

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 7 - The Thinking, Analytical Man of the Chariot

*The Bull gores,
the Eagle soars and claws,
the Man observes all,
he thinks as he watches,
his power is in his mind.*

The face of the man of the Chariot is a special animal. Man style Kung Fu does not involve the body, but rather it uses the mind, and then the mouth. Mind and mouth work together hand in hand. Mind is the place where the unmanifested arises and takes form. The mouth then gives form to that which the mind creates.

When the eagle soars and grabs its prey, the mind of man acts like a penetrating beam of light to gaze within. The mind sees with an analysis that the eagle cannot. The mind of man is the most penetrating of forces. The mind can peel away every layer, and remove any pretense. The mind of man can use rationalism and analysis to identify, and carefully diagnose any problem, any attack, or any other idea or thought.

The man works in conjunction with the other Chariot faces to bring harmony of movement, and accomplishment of purpose. Each of the four animals have their strengths. Together they serve as the Merkava Chariot of God. As such they become invincible. The penetrating mind of man is one of mental Kung Fu's most powerful weapon. It is the natural compliment to the sharp eye of the eagle, and the strong stand of the bull. The mind of man will think. The mouth of man will speak. Yet, when it comes time to act, the man hands over the performance of action to the fourth, and final face of the chariot, the lion.

Before one can take action against negativity, one must know what one must do. This thought process can often take time, and when under attack, the one thing one does not have is time. The mind of man merges with the eagle's eye to look for trouble even before it ever arises. What the eagle's eye discerns, and the eagle's claw draws out, the mind of man subjects to the fires of rational inquiry. The mind manifests the light of discovery that neutralizes negativity, and transforms it, making it powerless.

The greatest form of negativity is the thoughts that we ourselves think. Even if there is no actual negativity projected against one, if one still believes that there is negativity, one can essentially create it by oneself. In other words, one can become one's own worst enemy.

Negativity is often the simple bad wishes, and ill intent of another. The strong mind simply ignores these, and they bounce off of one like bullets of Superman's chest. It is very rare when there is real malevolence projected from one onto another, yet it does happen.

When the mind is strong, one can sense a pressing, almost nagging inner sense that tries to make one feel insecure, uncomfortable, weak, and afraid. Often these feelings are our own creations. Sometimes these are expressions of the actual malevolence projected onto us from a malevolent source. Yet, the malevolent force cannot penetrate our mental Kung Fu because we have all the animals working in our defense.

The animal that confronts and analyses the insecurities, the uncomfortably, the weakness and the fear, is the face of man. The light of consciousness, of rational, unemotional analysis is what exposes the malevolence, be it actual or a self created fantasy, and by scrutinizing it mercilessly, tears it apart, leaving behind no place for weakness.

Once one grabs a weakness, negativity, or an unknown out of one's unconscious by the visual act of the eagle's grasp, one sits in silent contemplation to analyze it. This is a process of mental contemplation, and expresses mental Kung Fu at its best. Unemotional, ruthlessly logical, mental Kung Fu disassembles any constructed negativity, and reconstructs the basic elements into positive fabrications.

One can begin by visualize whatever it is that one seeks to understand. What form should the visualization take in one's mind? This will differ from one individual to the next. Each will imagine an image based upon what is in one's mind, one's experience, and one's culture. One should not try to control the form of the image materializing, but rather let nature take its course, and like a dream image, let the mental form take its own shape. It is then up to us to figure out through self analysis why this image came to mind, and what this image means to the individual who has perceived it.

One must remember that allowing images to arise from the unconscious might be a frightening thing. Some images take the form of monsters, or something equally frightening. When this occurs one acts immediately like the bull in self defense, and then like the man who shines the light of unemotional, detached reason and compassion upon the conceived image. One should never be afraid of any mental image, but instead seek to embrace it, and understand it.

If the image appears hostile, then the man of the Chariot goes into compassion mode, and interacts with the mental image through the process of active imagination. We essentially begin an imaginary inner dialog with the image, asking it the man-style questions beginning with why do you (the imagined scary image) appear so frightening? Why do you appear so angry or dangerous? Being that this is an image in your mind, it can easily answer you. This is how dialog begins. This is how inner healing begins.

Once an inner weakness has been exposed, and it is subjected to the light of the analytical mind, it begins its path of healing. Once healed there is no longer an inner weakness that can act as an attraction to an external negative force. By healing oneself within, one also protects oneself from without. Defense thus serves as offense.

This practice of self introspection should be performed regularly as part of a daily meditation regiment. When one becomes accustomed to analyzing oneself in this way on a regular basis, one cultivates an inner strength, and resolve that gives rise the the forth and final face of the chariot. This is the face of the mighty lion, the king of beasts.

The lion is the king of beasts, no other animal can top him. Only man stands as his superior. Yet, man is not an animal in the same way, yet, in the very same way, both are equal faces of the Chariot of God. This is because of their function, and how the two work together. The power of man is in his mind, and in his mouth. The power of the mind we have already discussed. The power of the mouth of man can be so devastating, even in actual, physical Kung Fu, that it is not right to reveal it secrets and power. When it comes time to strike, man can strike through the lighting of his words, or through the roar of the lion. It is the lion that strikes for the man.

The bull transforms into the eagle. The eagle transforms into the man. The man transforms into the lion. Thus is the chariot of God made whole.

*In my mind is the power of light, in my mind I see all things.
In my mind, is the power of analysis, in my mind I understand all things.
In my mind is the power of confront all negativity, in my mind I heal all wounds.
In my mind is the power of the chariot of God, in my mind I turn darkness into light.
There is no fear, there is only the light of mind that exposes, and heals.*

More Mental Kung Fu will come soon...

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