

# August 2011

“Sometimes we have to really observe to accept own potentiality and simply let go”



I have a great debt of gratitude to all my my teachers. Often in life we want what someone else has: their career, lifestyle, looks, fitness, artistic skills. I am sure that we continuously cover up insecurity. We all participate in such games. We perceive the world from our narrow yet highly conditioned perspective. My personal ego

issues arose out of wanting to be the best. The resultant self suffering and masochism that came from such suppressed thought was and is quite a force to behold. My interest in physical and the so called energetic arts of the orient stemmed from one event and one practice:

This is process of body scanning where felt sense observation and the acceptance of sometimes agonising emotional patterns were the order of the day. It felt at the time as if my emotions were cemented into my human form. This changed my course, however I had to do it, and do it and then do it again to keep sane, there was no going back. This repetitive process loosened the self maintained emotional strangle hold that was suffocating my life and isolating me from it. Then later



another mentor taught me to view my own and another persons mental thought patterns via the tempo and rhythm that transmits from all arising thought. The more entrenched a thought pattern the stronger the tempo. This method of meditation is a useful tool in the fight against the machinations of the ego.

## Special Workshop with Master Robert Boyd

Master Boyd is coming to the UK for a brief visit in **October 22nd and 23rd 2011 10-4pm, £100** . One of the most qualified Tai Chi men on the planet and a very generous teacher .

If you know anyone who does Yang Style, let them know about Bob !

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Then finally I met Dzogchen Master Namkahi Norbu. My urge to meet him came via a book, (The cycle of Day and Night) I had hastily grabbed this from a shelf in Watkin's bookshop in Cecil Court off Charing Cross Rd. It was 1991 and this book was my constant companion on a work trip to Germany. This led to me meeting him many years later and to an experience which was liberating in the most ordinary way possible.

And yet now many years later, still my ego, regardless of all observations still find ways of recapitulating patterns that are so entrenched that the process of relaxation and letting go must continue to be practiced.

Qi Gong and all the internal arts practice has been a way for me to use intelligent methods of movement to access those entrenched layers of knots, lesions, scar tissue and emotional blockages, and as such has been a most wonderful method of release when combined with ( and this is the punchline ), simply being present and not rushing or striving for something, in my case that is being the best as I mentioned amongst other ludicrous ego structures.

I have a few observations on the theme of the ego and the body and I hope that this will all come out in a book.

Efficiency in life seems to me to stem from being alive to the world and to others where inspiration and creativity can arise from that place of presence.

What will drive us away from experiences and growth in life are the deeply entrenched

Psycho-physical, emotional knots that we either ignore or talk about too much.

Please note that I am talking from one perspective here and there are other frameworks of observation, like birth and pre-birth influences, spiritual influences etc

### **What are the mechanisms of avoiding the opportunity for helping oneself?**

Events in the world and immediate environment also distract us too much, via the news. We become embroiled in world events so much that they become another method of control as much as advertising, We are all susceptible to this type of conditioning and everything we observe can add to our conditioning. So we must be vigilant and have some form of practice to free us up and to keep us free.

If you sit in an office for 20 years and your internal environment is toxic through poor eating you can get cancer, diabetes, arthritis, heart disease etc. In fact the odds that you will be increasing all the time.

We are all too comfortable, lucky to have the luxuries that we really could do without. And as a result the ego develops a new kind of tactic. We guard our comfort and our right to the (Anglo- American ) view of life and liberty, you know the one that says we are free individuals. yeah right! And so I stand, I move and I observe the internal scenery of my self and look at what state it is in. Is it freeing up or is it closing down. Sometimes it is hard to tell because of the healing crisis that occur on all levels of being and the Machiavellian deviousness of the

my ego. It is easy to not practice anything and to distract ourselves .

Only some form of awareness practice can illuminate the ego process to us. ( of course we need an ego, one that we control consciously and not one that sabotages us through our own ignorance of it modus operandi )

You dear reader are only one who can do this. This leads us to self responsibility, the moment we say to ourselves enough is enough, **'Wake up !!'**

Conditioning is a natural process, grossly out of control.

I thank all my teachers  
Free body Free mind

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# Hun Yuan Qi Gong Level 2 Class



The level 2 of Master Ma'a Hun Yuan Qi Gong has started on Wednesday evenings at the studio at 7.30pm. This Class is an extra £20 per month. This reflects the private nature of the class and the level of information offered. Everybody who wants participate needs to enrol in this class. £60 pcm.

**call me on 07801550302**

**There is also a level 2 workshop,** see Calender or workshops on the site.

## Calendar

**October 8th, 2011**

Spinal Qi Gong Workshop

**October 9th, 2011**

Ba Gua Zhang Workshop

**October 22nd -23rd**

Master Robert Boyd London Workshop

**October 29th, 2011**

Hun Yuan Qi Gong Level 1 Workshop

**November 12th, 2011**

Hun Yuan Qi Gong Level 2 Workshop

**November 13h, 2011**

Ba Gua Zhang Study group

**The UK Premier of Snake Style Tai Chi with Master Robert Boyd London 2011**



**Grandmaster Ip Tai Tak**

This is a rare opportunity to experience Tai Chi the way it was designed to be practiced. Snake Style is the disciple ( indoor teaching of The Yang Family ) Guarded for many generations these authentic teachings as practiced by Grandmaster Ip Tai Tak are available openly to the public.

**If you are a Yang Style practitioner and would like to participate, you are all very welcome to attend this historic event and experience this teaching for the first time on the UK**

I have had the pleasure of training with [Master Boyd](#) and I am extremely happy to host his work here in the UK. He is the second disciple of the late great [Grandmaster Ip Tai Tak](#) who was a world authority on the Yang Family and the Snake Style implicit to the family fame.

The workshop will comprise as an introduction to the Snake Style and present it for the first time to the British public the physical and energy

mechanics that are fundamental to the practice of Tai Chi Chuan.

The material you will encounter in this workshop can deepen your understanding of the bio mechanical function in Tai Chi Chuan and give your practice the renewed growth.

Check out this link for more information on Snake Style

**Saturday and Sunday 22nd and 23rd October 2011. 10 - 4pm RSVP pre booking only**

**book now for member discount price of £100 before October 10th or £140 after**

# MASTER PROFILE

SENSEI MIKE FINN



The Elite Martial Academy is a private dojo founded by Mike Finn

teaching self defence and a range of modern and classical Japanese martial arts.

The tuition offered at the dojo is of a very high standard. Classes are kept small and every student receives personal attention.

The martial arts are taught in a manner that is similar to the teaching in Japan. The training is conducted in a friendly but disciplined and purposeful atmosphere.

Skills taught at the dojo include self defence, aikido, kendo, stick fighting, iaido, jojutsu and ryuku kobudo.

Sensei Finns website:

<http://www.elite-int.com/index.html>

I have trained with Sensei Mike Finn for the past 13 years in Shindo Muso Ryu Jojutsu and Setei Tanjo.

Incredibly knowledgeable and a superb high level teacher. If you know of anyone who has a desire to learn Japanese Arts from a high level teacher in a semi private learning environment then pass this on to your friends.

Interestingly Sensei Finn has had many detractors. The internet and chat rooms inevitably throw up these bed sit neurotics. Sensei Finn's martial story can be viewed vis this youtube link: enjoy

<http://www.youtube.com/watch?v=gfnaESJcDv8>