling, seeing, tasting and smelling, assisted by the mind together with the soul. The principle all this is from a particular contact between sense organ and its object, and consciousness of pleasure that arises from that contact is called Kama.

The second word, Sutra refers to a speech delivered in a concise set of rules. This Sutra has the connotation of a technical or manual. Thus, the Sutra was intended to educate the reader in the particular field of study is. Taken together, the words of the Kama Sutra involve a technical text on the aspects of enjoying proper stimulation of the senses and the demonstration of love. Unfortunately, the simple wording of the title has led to many misconceptions about the text and it should be noted that the Kama Sutra is a sex manual or less sacred religious text, but does not incorporate the two aspects in their writing.

While the text is explicit in the details of a sexual nature and also sings very religious themes, was intended to Kama in the context of the other two objectives of ancient Hindu life, Dharma and Artha. Proof of this is to open discussion of Vatsyayana of these three objectives at the beginning of the text.

These three terms are described as related to virtue (Dharma), material prosperity (Artha) and pleasure (kama) and were to be performed in that order.

The first quality almost always prevails over the secondary, where two of these activities are in contradiction, although there were some exceptions to this rule. So virtuous had to find more than wealth, but the pleasure would fall secondary to the pursuit of material gain in the Indian lifestyle. The Kama Sutra was intended as a guide to show the right way to achieve the three objectives and the right places to achieve Moksha, liberation from the cycle of reincarnation.

## Resource Box:

Unity KamaSutra offers authentic training in the traditional art of the Kama Sutra and Tantra. <http://www.unitykamasutra.com/> We have free videos, pictures and other training tools you can use to get a grasp of the <http://www.unitykamasutra.com/> secrets of the KamaSutra.

# White Lotus Tantra

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<http://tantra-mastery.webs.com/>

## What is Tantra?

There are a number of different definitions of tantra from various viewpoints, not all of them necessarily consistent. The White Lotus Tantra (c) system identifies tantra as the practice of connecting with the soul. This heartfelt practice of compassion is done through White Tantra practice or advanced Red Tantric practice (Sacred Sexuality). The White Lotus Tantra (c) system is an eclectic mix of Buddhist, Vedic, and modern tantric practices made readily available to the people of today.

Tantra itself is an amassing of practices and philosophy which is characterized by the use of ritual, by use of the everyday to access Spiritual Bliss emotionally and physically by connecting at a soul-full level.

The Tantric practitioner seeks to use the chi, prana, ki, also called bio-electric-magnetic energy (divine power) that flows through all the universe (including one's own body) to connect to an individual; be it a lover, co-worker, or adversary. This can be both a mystical experience as well as an experienced based in the pleasures of the physical.

In the process of working with this sacred energy, the *Tantrika*, or tantric practitioner, has various tools at his or her disposal. These include yoga (Shugendo Yoga), to set in motion processes that will "yoke" the practitioner to the divine. Also key are visualizations exercises designed to influence the process as well as the spoken word as seen in mantras, which may be interpreted as seeing, listening internally, and singing with power into a powerful state within the individual, resulting in an ever-increasing awareness of cosmic vibration. This is further strengthened through daily practice.



Tantric practice is a quest for spiritual perfection and magical power. Its purpose is to achieve complete control of oneself, and of all the forces of nature, in order to attain union with the cosmos and with the divine. Long training is generally required to master Tantric methods, but the **White Lotus Tantra © system is the lightning path to Universal Love and Soul Connection.**

**White Tantra** consists of those schools that produce beings who are clean of all egotistical desire, anger, lust, envy, etc. Within the White Lotus Tantra (c) system this is a non-sexual approach to connecting to the Soul with only Unconditional Love and Compassion.

White Tantra is primarily concerned with meditative practices and utilizes the power of chi energy without the need of sexual physical contact with another. Divine chi energy is being either circulated within the individual or transformed between two (or more) individuals on the level of their energy bodies. Consistent White Tantra practice is known to raise the kundalini, liberate the mind, and lead one toward Buddhahood. The heart of White Tantra is Love.

The consistent training of White Tantric techniques form the basis of the White Lotus Tantra © system and are essential to its Red Tantric practice.

*There are three White Tantra levels in the White Lotus Tantra (c) system; each building off the one before it.*

*All focused around Universal Love and Compassion and esoteric energy. These include, but are not limited to qigong, meditation, and simple yoga techniques. Each exercise can be added to one's own practice to make a richer and more meaningful tantra experience. Each level is 4 hours long.*

**Red Tantra** primarily focuses on the sexual practice related to tantra. This is a feature that makes tantra so appealing to the sexually self-conscious, spiritually starved western society. And though the sexual union is considered the highest form of tantric practice, it can be, and is easily misinterpreted. Unfortunately the West has taken the term tantra and deteriorated it into solely pornographic material with no sense of spirituality, orgies (often with mind altering substances), and an idea where sexual pleasure and self-gratification overshadows the spiritual intent of self-realization, love, and soul connection. Tantra is a path of enlightenment and liberation: sexual liberation is an important pre-requisite, but do not think it is a XXX fun-fest. Red Tantra is SACRED SEXUALITY.

Red Tantra is the cultivating states of presence, energy flow, relaxation, harmony, and connection which is not always easy. A lifetime of hurts and other negative experiences have gradually limited our ability to be present and to express the essence of who we really are, fully and freely. We slowly become cut off from our feelings and the ability to experience our sexual creative energy in a connected, joyful, loving way. By incorporating White Tantra into Red Tantra practice the White Lotus Tantra (c) system heals on a multitude of levels.

*Upon completing the three White Tantra levels one can explore the next two (levels 4-5) Red Tantra Levels. White Lotus Tantra (c) expands on the concepts of the previous three levels and expands on the Art of Sacred Sexuality. Incorporating rites and ritual, medical sexual health, esoteric energy and sex, and so much more.. Each level is 4-6 hours long.*

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# Is Yoga a Remedy for Stress ?

by: **dstevens**

Lets take a closer look at this subject and find out whether stress and yoga can be related and whether yoga can be a true remedy for stress?

