

# The Simple Truth About Ki (Qi) Chi/Charka

## (Spiritual power in Human Body)

We get a lot of questions about this in our mind, right?

- Is Ki Real?

That's an easy one.... The answer is a resounding Yes.....It's as real as that chair you're sitting in. ;)

Literally, "Ki" just means Energy. The debate about whether or not "Energy" is real has been fairly well settled, and the answer is:

Yes, of course Energy is real.

Once you've got that established, the bigger questions become:

- What is Ki?
- Am I really manipulating energy with my mind?
- Is it all in my head?
- Is it just how my mind perceives good body mechanics and changes in body state?

These are common questions. They may even be good questions.

But they're NOT important questions.

There are all kinds of apparently magical, mystical, scientific, mind bending stuff in Martial Arts.

for some it is nothing but just a myth for some of us it is incredibly useful.

There's nothing mystical about these arts, BUT there are things that seem like magic at first. Only after you've trained them for a while do they become just another ordinary technique.

**Remember, Without Ki (energy) we are just a collection of organic matter (skin, bones, etc). More ki with spiritual power embedded in is what we are after.**

The IMPORTANT questions are:

- Does it work reliably?

If the answer is no then it doesn't matter how real that skill is.

If the answer is yes, then that leads us to our next question:

- How do I build that skill?

Once you've got the answers to those two under your belt, then (and only then) answering those other questions MIGHT be useful.

But the way to START is with a strong practice based on sound information from a trusted sensei with sound inside knowledge of it.

Kenseikan teaching offers one of the best methods (Healing course) and is a very powerful way to do this. It's an in depth, intensive course in how to build & use Ki. Not only will you learn to improve your own health, you'll learn how to heal others as well.

Year 2020 is a milestone-year for Karate. In terms of sports karate we can expect more including being part of Olympic games. To us also our students are on the top and many are potentials, if you follow our physical and mind training guidelines in the dojo and outside.

In Martial arts universal Energy Emission and Transmission is one of the older and more secret. It includes how to absorb, build, emit and heal with Ki. This includes sensing, interpreting, balancing & healing specific injuries & illness with Ki

The ultimate truth lies on the path of:

“Having gratitude and respect; good moral character and keeping karate training as part of your daily routine”

You must know the four elements, five precepts to live and how to create positive energy and luck for yourself. Finally you have to understand and believe that life is a circle.

Surprisingly, same as working hard blindly at two or three jobs isn't good enough to accumulate wealth two or three jobs; confusing being busy with being productive, ignoring flow of energy forces is the cause for many issues in our lives.

We can do everything right but will fail on many things due to lack of positive energy around us.

You must learn to repel and protect against negative energy that will take away not only your abilities, luck but also your wealth. Keeping positive energy inwards and negative energy outwards, overtime when it repeats, you will be able to maintain your Ki at the ideal level.

One easy way to help your mind to help you is when what ever you give be generous with a pure heart as form of a gratitude so that you can accumulate positive flow of energy around your body. When you bring energy to one spot you can do wonders with it. Spiritual healers use same technique to accumulate Ki and heal otherwise they will run out of energy to continue.

Practicing karate with your grateful, honest and respectful mind combined with strong body will not only better your life but also enhance your finances. Be religious (in what ever faith you have) and treat Karate as a religion too.

Karate (Ki) was helping the man kind and in existence for over thousand years.

Keep practising and HARD.

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