



The Way of the Warrior-Sage

“The martial arts are based on love.”

Morihei Uyeshiba

“I followed my heart’s desire without breaking any rules.”

Confucius

“Take charge of your own energy and then help orchestrate the energies of those around you.”

Peter Drucker

Your effectiveness is a direct function of your ability to influence.

Influence is the power that comes from aligning your vision, beliefs and intentions with the natural and subtle power of your body.

Aligning what you say with the corresponding physical gestures and mental tone magnifies your presence, conveys integrity and enhances all levels of exchange.

This skill is learnable. You can learn to bring forth the qualities you need to relate to almost anyone -- anywhere -- on any topic.

Along with greater ability comes greater responsibility.

We live in an ocean of influences. We are continually influencing and being influenced – by people, events, and things.

In this context, Sun Tzu might have said, *know how you influence and know how you are influenced and your effectiveness will be magnified.*

Bottom-line, influence is about having impact – delivering as well as receiving. Influence is a real power, with real consequences.

To lead or to serve is to have impact on people's lives, to make a difference in what happens to them and around them.

Do you make things happen? Do you set the stage for them to happen? Do they just happen by themselves?

How do you respond when things happen? Is your primary response physical, emotional, or intellectual?

Are you satisfied with what happens? What would you prefer to happen?

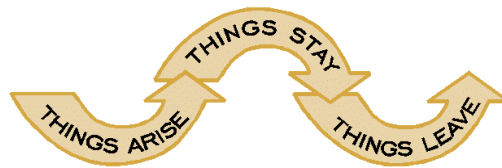
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*The warrior-sage knows
that accepting change as the way of nature
is the true secret of success and peace-of-mind.*



If our response to things changing is to try to suppress, hide, or ignore, then obstacles, resistances, and self-sabotages will be empowered.

The warrior-sage knows that change is a process.

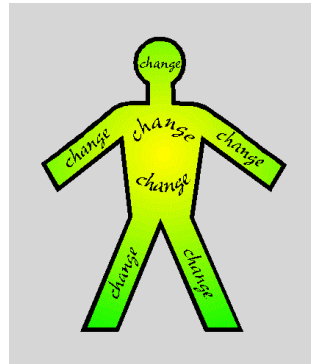


The Process of Change

“The word **I** of **I Ching** means change;
that is, changing in accord with the time so as to follow the Tao.”

Ch’eng I
11th century Chinese scholar

*The warrior-sage knows that cultivating personal change
is the real secret to optimizing one's life, in all arenas.*



It is a virtue to be powerful.
It is a virtue to be compassionate.
It is in our nature to have these virtues.
It is normal to have difficulties with them.

Mencius

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*Blending head and heart
the warrior-sage thinks and acts.*



The Chinese character for **thinking** is ssu.
Below is xin or heart-and-mind.
Above is the hollow space of the head.

“As a man thinketh in his heart, so he becomes.”

James Allen

*The condition of the heart
is a prime concern of the warrior-sage.*

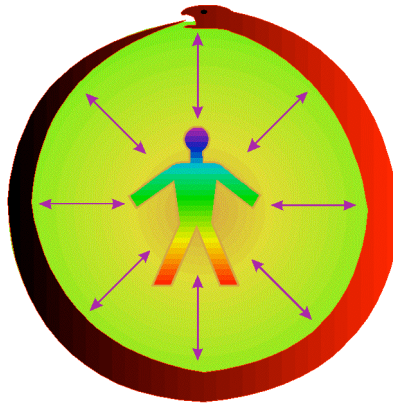


When the heart is open the energies of life flow freely
and the virtues of compassion and power are close at hand.

When the heart closes down out of ignorance or fear
the flow is disturbed, blocks and perceptual distortions arise,
and the virtues appear far away, impossible to access.

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*Training with the heart,
the warrior-sage includes the body.*



“There is no ego without a body.
There is no seeing without a body.”

Nishida Kitaro
Japanese modern philosopher

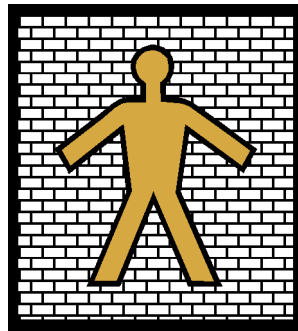
*For the warrior-sage, personal change
is a cognitive, emotional, and athletic affair.*



"To realize the principle within your own heart,
do not just read, memorize, or imitate, instead,
study hard to absorb these things into your body".

Miyamoto Musashi
A Book of Five Rings

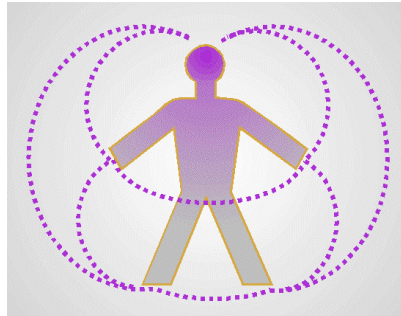
*The warrior-sage focuses his or her efforts
on the true enemy of change,
unrecognized habits.*



“The hardest thing to attend to is that which is closest to ourselves,
that which is most constant and familiar. And this closest something is,
precisely, ourselves, our own habits and ways of doing things.”

John Dewey
American philosopher and educator

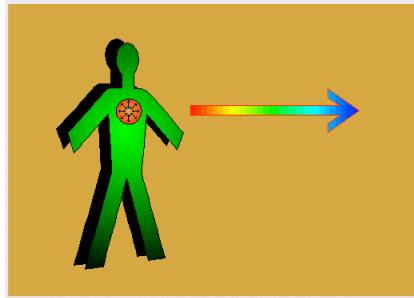
*Expanding his or her mind to include the body
the warrior-sage neutralizes the negative power of habit.*



"A warrior starts off with the certainty that his spirit is off balance; then by living in full control and awareness, but without hurry or compulsion, he does his ultimate best to gain this balance."

Carlos Casteneda
author and shaman

*By working with how he or she moves through space,
the warrior-sage is simultaneously working with
how he or she moves through life.*

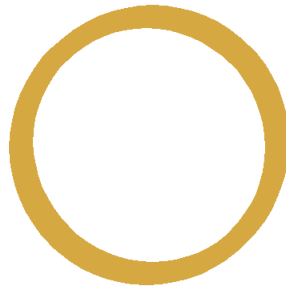


“If you teach an individual first to be aware of his physical organism
and then to use it as it was meant to be used,
you can often change his entire attitude to life.”

Aldous Huxley
English author and philosopher

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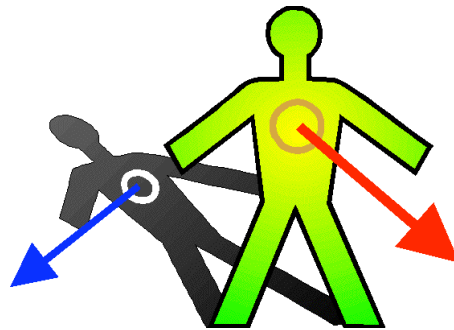
*Moving-as-a-whole,
the warrior-sage's intent changes the world.*



"As a person divides reality, so he acts."

Ken Wilber

*Not blinded by success,
the warrior-sage faces the shadow of
his or her intent, attitude, and actions,
thereby opening the way to true accomplishment.*



"When people are awake, people share the same universe.
When people are asleep, people go to their own universe."

Heraclitus
Ancient Greek Sage