Yoga teaches balance of mind, body and spirit. To really do yoga beneficially we need to practice it daily to reap the benefits which includes flexibility and mental clarity. Yoga can be in particular effective in the treatment of stress.

The practice of yoga dates back over 5000 years and yoga is the oldest defined practice of self development. Yoga has been very popular in the east and it is now becoming very popular in the west also. Most people who do yoga can see the physical benefits of yoga. The practice of yoga can also give psychological benefits such as stress reduction and stress relief. And it can give you a sense of well being and spiritual benefits.

Exercises is good for the body but also good for the mind. Yoga is a very good method for exercising the body. Exercising your body with yoga can help with stress relief because it provides a way for the body to relief tension and frustration.

Whenever we find ourselves in a stressful situation our body experiences pain. The heart rate can go up, adrenalin rushes through our body and the immune system can shut down temporarily. If this stress continues and we stay on high alert for a prolonged period of time, we can experience exhaustion and burn out. Now none of us can avoid stress really. But we can return to a state of balance. Yoga can provide a calming and relaxations sense of stress relief and can be done according to your life style and preference.

Now there are different ways of combating stress and yoga is one of them. Actually yoga combines several techniques to combat stress. Yoga provides a combination of benefits such as breathing exercises, stretching exercises, fitness program, meditation practice and guided meditations all in one technique. That is powerful, that is very powerful ! Even for people who have physical limitations yoga can be very beneficial just by practicing the breathing techniques, the meditation and the guided meditation. Just by doing this you can have great benefits with the practice of yoga.

So in conclusion yes yoga can be a great remedy for stress and can offer some stress relief. Yoga has combined set of principles and exercises that can greatly benefit you and help you to deal with stress



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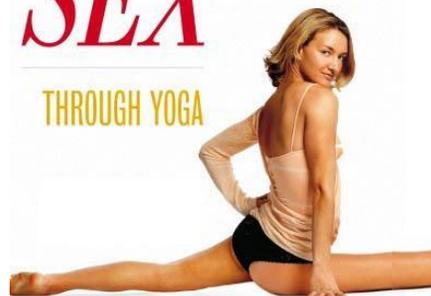
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# Martial Arts & Self-Defense Weapons: What IS a "Kubotan"?

Jeffrey M. Miller

If you do a search on the internet, there seems to be no end to what has been written about this simple, yet powerful weapon. There seems to be no small supply of writers who have used dramatic titles to add to the impact of an otherwise so-so article on the subject.

"Fistful of Dynamite," "Rod of Pain," and many others lead the way as writers share their own knowledge and insight into this inconspicuous, and yet surprisingly powerful little weapon. Unfortunately, far too many of these articles serve little to no real purpose in helping you to actually create results. And, these articles range in scope from the generalized "what it is" variety, to the overly bloated tome that includes what seems to be every single detail and supposition that the author wishes to impress you with.

Believe me, I have read a lot of what's available, and while there are certainly a number of valuable resources from real experts, they are buried in a cyber-world of practically worthless "chatter." While you can feel free to recreate my extensive research on the subject, I've brought it all together so you don't have to.

So, what, exactly, is a Kubotan (pronounced "koo-bow-tahn") anyway?

Good question. And to answer that, this article will give you the short, "what's it look like and what else might it be called," version. In addition, we'll have to take a quick overview of the strengths and weakness of this popular self-defense weapon. But, for now...

The Kubotan, also known as a...

1. Pocket-stick...
2. Self-Defense Keychain...
3. Mini-Stick, and...
4. many others...

...is arguably, the most common self-defense weapon, next to the handgun, in the United States.

While many new tactical weapons continue to find growing acceptance within the law enforcement and security communities, there seems to be little change within the realm of private citizens. It appears that, once people find a good thing, they tend to "stick" with it. (Yes, pun intended!) According to many experts in the field of defense and personal protection...

"...the most popular, and quite possibly the most versatile, personal defense weapon is the Kubotan.

For simplicity's sake, I will refer to the weapon throughout this book as the Kubotan or, more simply, the self-defense keychain. However, regardless of the name given to it, this powerful little compliance tool, carried by thousands of men and women - martial artists and non-practitioners alike - is an awesome means of deterring and controlling an attack situation.

Besides being, quite probably the cheapest weapon you can buy, in the hands of even a person skilled in only a few basic moves, the Kubotan is a formidable weapon for stopping an assailant in his tracks. And, for those with more training and developed skills, the self-defense keychain is one of the most effective self-defense tools that you can use today.

The weapon is simple in appearance, inexpensive to acquire or make, and fairly easy to conceal. While not as versatile and convenient as a clipknife like the Delica from Spyderco - my preferred weapon/tool of choice, by the way - it is easy to learn and even easier to use.

Depending on the manufacturer, the Kubotan is just a basic rod made of metal, plastic, or wood. It's about 6 inches long and, as the name suggests, usually has a key ring attached at one end. The "official," patented, Kubotan weapon "invented" by a man named Tak Kubota, has grooves machined into the weapon to identify it as a unique creation.

There are other variants of the basic model, including what is billed as the "Ninja" version of the weapon. This little piece of imaginative effort, created during the '80's when every weapon had it's own "Ninja" version, has two thinner spikes protruding out from the side of the weapon that fit between your fingers when you grasped the main bar of the tool.

Let me assure you that, regardless of what you ever read or hear, the Kubotan or self-defense keychain is NOT a Ninja weapon - officially or unofficially. It's ancestors that gave rise to the modern version, at least in Japan, were used by all trained warriors - not just the Ninja.

The more commonly recognized variants of the weapon are generally manufactured from heavy-duty plastic or aluminum. The official Kubotan, and third-party copies, are simply straight rods with blunt ends. However, many self-defense key chains have at least one tapered end with the key ring attached to the squared, blunt end. Needless to say, some of these "centerpunch-like versions, are extremely dangerous - as they have the capability of actually penetrating the target and doing more severe damage.

