

# 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 6 - The Eagle Strikes

*The eagle's eye sees.  
The eagle's wings fly.  
The eagle's claw strikes.  
Sometimes the best defense  
is a quick and sharp offense.*

Defense is wise, and defense is good. Defense protects, but defense does not win a war. Defense does not resolve an attack.

Absorbing or neutralizing negativity does not make the negativity to go away. In order to address an attack, the attack itself must be confronted. When possible the attacker is attacked. The only way to resolve a leak is to seal the hole. Attack in mental Kung Fu is an active mental construct imagining an actual physical attack, with all its relative details.

One who is wise does not wait for an attack to come. One gazes out, to foresee that which is coming, and responds even before the attack arrives. One strikes with the speed, and sharpness of the eagle, and yet, one does not seek to inflict harm. Rather, instead, one seeks to impose healing. Even the eagle transforms fire into water, and elevates earth into air. This is the way of the merkava, the chariot of God.

All too often we are erroneously taught not to fight back against an assault. This is not the natural way. What is not natural, in the end, will not stand. Nature's way is to attack when threatened. Nature's way is to respond with an attack to an attack. Yet, an attack of fire does not neutralize fire. An attack of water will neutralize fire. Also, an attack from the air, when performed with proper force will blow out a fire. However, an attack from the air without enough force will only fan the flames, and make matters worse.

The bull stands strong, and defends its place with its horns. The eagle soars, and brings the attack too the enemy. The way of the eagle to thus to be watchful and vigilant. In mental Kung Fu, this is accomplished through meditation upon one's self and one's character. One searches within oneself for any weakness that may be exploited by an outside enemy. Then our imagined inner eagle swoops in, and surgically removes from us the own inner weakness. This is an act of active imagination performed in meditation. It is an acting out mentally of the refinement of character.

With the insight, and foresight of the eagle upon God's chariot, we come to recognize that one's greater enemy, and the greatest threat to one's own sense of security, is something within oneself in the first place. The enemy begins within, and must be removed from within ourselves before we can ever expect to gaze out, and foresee any kind of attack from an external foe.

Know and understand the way of the eagle. The eagle soars high because it is only natural for it to do so. The eagle stalks its prey because it is only natural for it to do so. The eagle strikes with blinding speed because it is only natural for it to do so. The eagle of the Chariot of God gazes out upon the world to defend the Divine Chariot, and to attack in its name. It does this only because it is only natural for it to do so. The eagle acts naturally, following its inner nature. It does not need to question itself. It does not ask why it is the way it is. The eagle acts like an eagle because it is only natural for it to do so. And yet, in the Chariot of God, the eagle also has a man's face.

The Divine eagle is also part of the human psyche. In order for us to embrace our inner eagle, we have to let go, and allow the natural eagle within us to act naturally. Only unimpeded will the eagle then soar, spot and attack, naturally, without needless thought or doubt. The eagle is within us, this is the way of the eagle of the chariot.

Begin by visualizing yourself flying through the clouds over a wide, vast field of green grass. Imagine yourself to be an eagle, soaring majestically on the wind. Suddenly, down and over to the left, something catches your eye. It appears to be both small and dark, but it is moving ever so slightly, so you know that it is alive. With total focus, you gaze upon it, shift your wings into dive configuration, and dive upon it with full vigor.

As you draw ever closer to it, you see it for what it is, your prey. Drawing out your talons in front of you, you pierce the silence with the cry of an eagle. But your prey has no chance to avoid you, you are moving with such lighting speed. You grab your prey, holding it tight in your talons, and fly high back up into the sky, towards your nest.

As you gaze upon your prey, in your mind's eye, you recognize it to be not a real prey that an eagle would catch, but rather something else. You have snatched from the depths of your unconscious, an idea, a thought, a feeling, or a fear that has lived inside your mind, and has served as an open door to invite in a similar form of external negativity. By spotting it with your eagle's eye, and grasping it with your eagle's talons, you have successfully carried out a visual exercise that now enables you to look at your own personal, unique catch, and see what it is that is inside yourself that has drawn the eagle's attention.

Once this revelation about yourself becomes clear you will now have to deal with this inner element that has arisen from the depths of your own mind or heart. Now that you have brought to attention a specific weakness or flaw within yourself, it must be addressed, and repaired.

Remember, mental Kung Fu reigns in the freedom of the mind. In the mind, we are not bound by the literalness of physical activity as we would be in the external world. When

we become the eagle, and set watch to find hidden flaws within our own character, we can mix, and merge imagery. We can be an eagle seeking its prey, and at the same time we can be an analyst that examines a new discovery under a microscope. We can gaze with the sharp eye of the eagle, and then analyze with the sharp mind of a human being. In this way we mix and merge chariot archetypes, and experience the unity of the One who sits upon the throne.

The greatest enemy that one will ever face is the one that arises from within oneself. Negative energy can only enter into one through the openings that we ourselves have made and left open in our hearts, and minds. As long as we allow ourselves to remain vulnerable, we can, and will be attacked.

The bull stubbornly defends, yet the eagle must ever be vigilant, and on watch. When one becomes aware of an emotional disturbance, or of any kind of internal imbalance, even in the realm of mental confusion, it is time for the eagle to act. The eagle within must soar over the terrain of one's inner mind and heart, to seek out its prey, the weakness within our souls. It then grabs it, bringing it to full conscious attention, where the eagle morphs into the man, and the man subjects his/her inner weakness to the most detailed scrutiny and analysis. In doing so, one engulfs one's inner weakness in fire, and then cools it in water. This mental metaphor should accompany the process of inner contemplation. This is how one makes oneself stronger, wiser, and better. In doing this, one is essentially channeling the inner Chariot.

*I remove inner weakness, I make myself strong.  
I search for my inner weakness, I make myself more aware of my own faults.  
I discover my inner weakness, I make myself more wise and sensitive.  
I explore my inner weakness, I discover more about myself.  
I correct my inner weakness, I become strong, and impregnable.  
No negativity can penetrate me.  
There is no place for it to enter, there is no place for it at all.  
I remove inner weakness, I make myself strong.*

More Mental Kung Fu will come soon...

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