



MATIMES

A Way of Life for Martial Arts Students

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Philosophy

The Four Emotions That Can Lead to Life Change by Jim Rohn

Emotions are the most powerful forces inside us. Under the power of emotions, human beings can perform the most heroic (as well as barbaric) acts. To a great degree, civilization itself can be defined as the intelligent channeling of human emotion. Emotions are fuel and the mind is the pilot, which together propels the ship of civilized progress. Which emotions cause people to act? There are four basic ones. Each, or a combination of several, can trigger the most incredible activity.

1. Disgust

One does not usually equate the word "disgust" with positive action. And yet, when properly channeled, disgust can change a person's life. The person who feels disgusted has reached a point of no return. He or she is ready to throw down the gauntlet at life and say, "I've had it!"

That's what I said after many humiliating experiences at age 25. I said, "I don't want to live like this anymore. I've had it with being broke. I've had it with being embarrassed, and I've had it with lying."

Yes, productive feelings of disgust come when a person says, "Enough is enough." The "guy" has finally had it with mediocrity. He's had it with those awful, sick feelings of fear, pain, and humiliation. He then decides he is not going to live like this anymore. Look out! This could be the day that turns a life around.

2. Decision

Most of us need to be pushed to the wall to make decisions. And once we reach this point, we have to deal with the conflicting emotions that come with making them. We have reached a fork in the road. Now, this fork can be a two-pronged, three-pronged, or even a four-pronged fork. No wonder that decision-making can create knots in stomachs, keep us awake in the middle of the night, or make us break out in a cold sweat.

Making life-changing decisions can be likened to internal civil war. Conflicting armies of emotions, each with its own arsenal of reasons, battle each other for supremacy of our minds. And our resulting decisions, whether bold or timid, well thought out or impulsive, can either set the course of action or blind it. I don't have much advice to give you about decision-making, except this: Whatever you do, don't camp at the fork in the road. Decide. It's far better to make a wrong decision than to not make one at all. Each of us must confront our emotional turmoil and sort out our feelings.



3. Desire

How does one gain desire? I don't think I can answer this directly, because there are many ways. But I do know two things about desire: a.) It comes from the inside, not the outside, and b.) It can be triggered by outside forces.

Almost anything can trigger desire. It's a matter of timing as much as preparation. It might be a song that tugs at the heart. It might be a memorable sermon. It might be a movie, a conversation with a friend, a confrontation with the enemy, or a bitter experience. Even a book or an article such as this one can trigger the inner mechanism that will make some people say, "I want it now!"

4. Resolve

Resolve says, "I will." These two words are among the most potent in the English

language. I WILL. Benjamin Disraeli, the great British statesman, once said, "Nothing can resist a human will that will stake even its existence on the extent of its purpose." In other words, when someone resolves to "do or die," nothing can stop him.

The mountain climber says, "I will climb the mountain. They've told me it's too high, it's too far; it's too steep, it's too rocky; it's too difficult. But it's my mountain. I will climb it. You'll soon see me waving from the top or you'll never see me because unless I reach the peak, I'm not coming back." Who can argue with such resolve?

When confronted with such iron-willed determination, I can see Time, Fate, and

Circumstance calling a hasty conference and deciding, "We might as well let him have his dream. He's said he's going to get there or die trying." The best definition for "resolve" I've ever heard came from a schoolgirl I taught in Foster City, California. She said, "I think resolve means promising yourself you will never give up."

That's it! That's the best definition I've ever heard: **PROMISE YOURSELF YOU'LL NEVER GIVE UP.**

Think about it! How long should a baby try to learn how to walk? How long would you give the average baby before you say, "That's it, you've had your chance"? You say that's crazy? Of course, it is. Any mother would say, "My baby is going to keep trying until he learns how to walk!" No wonder everyone walks.

There is a vital lesson in this. Ask yourself, "How long am I going to work to make my dreams come true?" I suggest you answer, "As long as it takes."

That's what these four emotions are all about.

Tales & Traditions

Grandmaster Tao's Lesson on Thankfulness

Grandmaster Tao was a martial arts expert, both physically and philosophically. The primary tenet in his school was the motto, "Thankfulness and appreciation lead to joy."

One day, a student asked, "Grandmaster Tao, why do you always seem to be so happy and have the ability to make other people happy?"

He paused for a moment, then replied, "I have learned the lesson of being thankful."

Puzzled by his answer, the student asked, "What do you mean?"

Grandmaster Tao said, "I had to learn the way of thankfulness because it is like a balm."

Once again the student questioned, "You're saying thankfulness is like medicine."

He answered, "That's right. It can heal the

person who is thankful and the ones he expresses thanks toward."