And, for those of you who are fashion-conscious and need to make sure that your self-defense weapon doesn't clash with your Armani, these little gems even come in a variety of colors and high-tech shapes to match just about any ensemble.



But, to answer the question, "what IS a Kubotan?"

It is a simple, easy to learn and use, self-defense weapon that can be used by the smallest defender, to bring the largest assailant to his knees in seconds. Quite simply, it is the best weapon for the person with little to no formal training and who wants to be able to learn to defend him or herself with the least amount of time, effort, and money.

*Jeffrey M. Miller is the founder of Warrior Concepts Int'l. He is the author of, [KUBOTAN: Self-Defense Keychain](#) and the best selling DVD, [Danger Prevention Tactics](#) You can subscribe to his ezine, at <http://www.warrior-concepts-online.com/newsletter.html>*

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# Why Use The Kegel Exercise

by: cowleydave

The Kegel Exercise, named after Dr. Arnold Kegel, is an exercise of the pubococcygeal muscles. This exercised is the regular contracting and relaxing of the pelvic floor muscle designed to restore muscle tone, reduce overactive bladder symptom, and to increase sexual gratification. This exercise has been shown to be of benefit to both men and women in the treatment of urinary incontinence.

Dr. Kegel, the Assistant Professor of Gynecology at the University of Southern California School of Medicine, popularized this exercise in the 1948 in the United States. However several of the ancient cultures developed several different exercises for the same muscles to improve health, longevity, spiritual development and sexual gratification. It was call the Deer Exercises by the Taoist of China. The Aswini Mudra (the horse gesture) by the Yogis of India.

Weakening of the pelvic muscles can be attributive to pregnancy, childbirth, obesity, and poor posture. Surgery can also damage the nerves controlling the urinary track or weaken the muscles, thus causing involuntary contractions and making it harder to control the bladder. Some medication such as sedatives, narcotics, and diuretics can have a detrimental effect in you controlling your urinary system. Chronic illness or conditions like multiple sclerosis, diabetes, stroke, and Parkinson disease can cause you to suffer from an overactive bladder.

For Women the first step in the Kegel Exercise is to determine which muscle that needs to be exercised. For women you can tell which muscles to use by squeezing the muscles in your genital area by pretending that you are trying to stop the flow of urine. This is the pubococcygeal muscle. Get a feeling where this muscle is and how it feels when it is being exercised.

For Men the Kegel exercise is done by contracting the anal sphincter instead of the urinary sphincter as in the woman's exercise. This is because the pubococcygeal muscle begins around the anus and travels to the urinary sphincter muscle.

Next you want to tighten these muscles and hold them for about four seconds and then relax. You want to repeat this process for about 10 or 20 times. Between each contraction of the muscles you want to make sure that you allow the muscles to relax completely. After you get the hang of it you will be able to contract the muscle for four seconds and then completely

relax for four seconds.

Next you want to make sure that you do the Kegel exercises 10 times a day. This is important because if you do fewer than this number you will be lowering the effectiveness of the exercises. Do not become sloppy with the exercise and contract the rectum, your stomach muscles, and thigh muscles. You must exercise the pubococcygeal muscle only.

The great thing about Kegel exercises is that you can do them anywhere and no one will even know you are doing them if you are doing the exercise correctly. For example, you can do them at work, in your car, while you are washing dishes or even watching television. It doesn't matter where you do them as long as you do them every day.

You don't want to do these exercises while you are urinating. If you feel you are not exercising the pubococcygeal muscle correctly then women may stop the flow during urination just long enough to get a feel for the muscle again as you did in step one. If the Kegel exercise is performed during urination it could lead to urinary tract infection.

After childbirth a woman can use the Kegel exercise to return to her pre-pregnancy strength and muscle tone. Regular Kegel exercise can also increase sexual pleasure for the woman and their partners.

For men the Kegel exercise can be used to allow them to achieve orgasm with ejaculation and perhaps each multiple orgasms during sex.

Other items that may be of interest to you are Ben Wa Balls and Taoist Sexual Practices

Always consult your doctor before using this information.

This Article is nutritional in nature and is not to be construed as medical advice.

*David Cowley has created numerous articles on bladder problems. He has also created a Web Site dedicated to Bladder Problems and how to treat them.*



Unlike most yoga systems, Shugendo Yoga melds the spiritual and healing of yoga into a simple, yet complete system that is adaptable for all. Designed by a practicing Registered Nurse for over a quarter of a century who happens to also be a healing arts practitioner, martial artist, yoga practitioner, and shaman; this yoga system is both practical and effective.

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# Who Are You?

*Tina Hohenadel*

Who are you? Are you being that person to your fullest extent? These are simple questions but the answers to these questions can be far from simple. To figure out who we are, perhaps we can start by attempting to define ourselves. Many people define themselves by their stuff, by what they wear, what they drive or their job. Comments like “I’m a Gucci girl”, or “I’m Mr. Smith’s secretary” define and attach us to something. Who are you under all of that? People who have been downsized from their job, have retired or lost their homes, have had to find some hard answers to these questions before the rest of us. In attempting to define ourselves we could use a number of different methods including the well known **Myers-Briggs** Type Indicator (MBTI). All of these methods give us some clues into our personality but it would be impossible to create a system which gives a perfect picture of you. Remember there is only one of you out there! To figure out who we are takes time, patience and a lot of love. It is a deep and complex place where past and present experiences affect our emotions and outlook on a daily basis.

If we have done our homework and have a strong sense of who we are then how many of us are being that person fully? Many of us, at one time or another, have been asked to shrink to fit into something.



