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SENSEI'S BLOGS:

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“Why follow a Martial Way if it does not lead beyond the Dojo?”

In the *I Ching* (*book of changes*) there is a character which reads as follows:
“After a time of decay comes the turning point. The powerful light that has been banished returns. There is movement, but it is not brought about by force ... the movement is natural, arising spontaneously. For this reason the transformation of the old becomes easy. The old is discarded and the new is introduced. Both measures accord with the time – therefore no harm results.”

All around us we see the signs of breakdown ... decay ... the symptoms are visible in our economics, social structures, environment, physical and mental health, employment models, education models, values, leadership. In fact it seems so big as to be unapproachable so most of us just shut it out. Quite rightly we concentrate on what we **can do**. I just believe that we **can do** more than we think, **when we act in concert!!**

Those symptoms we perceive are just that – they are not the illness – they are just a byproduct.

What is the illness??

The illness is the way we think!!

This of course affects the way we act in everything. There is still an acceptance of outdated modes of thought. Linear rather than comprehensive; isolationist rather than systems; mechanistic rather than organic; competitive rather than complementary.

There is a separation between mind and the remainder of the human ... between human and human ... between human and planet ... between human and the other life forms. The models, which have sprung from this base, are flawed because they approach existence only from the intellectual.

How does Budo address this?? What good can it possibly do to go & train Budo a couple of times a week??

Budo teaches us to think correctly. It teaches us to think with our mind, body and spirit. I mean this absolutely literally. It reintegrates the intellectual process with the emotional and the physical. Our human system is the supreme computer for running any theory through – we know what is right always if we are **open** – if we are UN-blocked of our prejudices and biases.

Having achieved a **Systems** view as individuals, we are then free to act in concert. That is the whole function of the Institute. To free each other and keep each other free while we act in concert - in concert we can have major impact on those problem areas I cited.

How do we act in concert – what models do we implement. Where do we





uncover those models?

Look inside Budo !!

- ◆ Act in a Co-operative manner. Treat others as your partner – not your opponent.
- ◆ Avoid use of strength to overpower. Use the natural flow of power to mutual benefit.
- ◆ Treat others with genuine care.
- ◆ Enter without fear when needed – Blend with the force of others.
- ◆ Act to reconnect others. Avoid actions which separate or isolate.
- ◆ Deal with the problem – avoid personalising issues.
- ◆ Start with the basics and be aware that action in one area affects all other areas.
- ◆ Act when the time is right – Relax completely at times of inaction.
- ◆ Etc. Etc.

I vividly remember Nishioka Sensei telling me one thing over & over again in an early lesson – At first I found it quite annoying and a little voice kept going – “Why does he keep telling me the same thing over & over? I heard him the first time and I know this!!”

With a little thought the reason became clear and I was humbled. He kept telling me because I may have known it in my head but I wasn't doing it - **I wasn't living it out.**

Education is the means by which we can impact on the disease affecting the human race. Education in schools, in business, in politics, in economics, in environmental issues, in social planning, in health, in satisfying use of our time and energy (what are currently called employment and recreation). Education in Life!

The logo for our Institute is a **Tori** or Gateway – this is symbolic of passing through to another place – of transformation - plus the words “Mastering the Art of Life”. This logo was chosen carefully.

I was recently reflecting on some advice around landscaping. The author had said that the art consisted not of adding elements until we find the correct balance. In fact he recommended an approach where we remove unnecessary elements until we find harmony. He pointed out that harmony was not a static balance (equilibrium is not a notion available in our universe of flux and constant change). Harmony is a dynamic re-balancing of changing





elements and proportions. I was thinking that this is so true of my Budo experience – rather than adding new techniques I find myself trying to discard unnecessary and unproductive elements in technique. To move at the right time and only as much as necessary while ensuring it has the desired effect. Use of excess energy is wasteful and can only harm our partners.

David Dangerfield

