

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 5 - The Bull's Horns & the Eagle's Eye

*Fire does not extinguish fire,
Water extinguishes fire.
Fire burns, water flows.
Water cleanses, and water washes away.
Water quenches the bull's thirst,
and enables the bull's fire to be strong.*

Negativity in life is a constant, this should not surprise or dismay. For every light, there is its opposite darkness, for every good its opposite evil, for every day its opposite night. Two halves make a whole, two halves make a complete circle, a complete cycle. Knowing that negativity always exists enables us to know that its opposite positive also exists. Knowing that all flows in cycles, and circles, means that when negativity comes in, we transform it, and positivity goes out. This is how the circle is complete. This is how water extinguishes fire.

Mental Kung Fu in the constant flow of thoughts and imagery through the mind. Inside the mind one becomes sensitive to the subtle feelings, and projections of others. These are pictured within as an attack by a dark warrior. They are repelled by recycling the force, turning it from left to right, and at the same time, from darkness to light, from negative to positive. In doing this we succumb to no harm, nor do we inflict harm, even on those who wish to inflict harm upon us. We rise above harm, and thus stay out of harm's way.

The horns of the bull are a sacred symbol originating in the chariot (merkava) vision of the Biblical prophet Ezekiel. He saw the image of the Divine Throne carried by the four Hayot angels. There were four angels, and each had four faces. Each had the face of a bull opposite the face of an eagle, the face of a lion, and the face of a human being. There were four angels, each with four faces, for a total of sixteen faces. The Biblical account is clear that Ezekiel gazed upon this while he was "in the spirit." The chariot (merkava) was experienced as an image within the prophet's mind. The chariot (merkava) was essentially the prophet Ezekiel's own form of mental Kung Fu.

The significance of each angel having the faces of all four indicates that each of the four contains not only its own essence, but also all the other elements as well. The four faces of the chariot represent the four elements fire, air water and earth. Each of these

symbols have been used in cultures around the world for millennium to describe everything from the nature of physical matter, to the causes of physical disease in the human body.

The four elements are symbolic representatives of the elemental forces, fire, air, water, and earth. In mental Kung Fu, we therefore unite these elemental forces with the animal faces of the angels of the chariot (merkava) to create a full, and potent mental martial arts system, that is successful in countering any kind of energetic attack, be it emotional or physical. This structure can also be translated into physical practice to become a very effective self defense system.

The bull represents earth, yet this earth bull has within him the powers of fire, water and air. In mental Kung Fu negative imagery is mostly portrayed as fire. Therefore, the way to extinguish fire is with water. The bull is the sign of strength and grounding. This is why it is he who first repels an attack. He captures the incoming negative fire, and transforms it into water through the imagery of the circling around his horns. Knowing and understanding the imagery enables the imagery to take much deeper root within the unconscious mind.

It is important in mental Kung Fu, that instead of provoking or creating more harm, we intend instead to create healing. This does not mean that we let down our guard, not for an instant! Mental Kung Fu follows the same rules as does physical Kung Fu. We do not seek a fight, we do not seek to hurt an enemy, but we do seek to defend ourselves, and if necessary we seek to neutralize a dangerous enemy, to prevent it from harming others.

Essentially, mental Kung Fu uses the same energy thrown against one, right back at one's opponent. This is done once that energy has been both transformed, and amplified. A small attack is turned into a larger response. This is the way of the bull, and the power of water to wash away fire.

Although the bull transforms fire into water, he is still nevertheless the earth, grounded and strong. Bulls are not known for their sensitivity, and foresight. Bulls are the best for the first line of defense against an incoming attack. Yet, before one can defend against an attack, one must first see it coming. The animal image that sees from a distance the incoming negative energy with piercing eyes is the eagle.

The eagle, like the bull is one of the four faces of the chariot (merkava) of God. The eagle's great powers are in its eyes, its wings and its claws. Before, the eagle swoops down on its mighty wings, to grab with its awesome claws, it first sees its target with its piercing eyes.

The eye of the eagle stands sentry, and is first to see and thus to warn of any incoming negativity. In mental Kung Fu, the image of the eye of the eagle represents the mind trained in extra sensory perception. The unconscious mind reaches out far beyond the confines of the organic (physical) brain. The unconscious mind touches, and senses energies, be they positive or negative. The unconscious mind is the first to come into contact with any negativity projected at the individual, be it at the mental, emotional, or even physical level.

A master of physical Kung Fu senses an opponents moves, and reacts to them, even before the opponent actually executes the move itself. Essentially, the physical Kung Fu expert is one step ahead of his opponent. This is also how it is with mental Kung Fu.

Through training the mind one becomes sensitive to the presence of negativity, even without having to know its specific source. The unconscious mind then triggers the mental Kung Fu process. The unconscious mind is the eye of the eagle. When it sees trouble, it immediately triggers the bull into quick, and precise action. Eagle and bull work together in harmony, they work together as one. The eagle's wings fan the incoming flames into the ready horns of the bull. The bull then uses its horns to transform the fire into water, and projects it back to its source. This all happens in the mind in less time than the blink of an eye.

The unconscious mind perceives, the mind reacts instinctively, and immediately. In this way, both the mind and the body remain safe, untouched by harm. The following affirmation can help reinforce this message.

*“With eagle's eyes I see all around me.
My unconscious mind reaches out to see, to sense, to feel and to know.
With eagle's wings, I direct and control negativity.
With the bulls horns I turn and redirect the fire of negativity
into the waters of neutrality.
I stand strong like the bull, I transform fire into water, and darkness into light.
I stand secure, firm, and unmoved.
I control the energy around me, it does not control me.”*

More Mental Kung Fu will come soon...

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