Now I am not talking about that pair of pants that fit last year and this year seemed to have shrunk! I am talking about shrinking who you are personally. If you have spent your entire life not fitting in, not compromising, not pretending or not trying to please the world then congratulations. There are very few of you around. The fact that you may never fit in, is in fact, something to celebrate, not regret. In reality, the moment we fit in we forfeit some precious

part of ourselves that we have spent our life cultivating. So, the question is why are we asked to conform and fit in? There are several possible answers to this question. The first is that others may be intimidated by our abilities. These abilities shine light onto their own lack of motivation to grow, which can invoke a whole gamut of emotions in them. The second possibility is that they are so uncomfortable



with themselves that seeing change or growth in you means they need to look at their own lives. Perhaps, this is not something they are willing to do at this time in their lives. The third possibility is simple jealousy. This assumes that who you are or what you can do is not something they are capable of doing/being at this point in time. Regardless of the reason, it is important to see yourself as perfect exactly the way you are. All you need to focus on is being you more fully so the world can see your natural beauty. Maybe, that will inspire others to be themselves more fully as well. In any regard, you will be showing gratitude for your talents by using them instead of hiding them

from the world. Think of this from nature's perspective. Would a rose bush ask one of its roses not to bloom because it is the most perfect rose on the bush? Would it tell the rose to stay a closed bud because if it opened it would make the other roses jealous of its beauty? No, the bush would send nutrients to that rose to encourage blooming and to celebrate its splendour. Why would we not encourage and accept others to be themselves fully? Now, don't get me wrong I am not talking about shouting from the hilltops that are the best skier in the world (unless you have a gold medal around your neck from the Olympics!). But you can certainly state that you are a great skier and enjoy the challenge of difficult hill. That is honesty and acknowledging your skills to yourself and others. What is wrong with saying you are good at something? Many of us have been taught as children not to talk about our talents or our abilities. We are told that doing this draws attention to ourselves and makes us look like we are better than everyone else. And we wonder why we have a hard time loving ourselves? So what is the difference between self-acknowledgment and ego? If you use the accolade to build yourself up while stepping on others then that is ego talking. If, on the other hand, you speak the truth without taking energy from others than you are honouring your gifts. It can be a fine line but as a friend reminds me, "intent is everything in life!"

"Our journey is about becoming who we were meant to be. The experiences are the vehicles that get us there." Nancy Solomon

We view our lives from how our experiences have influenced us. In reality, we give the past permission to colour our present. All of our experiences have influenced us (alcoholic father, neglectful mother, abuse etc) but is it necessary to view our lives from that experience? As Anthony Robbins has stated "show me a functional family". Every single one of us has a story, be it sad or tragic, about our lives. If we see our lives through the coloured glasses of our experiences than we will look at what is wrong with us rather than what is right with us. Here is an example, "My dad left us when I was a kid. I have never been able to love a man fully because I am always afraid he will leave me just like my dad did." Her coloured glasses show her that men will leave her so she can't let herself be hurt again by loving a man. Let's take a different view. When we see our experiences as clay, which helps to mould us than we see how they has shaped our lives. Let's re-examine at that example from the clay experience perspective. "My dad left us when I was a kid. I have grown up to learn to love and trust. My dad and I have a good relationship now and I understand how sometimes life can feel like it can get out of hand. Sometimes you feel like you have to make hard decisions to cope with things. My dad's decision was to leave me and my mom. It had nothing to do with how much he loved me." See how this experience no longer coloured her life but influenced her growth. It became a cause for celebration rather than an opportunity to apologize or give excuses for her life.



Life is a journey not a destination. Growth takes a lot of courage, especially if others want you to continue to shrink to fit in! During this growth period, or valley as we call it in our house, sometimes you cry out for help. This is a natural response to pain, whether it is internal or external pain. It takes a great deal of self awareness to realize that we do not need to ask for our hopes, dreams or aspirations to be presented to us. By asking we act like things will be actually be given to us. It is as though the power to create these things lies solely in what we believe in (God, Universe, Buddha etc) instead of within us. Instead of praying for things it would be more effective to ask for energetic support to create those things from within us. This presumes that every last thing we need is already in us and ready for us to use. All it requires is for us to get out of the way and let it happen. It means allowing ourselves to flourish and be ourselves fully. It means setting aside the ego to create a spot in our minds to live in a state of perpetual abundance and prosperity. As you become fully you, remember you are not being given a gift without the ability to use it. You are not given a dream without the possibility to create it. You are not given a life purpose without being given everything you need to make it manifest. Isn't it great to realize that we have been given gifts that have a purpose, which we can use, that we want to use and are not another knick knack for the shelf?

Who you are is really what you leave behind. An 80 year old friend of mine likes to remind me “the Hurst does not come with a U Haul”. Sad but true, some people see their worth in life from the amount of things they die with. Even if you had millions of dollars to leave everyone when you die it will not be as valuable as you. You will be remembered by how you touched others with your actions and words and not by the material stuff you have accumulated. Be remembered by the person who was alive, and left a positive impact with just their simple presence.

This is a calling, a calling from within you to be fully you!

***Tina Hohenadel and her husband Mark Lawrence own and operate the Kawartha Hoshin Training Centre, in Lindsay, Ontario, Canada. (please see their ad).***



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# 舊式松樹法

# A Warrior's Art



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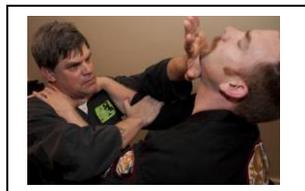


A warrior monk tradition steeped in Buddhism, shamanic practice, magik, energy-work, healing, and concept of the natural law of movement. Using Kosho concept and tai chi forms one embraces the mystical, magical, and martial side of being a warrior. KHY is a true warrior's art that completes the individual searching for wholeness.

Students of KHY are exposed to tai chi, qigong, Shugendo Yoga, energy healing arts like Kokoro Ryu Reiki and Koshonic Body Stress Release, True Self-Defense, Universal Buddhism, magik and shamanic practice, philosophy, kuroshinobi-ryu Shinobi-do, and KHY herbology, to name a few.

