

## Contd.2 ENERGY – is it there? believe or not?

I have been explaining the “ENERGY” for the last several weeks and sent you an article too. However I know some of you do not pay much attention to it or have no interest at all. I think that is because ENERGY can not be seen...perhaps.

And that's okay. I encourage you all to experiment then contemplation, and hopefully testing would convince you. But you need to truly and honestly put efforts to understand and feel.

What I mean is, there are those out there who believe the Energy stuff is a bit silly, and that all of Karate comes down to the physical movement and mental focus. Nothing more.

Then there are those who got into Karate-do for the Internal Energy, and their not so keen to spend too much time working on their physical bodies. Like I said, that's okay as long as you are getting results.

But what we have found over time is that the students who get the MOST benefit are the ones who use it to develop their bodies AND build Energy.

That seems to be the winning combination for rapid results.

Feel the Energy. Really FEEL it.

And make sure your BODY is the best, strongest conduit for that Energy that it can be. Then, your MIND should be pure and free of guilt; must have A mind full of gratitude and feeling to help others. (“Give to get”)

The good news is, for the Energy to flow more and more, and for you to Feel it better and better, what you really need is deeper Relaxation.

That means you don't have to (or want to) build your body like a Bodybuilder.

Instead, you need your body to align with Gravity and be in Balance so that you can relax and hang off the skeleton. At least, that's kind of what it feels like when you start to get it right. You can get everything and more at the dojo you don't have to go to a gym.

And when you REALLY own your Structure in this way...

When you have Command over your own body...and...mind.

Then you can't help but Feel the Energy, and when that happens you can actually USE the Energy!

If you choose to move, you should be nearly unstoppable.

If you choose to remain still, you should be all but unmovable; everything is while fully, deeply Relaxed.

This is what you should expect your karate training will be like when you have completed knowing your The Structure of Internal Power.

So if you crave new levels of Internal Power for ANY reason, you owe it to yourself to train hard and work on it. The work isn't easy.

Give yourself a Karate-do quality that is tangible to the touch.

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