

## Martial Meditation ~ Emelia May

To still the mind is to breathe life into the soul.

A martial artist with an unwavering presence, moves beyond the ego and personality self into a place of knowledge and wisdom. To practise with skill, dedication and vigilance is the becoming of the peaceful warrior. The peaceful warrior who knows the secrets shown by observing the inner world. The outer, unfolding world, rich and whole.

With meditation, transformations of the inner ways behold a semblance of tranquillity. The powerful 'no mind' freeing the restrictions of worldly ways. In martial meditation, be prepared to face the inner shadows with resilience. Hiding is not an option if you are to stand undefeated. Looking at fear with both steadfastness and grace. Acceptance with serenity. Comfortable in the discomforts, patiently observing the unfolding's. Good humour is carved into a fine tool, and so becomes a piercing weapon for the darkness.

We all know that martial art practises bring physical strength and abilities which may inadvertently feed the ego. Status, gold stripes, a desire for acknowledgement and to be held in high esteem is a trap. Beware! To transcend the 3 poisons, (greed, anger and ignorance) practise must be more wholesome. Encompassing more than the physical practise by developing and deepening into the chosen field with the intention of mastering both body and mind.

Firstly, increasing the importance and awareness of breath work during practise will encourage the mind to be calmer. Secondly, making time to sit in silence and be still. This stillness initiates a key aspect, reflection.

Meditation comprises of reflection, awareness and contemplation. 'Seeing' the 'truth'. Purging the internal weaknesses so that clarity prevails. To stand in the eye of the hurricane immovable and strong. Knowing the truth of purpose and the nature of being, belies the illusion. Courage, bravery and the fortitude to look within is vital. Soon the insurmountable is conquered. The true spirit of any martial art.

"In the warrior's code there's no surrender. Though his body says stop. His spirit cries never. Deep in our soul a quiet ember, knows it's you against you, it's the paradox that drives us on. It's a battle of wills, in the heat of attack, it's the passion that kills, the victory is yours alone." Survivor - Burning Heart (Rocky IV)

It takes resilience and an indomitable spirit to cut through the entanglements we face in life and to recognise that the 'fight' is always with the 'self'. Wisdom defines the 'victory' as an internal victory. A component of successful meditation practise is to learn to neutralise. No defence or attack, just the movement from yin to yang. Free flowing, seamlessly interacting, yin and yang create a constant flux that serves a purpose. Not to succumb to the first hurdle, instead, let the spirit rise, let the passion and heart take over, to drive you forward as a force for good.

Accomplishment comes not from defeating others but from conquering the 'self'.

To meditate is to become intuitive, understand timing, action and re-action, cause and effect. It enables goodness and great strengths to emerge, thus creating a more harmonious way for all.