## About Rev. Christopher J. Bashaw, PhD/MA, DD, RN, Soke

Kosho Hoho Yooga is an American eclectic Martial Art, developed by Christopher Bashaw, soke, Family Head. Kosho Hoho Yooga, or "Old Pine Tree Method of Unity and Self Discipline", a martial blending of Kosho Ryu Kempo and Tai Chi. Kosho Hoho Yooga takes the traditional conceptual teachings of the Japanese Warrior Monk of 1235 AD (true self-defense, healing, and spiritual arts) and makes it applicable for the 21st century. Christopher holds black belt ranking in Shaolin Kempo Karate, Mugei-Mumei no Jitsu, as well as certification in Yang style Tai Chi, and Jonin in Kuroshinobi Ryu Shinobi-do. He was awarded his Hachidan (8<sup>th</sup> degree black belt) from the World Martial Arts Hall of Fame in Cleveland, Ohio in 2006. In January 2007 Christopher was inducted into Action Magazine Martial Arts Hall of Fame. And in June of 2008 Bashaw was inducted into the World Karate Union as "Founder of the Year". Christopher has been a Registered Nurse for over 2 decades, including pediatrics, military, pain care, recovery room, occupational health, drug and alcohol recovery, insurance case management, and rehabilitation. And over the last 20 years he has become certified as a Reiki Master/Teacher, developing his own system, Kokoro Ryu Reiki System of Natural Healing, and given permission in his lineage by Laura Grant, RMT to proceed with that system; Christopher is also the founder of Shugendo Yoga, a spiritual, gentle healing form of yoga which is done by Kosho Hoho Yooga-ka as well as students outside the system; he has taken vows as a Buddhist Lay Priest and now practices and teaches Universal Buddhism as part of his curriculum. He holds a Doctorate in Divinity as well as a PhD/MA and the title of Professor. He incorporates herbalism, internal and external Chi Kung healing, and Shamanism into his practice and the art of Kosho Hoho Yooga. He developed Koshonic Body Stress Release © and is now teaching it privately to select students who are opening their own successful practices. Bashaw is also a renowned psychic and medical intuitive, working both independently as well as with New England Curiosities. Christopher is available for private readings and sessions. Bashaw, soke teaches internationally the art of Kosho Hoho Yooga. Christopher is a founding member of WaShin International. Bashaw, soke, is also a CNFT<sup>(Certified Natural Fitness Trainer)</sup>.



# Hidden Secret Weapons For Self-Defense - Attitude As A Means Of Self Defense

By Jerry Tarrer

**" The possible origin of secret-hidden weapons from Feudal Japan. Your intuition, combined with your common sense, can help you avoid trouble and in many cases help you get out of trouble. "**

## **Trust your Instincts, Use your Intuition**

The new Seito inquired of the Sensei: Master, what is the best way to win a fight? The wise Sensei responded: "The best way to win a fight is not to fight". Seito (Student), Sensei (Master, teacher)

Believe it or not the above adage still holds true today after hundreds of years since it's origin in ancient Japan. An excellent means of self-defense is to use your senses. Always be-aware of your surroundings and follow your instincts. Learn to listen to that little voice within you.

Your intuition, combined with your common sense, can help you avoid trouble and in many cases help you get out of trouble.

When you are alone if you think that you are being watched or followed take appropriate action, look around, get out of the area, and move into a populated place.

## **Listen to your instincts.**

Don't laugh at people who cross the street when they see potential trouble on the sidewalk ahead of them, this same action can and will save lives, injury and robberies.

Avoid potential dark shortcuts when you're alone. Avoid exercising alone in secluded places. Why invite trouble into your life when it's not necessary.

If you live in a troubled area, learn where the "Hot Spots" are. Dangerous nightspots and hangouts can be easily avoided once you know where they are. Listen to friends and neighbors when they discuss problems occurring in the areas where you live, work, or travel through.

## **He Who Fights and Runs Away**

Don't be too proud or macho to go around potential trouble or even run away from it. Back in the early 1960's the Gangs were not as notorious as they are today but they did cause some trouble in large urban areas including Chicago's West Side where I grew up.

I can recall an incident involving one of my younger brothers and a gang near his high school. Due to jealousy one gang member challenged him to a fight. My brother was championship material for his high school's fencing team and a great athlete. To make a long story short, he punched out the bully and ran all the way home before the rest of the gang members could respond. When I asked him why he ran, his reply was "He who Fights and Runs Away Lives to Fight Another Day".

### **Non Lethal Weapons for Self-Defense**

Most people will avoid trouble whenever possible, however there may come a time when you cannot avoid trouble and it pays to be prepared to protect yourself in case of just such an emergency.

### **Secret Weapons Old and New**

#### ***The Commoner's Weapons***

Going back in history to the time period encompassing Feudal Japan ( approximately 1185-1858a.c.e.), the commoners of Japan such as farmers, workers and merchants, were forbidden to carry the deadly samurai sword by law, only members of royalty, government officials and Samurai or professional soldiers were allowed the use of the samurai sword.

Because of the ban on lower classes having swords, the commoners created classical Japanese martial arts weapons from everyday objects, and taught themselves how to fight their enemies. Many of these weapons were easily concealed in the hand such as pot lids, decorative hairpins, pieces of carved wood, carved bone, even tobacco pipes.

#### ***The Yawara***

Weapons easily concealed in the hand were called Hibuki, which literally means "secret weapons " or Hidden Weapons. One such weapon made from wood or bone, and carved to be easily gripped and concealed in the hand is the "Yawara" or Yawara-bo. This weapon is associated with the Martial Art of Jujutsu.

This short 6 to 8 inch rod is employed to strike sensitive nerve points, and soft spots in the human body. It is used to block opponent's strikes or to thrust into an aggressor's vital areas, as well as uses in control of an opponent by applying pressure and gaining leverage on an assailant's wrist or fingers to restrain him or perform a throw.

### ***Kubotans***

Kubotans have also emerged from ancient times as self-defense weapons. Kubotans are highly accessible, extremely durable, effective self-defense weapons. They can be used for stabilizing your fist, applying pressure to sensitive parts of an assailant's body, or gaining leverage on an assailant's wrist or fingers. Some Kubotans are in the range of 5-6 inches long and made of aluminum or some other lightweight sturdy material and have either pointed or flat tips.

### **Modern Day Secret Weapons**

#### ***The Heart Attack***

It is from the spirit of the Secret weapon that the modern day "Heart Attack" self-defense device emerges.

