

Mental Kung Fu

by Ariel Bar Tzadok
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*He who is wise learns from everyone, and everything.
All originally emanate from the One of the universe.
Everything is thus connected, and part of the Whole.
This is the secret of Unity,
and how one comes to recognize the many masks of God.*

Lesson 3 - Embracing the Bull of Heaven, and the Tree of the Earth

*Power like bull,
solid like tree,
no way to pull,
free to be me.*

Sometimes the body is strong, and sometimes it is not. All too often the mind is weak, and very rarely is the mind ever strong. We must make every effort to have both, a strong body and a strong mind. We do not work backwards from the outside in, rather we work correctly, from the inside out.

Mental Kung Fu begins in the mind, and fine tunes it into both a tool, and a weapon. Once the mind is strong, then if physically possible, the body can also be honed into both a tool, and a weapon as well.

Life begins with a seed, so too does mental Kung Fu. We begin by planting a seed in the mind. This seed is a thought, and a concept. It is not enough to merely recite words of affirmation, for the unconscious mind, the place where the seed is buried does not speak the language of the conscious mind. Therefore, seeds are not planted in the form of words. Like in dreams, the deepest messages come in the form of vivid imagery.

Vivid imagery will be our tool of choice to plant the seeds of assurance and strength deep inside the unconscious. There the seed will sprout, grow, and blossom into a full grown, living power of the mind.

The more detailed the vivid imagery of the mind becomes, the greater will be the fruit that tree of thought produces. Mental Kung Fu, therefore, is expressed through detailed, imagined martial arts moves, that are actual fighting techniques in the physical world.

Mental Kung Fu is not fantasy fighting. It is real fighting, with all the details of its physical counterpart. Knowing now what must be done, let us begin with planting

the seed. In the case of mental Kung Fu, the seed of beginning is visualizing the position of stability, grounding, and strength.

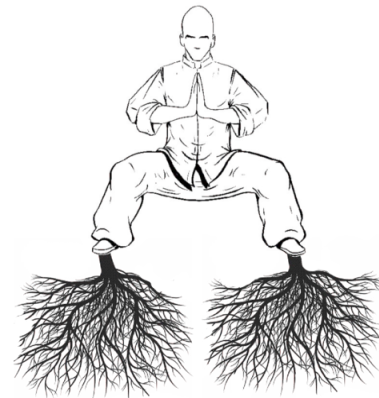
In traditional, physical Kung Fu one begins one's learning with how to properly stand. While this stand is given many names in different system, the most common name for the standing position of power, grounding and stability is called the Horse Stand. Imagining the Horse Stand, and what this image in the mind means to the unconscious, is where we will begin our mental Kung Fu.

Stability is always the first step towards balance and alignment. One must be stable and well grounded in both mind and body. In physical Kung Fu, practitioners spend hours standing in the Horse Stand, lowering their center of gravity, and learning how to become immovable. As it is with the body, so too do we do with the mind.

Closing one's eyes, sitting or relaxing in a place, and in a position in which one will not be disturbed, one begins one's training.

Visualize standing straight and tall, with your feet together. Next, visualize swinging your toes out to the left and right at 45 degree angles, while keeping your heels together. Next, visualize swinging your heels out 45 degrees past your toes, while keeping your toes in that same position. Repeat this two more time. When complete you should be able to see your mental legs approximately two shoulder lengths apart.

Next, make your mental feet face forward, and in your mind bend down low. Stretch out your knees so that they are in exact alignment over your toes. Lower your center of gravity by lowering your buttocks into what make appear to be a sitting position, or better to say, the position one would have if one were riding on the back of a horse. This is the Horse Stand.



Once you have accomplished this visualization, the next step is to visualize roots growing down out of the bottom of your feet, like a tree, bonding you strongly to the earth. You become as immovable as a tree.

The above directions can also be used to get into the physical Horse Stand, but these details should not be ignored when practicing this mentally. In going through this process mentally, we are training the mind to become as grounded, as would be the body, if this was practiced physically.

Grounding the mind is the first step in all forms of mental self defense (and attack). We are often attacked by the negative words, feelings, and emotions of others. When the mind is properly prepared, it will automatically imagine going into a Horse Stand, which balances it against any incoming mental, or emotional assault. The mind becomes immovable, and unshakable. The mind, at the unconscious level is thus trained, and is now able to withstand the emotional onslaught from outside.

With practice, once the mind perceives external attack, this visualization will automatically pop into one's consciousness, even if only for a second. It is a mental message from one's unconscious that one is ready, and able to withstand that which is perceived coming.

Another formative image to visualize in the Horse Stand, is the image of the bull. The bull is strong. The bull is stubborn. The bull does not yield. When aroused, the stubborn, strong bull attacks with a charge. He gores with his horns. He pierces, and then tramples his enemy. The bull expresses the stability, and strength of the Horse Stand.



In the Bible, and later Kabbalah mysticism, the image of the bull is seen as being one of the four animals of the Chariot of God (merkava). As such, imagining the image of the bull, embracing its power, also allows one the inner thought, and mental image of drawing these powers of strength and stability directly from the Throne (chariot) of God. This thought, coupled with the image of the raging bull, crouching in the Horse Stand, reinforces one's inner strength and resolve.

The Horse Stand is thus the Bull Stand, and this is the beginning of mental Kung Fu defense.

Strength always begins with stillness, and a strong sense of being grounded. When one is firmly grounded, one is not easily moved. This is valid in both physical and mental Kung Fu.

This first visualization of mental Kung Fu, the Horse/Bull Stand, must be mentally practiced over and over, until the image becomes clear, and vivid in the mind's eye. Remember to contemplate the meaning of the image as you visualize the image. You are strong, and immovable. You are grounded like a mighty tree that cannot be moved. You are a bull, powerful and strong.

You can actually use these words in the form of a mental affirmation while you are visualizing yourself in the Horse/Bull stand. Say to yourself the following.

*“I am solid and immovable.
I am a living tree, my roots run deep to ground me.
I am a bull, powerful and strong.
I am attached to the earth beneath,
and to the Chariot of God, above.
I unite Heaven and Earth.
I am not moved by any force, from any other.
I stand strong.
I am solid.
I do not move.”*

This beginning step of mental Kung Fu is called **“Embracing the Bull of Heaven, and the Tree of the Earth.”** Practice it well.

More Mental Kung Fu will come soon...