

'Warrior Sage' is a book in progress by Maine martial arts teacher, Michael Huard. It is a wonderful sampling of ancient proverbs, words of wisdom, education and enlightenment. We are proud to show you sample chapters of this book before its future publication

# Warrior Sage

*Discovering Soul, Mind, and Body Techniques for Martial Arts and Life.*

By: Michael Huard

## Prologue:

*A battle is going on inside me says the young apprentice to his martial arts master. It is a terrible fight between two wolves, both with faces semi blurred. One wolf represents fear, anger, guilt, and greed. The other stands for faith, peace, truth, and love. What shall I do master, who is going to win. The master looks deeply into his student's eyes and proclaims, this same fight is going on within many people young disciple. The answer is simple, the one you feed the most.*

*"A gem cannot be polished without friction, nor a man perfected without trials." -- Chinese proverb*

## Chapter one - Soul, Mind, Body

In Japanese Mater Shoto Tanemura's book Ninpo Secrets, he states, "The body's posture and encouragement is explained on the martial arts. But, in reality, the highest point is the posture of the mind and spirit."

We often have heard the phrase mind, body, and spirit in the martial arts. But what does this mean? First off our soul can also be called our spirit, so in essence this is one and the same. Our body is controlled by our mind and spirit. We move like the wind when our soul is behind that which we're doing. Yet, we drag our feet when the soul practices that which we dread or find little interest in.

Our soul is like a warehouse of thoughts; our mind is like our house. Everything in our mind or house comes to us first in thought day in and day out. We have such information lingering at the tip of our tongue. So it is important that we nurture and train our mind wisely. On the other hand, our soul or spirit holds things from far away. These things are more often than not things we care to forget. In this case we must try to let go. The present tense is a time to live. For such things we want to release lets us take a deep breath and from the pit of our stomach, our "one spot" bring these thoughts up and blow them out loudly via our mouth somewhere privately. The energy you release is that which you care not too remember. Make it gone and move to the now. This technique is an ancient one from the orient but works real well.

Sometimes in our warehouse we may store non negative things, those we may keep for memories that put a smile on our face, but others, the thoughts of past mistakes, and things we care not to recall we must let go of. In order to have a strong spirit we must look ahead not back. Get rid of the past errors and seek a new day, a day with a bright sun behind you. The world is beautiful if you live life like this.

Everything has a soul, mind, and body. Treat everything with the greatest respect. Be it another human being, and animal, a tree, plant, or the smallest of insects all have such and we must honor that which we share the world with.

You can also heal your body talking to your soul, mind, and body. I say special words taught by master healer Dr. Zhi Gang Sha of China each night before I go to sleep to heal areas of need on my own body regularly. An example is as follows, "Hello soul, mind, and body of my heart, I love you, you have the power to heal yourself, and I know you will do a great job." I then add a thank you thank you thank you when I am finished.

Instead of saying hello to ones heart you can talk with any other part of your body you feel needs healing- this really works. I talk to my heart a lot because my father was diagnosed with heart disease and this tends to run in ones family so a relationship in needed in a big way in this regard. I also talk with my back and seek out a soulful partnership with it as well. There are other ways to heal the mind and body. Mantra chanting is another technique we will speak on later.

## Peace and Harmony

I once stood side by side, with my son, under a thousand birds flying above us. We gazed in wonder at the blue filled sky above. I felt so at peace, and my young son who likes to move all about too stood and was in a trance. At that moment a great harmonious

feeling came over me and I smiled. A martial artist most important achievement is peace and harmony. So we must try and wake up each morning with great spiritual strength.

When it is time to get out of bed we test our spirit each morning. To lay back and stall we are weak, we must jump out of bed and face the day- for this is power of the spirit. We prove that our spirit controls our body and we have great ki.

There are times when we are capable in martial arts skills combative in nature. Powerful techniques are within us, yet we still have not managed our personality our inner self enough. This is normal and once we realize such, we can strive to improve on the weak end. Our mind is not at peace, and it is in these times we must balance our lives and work on better mental enlightenment. At the greatest time of turmoil the best physical skill does not matter all too much. We must find peace somehow within.

There is a "one spot" we must master right below our navel. This is our center of all spiritual fortitude. We spoke earlier on how to bring a breath up from this spot and release a negative emotion, or thought. Say goodbye and may peace come to you. Place your hands on the spot and think a calming thought. You know when your "one spot" is out of order, you can feel it right there, a pain, an ache in the belly that says, "something is just not right." There are sounds or mantras we will talk on soon that can be used to heal your one spot, keep reading and these will be coming up shortly.

Perhaps you just need to envision a happy setting to calm your mind - a scene that will warm your heart and make your one spot much more at ease. I want you to close your eyes, and imagine the back of your eyelids as a movie screen. In your search for spiritual happiness this is what you see; a white cloud forms and you begin to walk within such, a blue sky beckons you forward into this one special cloud. Soon enough you must cherish loved ones appear in this cloud for you to see. They smile and welcome you. There is nothing else now, just the whiteness in the cloud and your most beloved partners. You come together for a moment and hug. This is one special moment of peace seen as the movie of your life when times are tough. You, walk on clouds today, and the world is in harmony.

*I Wandered Lonely as a Cloud  
I wandered lonely as a cloud  
That floats on high o'er vales and hills,  
When all at once I saw a crowd,  
A host, of golden daffodils;  
Beside the lake, beneath the trees,  
Fluttering and dancing in the breeze.*

*Continuous as the stars that shine  
And twinkle on the milky way,  
They stretched in never-ending line  
Along the margin of a bay:  
Ten thousand saw I at a glance,  
Tossing their heads in sprightly dance.*

*The waves beside them danced; but they  
Out-did the sparkling waves in glee:  
A poet could not but be gay,  
In such a jocund company:  
I gazed--and gazed--but little thought  
What wealth the show to me had brought:*

*For oft, when on my couch I lie  
In vacant or in pensive mood,*

*They flash upon that inward eye  
Which is the bliss of solitude;  
And then my heart with pleasure fills,  
And dances with the daffodils.*

-- William Wordsworth

Sometimes no matter what we try we can't find peace. In ancient times life was more simple. Our needs were easier to meet. So I say this when times are tough and you can't get you one spot centered and feeling good, think green. No not green as in money but green as in nature, trees, flowers, grass, outdoor scenery to make your spirit happy.

The color green itself is a relaxing color indeed. When all else fails, head out in the country the woods this will help remind you of all life's peaceful offerings.

*"Peace comes from within. Do not seek it without"-- Buddha*