Remember how the self-defense experts used to tell you to place your keys between your fingers and punch. Now there is something much better and more effective, The Heart Attack Defensive Weapon.

Carry the Heart Attack on your key chain and be ready to protect yourself anytime. The Heart Attack is small (3.5 inches long) and made of tough plastic.

It's called the Heart Attack because of it's inverted heart shape with a pointed tip. At it's base is a horizontal bar of hardened plastic made to be easily gripped in the palm of your hand with the point protruding through your fingers. A well aimed thrust to an assailant's solar plexus, brachial artery on the inside of a bicep, a tricep, or any other soft tissue areas will generally discourage most attackers.

Using the heart attack for blocks and strikes to an arm or leg muscle can leave that part of his body immobilized. Thrusting the Heart Attack into an assailant's leg will discourage any leg kicks. Stabbing into the femoral artery high on the inner thigh near the groin can cause a leg to collapse. Hold it between your fingers and punch, punch, punch. Attackers beware!

## ***Steel Baton***

If you are looking for effective self-defense with extra reach, the steel baton is it. The solid steel batons expand to either 16, 21 or 26 inches with just a flick of the wrist. Law enforcement officials in countries around the world use the baton.

## ***Pepper Spray***

Learn how to use Pepper Spray properly with written information

*The Facts about Defense Sprays and How to Use Them to Bring Criminals to Their Knees Self-Defense* book. Written by nationally recognized self defense expert Doug Lamb

This 32-page booklet reveals the secrets of:

- Choosing a defense spray
- how to carry it
- how to shoot it
- what to do about multiple assailants
- date rape protection
- using defense sprays against guns and knives
- home tactical use and Much, much more about the realities of protecting yourself with defense sprays.

## ***Common Pepper Sprays***

High Grade Pepper Sprays come in 10% pepper spray concentrations and up. So far the hottest pepper spray available on the market comes in an 18% concentration. Pepper Spray at 10% concentration is rated at 2 million scoville heat units (compared to a jalapeno pepper, which is 5000 SHU), and made with a very fine grain which is more effective than the coarser grained pepper sprays.

## ***Effects of the pepper spray***

In most cases, the attacker will lose control of his faculties immediately. The spray causes inflammation of the eye capillaries and all other mucous membranes, resulting in immediate temporary visual impairment, difficult breathing, coughing, choking, sneezing, severe burning

sensations to the eyes, nose, throat and skin, and nausea, with acute symptoms and discomfort lasting for 25 to 45 minutes. There is no permanent damage.

### ***Stun Guns***

Stun guns use high voltage and low amperage to temporarily disable an attacker for several minutes. Stun Guns comes in several voltages and sizes starting with the mini stun guns which are around 3 inches in length moving up to the 20 inch stun baton. Some of the mini stun guns have a voltage of 80,000 volts or higher. The larger, more powerful, and not so secret, stun guns go up to 3/4 of a million volts in power.

### ***How Stun Guns Work***

The stun gun does not rely on pain for results. The energy stored in the gun is dumped into the attacker's muscles causing them to do a great deal of work rapidly. This rapid work cycle instantly depletes the attacker's blood sugar by converting it to lactic acid. In short, he is unable to produce energy for his muscles, and his body is unable to function properly.

The stun gun also interrupts the tiny neurological impulses that control and direct voluntary muscle movement. When the attacker's neuromuscular system is overwhelmed and controlled by the stun gun he loses his balance. Should the attacker be touching you, the current will NOT pass to your body!

### ***Cell Phone Stun Gun***

On the market today is the 180,000-volt stun gun that looks like a Cell Phone. The cell phone stun gun's unique design gives you a tactical advantage of surprise. Many models also, have built in 130db alarms for signaling an attack, and are non-lethal.

### **Big factor in self-defense is Self-Confidence**

### ***Consider Enrolling in a Self-Defense Class***

If you cannot afford to enroll in a school of self-defense, be aware of seminars and classes at your local high school or college where you can gain exposure to self-protection on a limited basis. You will be surprised at the information and confidence you can gain by attending one or two of these classes for just a few hours.

One of the keys of self-defense is confidence, confidence in your ability to defend yourself from attack, and being familiar enough with different threatening situations to act on your own behalf.

Instructional Fighting DVDs can make you more familiar with self-protection

One of the most important lessons of self-defense is to learn how to think when being attacked, or confronted by a potential assailant. If you cannot take classes on self-defense at the present time then at least become familiar with the concept of self-protection through the use of DVD's and other instructional materials.

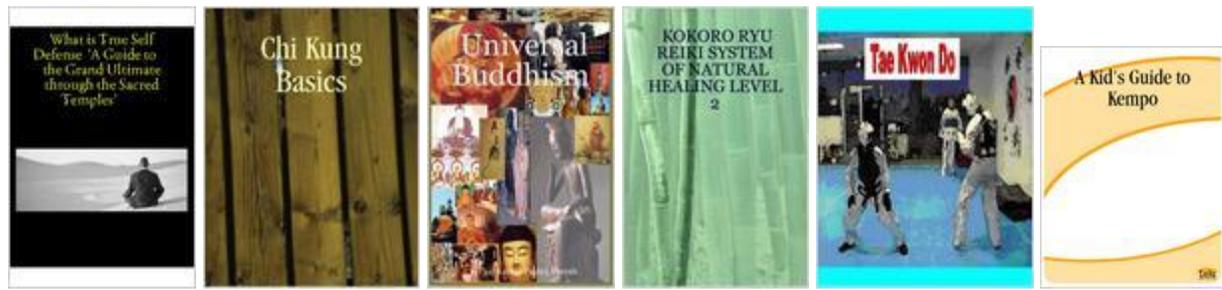
Instructional Fighting DVDs on unconventional fighting methods designed to teach you how to not only level the playing field but to give you a distinct advantage in any violent situation where your safety or the safety of a loved one is on the line.

### **One final thought.**

Arm yourself with confidence by getting and studying information on protecting yourself. Even better, go to self-defense classes. If you only arm yourself with all of the hidden self-defense weapons in this article and not have the confidence to use them in an emergency, what good will they do you?

