

Mental Kung Fu

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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 4 - Circling with the Bull's Horns

*Subtle moves in the dark are hard to detect.
One must reach within before one can reach out.
On solid ground stands an immovable defense, the bull.
On shifting ground, the bull swings its horns.*

The mind must be stable and calm in order to defend against any kind of incoming attack. The mind is the first line of defense in both mental and physical Kung Fu. Once the mind is grounded through the imagery of the well-planted tree, horse stand, it is then time to unleash the raging bull.

The bull defends his domain with a nod of his head. Of course, the bull's head contains long, hard, deadly, penetrating horns. The bull's horns are often used for attack, but we will focus first on defense, and attack later.

Imagine yourself in the horse stand, grounded, strong, and immovable. Now imagine your arms swung out in front of you, curved and wide, like the shape of bull's horns. Your arms extend to the sides, 30 degrees lower than shoulder height. The elbows are bent at 90 degree angles. Face the palms straight up and facing out. From above, it would appear as if your arms were in a circle, with the exception the palms, which face forward to catch and deflect any incoming negative force.

Your arms are the long horns of the bull. They are strong and unbreakable, yet flexible and quick. The horse stand plants one firm in the ground of conviction. The bull stands stubborn and immovable. Ready and firm, the legs ground, and the horns stand ready to both defend and to attack.

In comes the harmful force, be it words, feelings, thoughts or deeds. Immediately one becomes the mighty bull, grounded firmly like the mighty tree, stubborn and solid. No incoming force will penetrate, no negativity will survive to cause harm.

Negativity, in whatever its form, comes crashing in like a ball of fire. Yet, every ball, be it of fire, water, wood or earth is still subject to the laws of nature, ordained by the Creator. To every action, there is an equal and opposite reaction. Everything that comes hurtling towards us can be recycled and hurtled back at its point of origin. Kinetic energy does not

have to be absorbed, it can simply be redirected. As this is true with a physical object, and underlies the defense strategy of physical Kung Fu, so too is this true with mental Kung Fu.

The forces of mind operate in accordance to the same natural forces and laws as do physical objects. Negative thought projections, regardless of their kind, or source of origin, should be deflected. This is accomplished by visualizing the redirection of the incoming force, using the laws of kinetic energy as our guide. For this visualization, we visualize our rounded arms in front of us as being the rounded horns of the bull.

The horns of the bull catch the incoming force, and swings it right back at its source. When this is performed as a mental exercise it immediately relieves the mind of any pressure. No negativity has been absorbed, no mental or emotional harm has been performed.

The feet of the bull stand strong, without surrendering any ground. The left horn of the bull reaches out to capture the incoming negativity and cycles it through one's curved arms. Allow the force to flow circularly from one's left palm down around the left arm, across the chest, and into the right arm, down it and back out through the right palm.

As the force comes in, visualize the open left palm extending forward slightly to meet it, then draw the palm slightly backwards, as if capturing the force. Visualize the left shoulder moving back along with the left arm. Then visualize the left palm circling into the center of the chest, as the right palm extends forwards into the center of the chest in front of the left palm. Then project the captured force out from the left palm by pushing it forward and into the back of the right palm. Push out both palms, with the left behind the right, yet keeping them apart from one another. The two palms jointly circulate the negative energy back out to the original source.

This visualization may take some practice to perfect. Acting it out physically will assist in reinforcing the mental imagery.

Nature is cyclical, so too is human consciousness. Everything rotates or revolves. If negative energy comes in, in order for it to go out it must succumb to cyclical force. This is true in the physical domain, so too is it true in the domain of mind.

There is no reason for anyone to feel helpless in the face of any negativity. Whatever the force cast against one, be it mental, emotional, verbal, or even physical, there is a natural way to deflect that force, and either neutralize it, or to return it even stronger onto its point of origin. Martial arts masters practice this with their physical Kung Fu. The one who can see this, and perform this mentally, is the one that can withstand any assault.

Practice the cyclical movements of the hands, standing firm and unmovable like the tree. Become the bull. See yourself as part of the Chariot of God, with the power of the Divine flowing through you. God is the source of nature, and your movements conform to the natural order that God has made. When one acts (and thinks) in this way, one draws close to God, and one draws God close to oneself. The mighty tree is never shaken. The mighty bull stand firm and gores with its horns.

All movement begins in a realm undetected, and undetectable. If such movement is to have a negative effect upon one, then the sooner it is detected and prepared for, the better. Mental Kung Fu comes before physical Kung Fu. Indeed, the practitioner of both forms, mental and physical, will easily defeat the one who only practices the physical. All battles begin in the mind. Those who can fight a battle of mind, and win, stand the best chance to export that victory into the physical world to overcome any and all obstacles.

In mystical circles it is asked, “what was God doing before he created the universe?” The answer they give is that before creating the universe, God thought about it first. One’s deeds are always the final step of action, one’s thoughts are the first. Mental Kung Fu then is the first line of defense, and offense. The mind is the most real of places. Those who achieve expertise in the realms of thought and contemplation can also become experts in any other domain of their choosing.

Stand firm like a tree. Be strong as the bull. Brandish your mighty horns as a show of force and strength. Stand firm, capture the incoming negativity, circle it around, deflect its kinetic energy, circle it through the left, and out through the right. Allow nature to take its course, letting the kinetic energy to build and expand as it shoots out from you, and back on to its source.

The source can be far away in either space or time, this does not matter. Thought knows no physical boundaries. Those who attack you are not limited by space and time, and neither are you limited in response.

“I am stable. I am the bull. I am connected to the Chariot of God. I sense the movement of the negative towards me. I am not surprised. I am not afraid. I capture it. I deflect it. I recycle it, and send it back from whence it came. I follow the natural way, and in so doing I am one with nature, and thereby closer to God.”

More Mental Kung Fu will come soon...