#### **ABOUT THE AUTHOR: JERRY TARRER**

The Author Jerry T. is 63 years of age. He was born in a small coal-mining town in Logan county, West Virginia. At the end of World War II his father returned from the war where he had served in the Pacific and moved the entire family to Chicago Illinois. He was educated in the inner city completing high school and 2 years of college. After joining an apprentice-printing program, Jerry became a Master Printer and worked in his field for 37 years. Jerry is the father of 5 adult children and 13 grandchildren. The author is now trying his hand at his own web business at <http://www.securityspy4u.com> and <http://www.livesafenow.com>



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# The Essence Of Yoga: Breathing

By Beth Shaw

**" Yoga is a 6000-year-old form of physical exercise that not just disciplines our bodies but conditions the mind as well. The practice of yoga is largely thought of as just the asanas (postures and exercises). "**

Yoga is a 6000-year-old form of physical exercise that not just disciplines our bodies but conditions the mind as well.

The practice of yoga is largely thought of as just the asanas (postures and exercises), yet breathing is actually in the centre of yoga. Some have mentioned "if you can breathe, then you can do yoga". Using breathing strategies to quiet your mind is among the primary objectives of yoga.

By frequently finding the time for yoga, you may become very attentive to your breathing. You may teach yourself to control your breath, which will help you become calm and calm. Also, the form of your asanas will improve the more you focus on your breathing.

It is in our character to allow our minds float into worries of the future and the past. But our bodies are only alive in the present. With the performance of yoga, you can understand how to focus your mind on your body and let go of all of your worries, through proper breathing.

Yoga can help prevent anxiety and illness by letting you do this - releasing of these dangerous, stressful thoughts, even for a short time, restores your body and mind with a healthy balanced state. Focusing on the present is what leads to this benefit.

Yoga shows the concept of awareness breathing while performing poses - this fosters awareness of your technique and better psychological alertness. By drawing the mind into the moment and forgetting all else, you will pull together the huge benefits that yoga has to offer.

This breathing exercise is a very simple method of practicing yoga that will help to let go of stress and balance your thoughts.

- \* Lie or sit down comfortably and become aware of your normal state of breathing.
- \* Still aware of your breath, inhale and exhale four counts each several times.
- \* Now, increase your breathing and exhalations to 5 counts each.
- \* Then boost the count to six for each inhalation and exhalation. Notice your body - ensure that it is peaceful.
- \* Continue by doing this till your inhalations and exhalations reach 9 counts. If this sounds like causing you any distress, drop the count back down to more pleasant number for you.

\* Keep concentrating on your body and be aware of any pressure. Make a conscious effort to wind down any areas of your body that are tense.

\* Whatever your last amount of breaths is, keep on breathing with long breaths for several rounds, then decrease the counting and breathe naturally for ten rounds.

What you should find out from this exercise, as well as with many of yoga's other breathing exercises, is to be able to rest your mind and to still your thoughts so that you are present in your body. Over time, you'll eventually gain mastery on your head breath so that you will be able to call on your breath to still your brain in times of tension and pressure.

**ABOUT THE AUTHOR: BETH SHAW**

YogaFit has a lot of really educational advice in all areas of yoga dvd poses, coaching, and everything else. Beth Shaw also offers numerous yoga conference meetings several times a year and is also regarded as yoga guru and mogul worldwide.

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# The Benefits Of Cross Training

Author: Dane Fletcher

More than time, cross coaching has long been utilized by a lot of effective individuals around the globe. But inside the identical context it's been probably the most abused by several folks on this occupation top to several difficulties creating from it. This technique ought to nevertheless be taken as severe because it deserves and correct preparations outlined completely. Should you be thinking about the fitness enterprise, and might be you're employing it to increase your wellness and carrying out all of your program actions, make sure that, the method will provide you with a means by means of in meeting the issues of function, activity, and lifestyle with excellent excellence.

Cross coaching, can be a coaching that entails using much more than 1 program to acquire the specified person objectives. For instance, a bodybuilder may well work out around the stationary bicycle, hoping to boost his operating efficiency as an alternative to just coaching on early morning jogs being a single program. Nevertheless, there have already been debates to the problems involving cross coaching, the main contention is no matter whether this strategy of cross coaching can genuinely advantage the athlete's overall performance and support enhance his abilities and capacity.

Individuals who train physically for their very own wellness and wholesome physique fitness are greatest suited to perform cross instruction. It can be obligatory for fitness fans to cross train, if their objective would be to optimize power, fitness and attain physique conditioning.

It really is sensible that in any type of instruction, just one coaching approach can not give optimum positive aspects to a person and its stimulus to create the bodily skills, that are necessary from the person bodybuilder, may be extremely lower. It can be only via a mixture of different types of workouts that this may be accomplished. This really is simply because cross instruction provides a much better touch and enhances the stresses and intensities in the physique constructing program.

A conviction to make use of cross instruction

Fitness might be termed being a diploma of competence within the efficiency capability in all of the fields of cardio respiratory power, endurance, energy, versatility, pace, harmony, coordination, accuracy, agility, and toughness. It's instead of 1 type of coaching which gets a lot more monotonous and dull to a person. However, bodily fitness system should be created to create an optimization around the competence of executing a lot of bodily routines and enhancing the subsequent capabilities, instead of to increase just one bodily ability, and all this may only be accomplished by way of cross coaching.

Cross coaching permits bodybuilders to make use of diverse coaching approaches within their physique developing packages, intensities and stresses and also to generate a secure atmosphere for his or her physique workouts inside a vast spectrum of numerous bodily capabilities. Rather than 1 strategy, the instruction provides a specialized fitness and it really is most advised by professionals of physique constructing. Cross coaching also retains you from any type of overtraining. This really is due to a specified plan that allocates a specified duration of time on every single exercise apart from a random carrying from 1 strategy of coaching. It really is also enjoyable, which means that, it offers you a opportunity to maintain your coaching plan on the right track and examine on its relevance within the enhancement of the physique fitness.

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# Lyme Disease: Beyond Antibiotics/ The Teasel Root Connection

by Chris Bashaw, RN

As the warm weather begins to once again make its way into our life so does the threat of Lyme, a tick-borne wickedness here in New England. Lyme disease is a bacterial infection caused by a "spirochete" (spirochetes are long, thin, spiral-shaped bacteria that have flagella or tails). In the United States, the actual name of the Lyme bacterium is *Borrelia burgdorferi*. In Europe, another bacterium, *Borrelia afzelii*, also produces Lyme disease. A variety of ticks found on deer protect the bacterium in their stomachs; these ticks spread the Lyme disease when they bite the skin, allowing the bacterium to infect the body. Lyme disease is not contagious from one affected person to another, but is known to cause abnormalities in the skin that begins with a characteristic rash, and may be followed weeks to months later by neurological, cardiac, or joint abnormalities as a result of this tick-transmitted inflammatory disorder. The spirochetes paralyzes multiple aspects of the immune system; the organism is then without defenses against many microbes which can cause secondary infections. Modern medicine often treats this with antibiotic therapy, typically doxycycline (Vibramycin), amoxicillin and/or cefuroxime axetil. The standard therapy of 4 -6 weeks of antibiotic treatment is not sufficient to treat chronic Lyme disease; the treating of long term Lyme disease is often very expensive. Traditionally insurance companies have disputed treatment due to that high cost. Chronic Lyme disease is often a life-long illness.

It was 1975 when Lyme disease showed itself to the modern world through a group of children who lived near each other in Lyme, Connecticut; the children were originally diagnosed with rheumatoid arthritis. Further investigation of this remarkable grouping of infirmity led researchers to identify the cause as a bacterial source of the children's condition, what was then termed "Lyme disease" in 1982. Lyme disease has shown up most often in the northeastern United States, but it has been reported in all 50 states, as well as China, Europe, Japan, Australia, and the parts of the former Soviet Union. In the United States, it is mainly limited to the Northeast from the state of Maine to Maryland, in the Midwest in Minnesota and Wisconsin, and in the West in Oregon and Northern California. There are more carriers of Lyme disease than just the deer tick. There is a tremendous misunderstanding regarding the vector or carrier that passes on Lyme disease. First of all, the familiar tick vector called the deer tick (*Ixodes dammini*) and black-legged ticks (commonly called deer ticks, *Ixodes scapularis*) are more prevalent and spreading wider than reported. Secondly, these ticks are not the only vector able to transmit the *Borrelia* species. Several other tick species such as the Lone Star ticks (*Amblyomma americanum*), western black-legged ticks (*Ixodes pacificus*), and wood ticks or dog ticks (*Dermacentor variabilis*) can transmit it too. Unfortunately, health officials to both

the public or medical community are not reporting this significant information. The widespread distribution of these tick vectors greatly increases the prevalence of Lyme disease well beyond that of official government reports. It is important to understand the potential danger of all tick bites, not only that from the deer tick.

And though this article is not on how to diagnose Lyme disease, it is recommended that one find a practitioner specializing in Lyme diagnosis and treatment.

A natural treatment, which can be safely used, adjunctively with modern antibiotic treatment is the use of teasel root. Teasel is a common name for some members of the Dipsacaceae, a family of chiefly Old World herbs found mostly in the Mediterranean and Balkan areas but can range from India and to South Africa. Species of *Dipsacus* and *Scabiosa* have become widely naturalized in America. *Scabiosa*, commonly called sweet scabious, mourning bride, or pincushion flower (for its head of small, lacy flowers) includes several ornamentals and was formerly used as a remedy for scabies. Fuller's teasel (*D. fullonum*) is a noxious biennial weed whose heads of small flowers bear sharp prongs and have been used in the textile industry for teasing or raising the nap on wool. Teasels are classified in the division Magnoliophyta, class Magnoliopsida, order Dipsacales. The Chinese *Dipsacus japonica* whose name means "Restore What Is Broken" truly sums up the powerful healing properties of this valuable herb.

The potential of using teasel root as a magnificent partner for individuals with chronic Lyme disease, which is further, outlined in Matthew Wood's book, "The Book of Herbal Wisdom". Wood writes, "After entering the body through a tick bite, the spirochetes burrow into the muscles where they settle down to live. Here they produce chronic inflammation and pain, with destruction of muscles and joints. People become like the broken-down 'tertiary syphilitics' described in old medical text books".

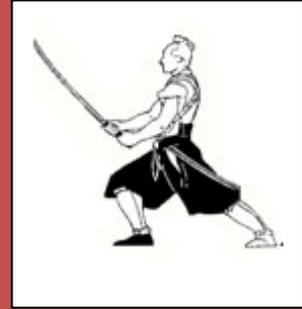
When combined with prescribed antibiotics to treat the secondary infections, and St John's wort to heal the actual nerve damage produced by the infection, teasel root's anti-inflammatory effects work on the spirochete's damaging consequences arresting the dis-ease process. (It is important to note that teasel has also been successful in the treating of Fybromyalgia as well). Teasel root has also been effective in treating canines diagnosed with Lyme disease.

Each herbalist has his or her own treatment remedy for using teasel root, and I am no different. And each remedy, though a little different, seems to work. Remember, 100 Lyme disease diagnoses will have 100 different stories and patterns, so before starting a regime of teasel root consult a qualified herbal practitioner for an individualized appropriate, and most of all successful treatment.



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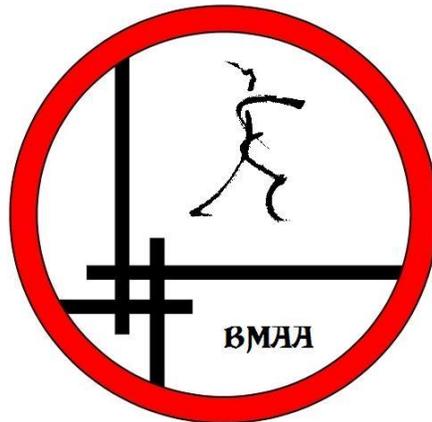
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