"Wow. I didn't know that, Sir." The student replied.

"When I was young, I trained hard but did not enjoy myself. I traveled the world competing and saw many things, but didn't take the time to appreciate it. I taught many students in a harsh way and never was thankful." Grandmaster Tao said.

The student looked in amazement and asked, "What changed you?"

Again Grandmaster Tao said, "I learned the way of thankfulness.

My health became poor because I was depressed. I stopped traveling and competing. I also lost all of my students. Then, one day, it hit me: I was not grateful for all that I had. From that point on, I began to reflect on my past with thankfulness for all of the experiences and people that came my way."

The student said, "You hit a low in your life."

Grandmaster Tao said, "Exactly. Sometimes it takes falling from the mountain to see that we should be thankful for each aspect of the climb to the top. Now, I am happy with myself and travel the world for tournaments with the many students I currently have. I owe all of this to becoming thankful. The joy that comes from thankfulness is contagious."



Focus On Being Thankful

Just as one of the first expressions a child learns is, "thank you," every martial artist should also have thankfulness as a primary feeling of their martial arts life.

Being thankful is when you have feelings of gratitude for your circumstances and other people. Take the time to pause and reflect, and you will find that you have many reasons to give thanks.

First, it should incredibly be easy to see reasons for being thankful to be part of the martial arts school where you train. In the old days, everyone didn't have access to the experience of training and the deep philosophy that comes from the martial arts. You

should have a feeling of gratitude for the opportunity to learn how to defend yourself and the life-preparedness that training in the martial gives you. In other words, be thankful for the code of ethics and the curriculum that you practice and learn from at your martial arts school.

Second, understand that if your teacher's skill and vision never came to fruition, you would not be training at the school you're thankful to be part of. Every student must be thankful for the high level of skill at which the teacher instructs and demonstrates martial arts techniques, because this is what initially made you decide to train with him or her. The character of your teacher is also a role model for you to copy and have gratitude for. The best way for you to show you thankfulness is by always

being loyal to your martial arts teacher.

Third, your classmates are a very important element in your training at your martial arts school. Having a thankful heart towards classmates can begin with the start of class for a partner who helps you stretch and prepare for a class without injury. Be thankful for classmates who are used as the recipients of your self-defense techniques and a target when practicing basic striking. Give thanks for sparring partners who give you their best so you can become your best. Higher-ranked classmates should be thanked because, at times, they will actually help teach you the next level in your training.

As you can see, you have much to be thankful for at your school. Discipline yourself to be more aware of the many aspects of your school that should be appreciated, and then be sure to express it by being thankful.



Healthy Ways

A Diet Rich in Plant-Based Foods Can Drastically Cut Risk of Heart Disease Death & Lower Cholesterol, Science Says

Several newly published studies have shown that reducing the amount of meat in a person's diet is hugely beneficial to one's overall heart health.



animal-based foods.”

Another study by researchers from St. Michael's Hospital in Toronto found that soy protein reduced LDL cholesterol by three to four percent in adults. In a release published by the hospital, Dr. David Jenkins

According to a recent study published in the Journal of the American Heart Association, a plant-based diet is linked to a 32 percent decrease in the risk of dying from cardiovascular-related illnesses like heart attacks and strokes. The study also found that research participants (10,000 middle-aged Americans studied from 1987–2016) whose diets were proportionally highest in plant-based foods rather than animal-based foods had a 16 percent lower risk of developing cardiovascular disease. Additionally, those who consumed the smallest amount of animal-based foods had a 25 percent lower risk of dying from any health-related cause when compared to those who ate the largest amount of animal products, such as meat, eggs, and dairy products.

Lead researcher Casey M. Rebholz, Ph.D., assistant professor of epidemiology at Johns Hopkins Bloomberg School of Public Health, says, “There might be some variability in terms of individual foods, but to reduce cardiovascular disease risk people should eat more vegetables, nuts, whole grains, fruits, legumes, and fewer

said, “When one adds the displacement of high saturated fat and cholesterol-rich meats to a diet that includes soy, the reduction of cholesterol could be greater. The existing data and our analysis of it suggest soy protein contributes to heart health.”

And yet another new study presented at the European Society of Cardiology's annual conference reveals that opting for nuts as your snack of choice at least twice a week is linked to a 17 percent lower risk of dying from a heart attack, stroke, and other heart disease-related conditions. In a statement, Dr. Noushin Mohammadifard of Isfahan Cardiovascular Research Institute in Iran says, “Nuts are a good source of unsaturated fat and contain little saturated fat. They also have protein, minerals, vitamins, fiber, phytosterols, and polyphenols which benefit heart health,” adding that, “Raw, fresh nuts are the healthiest. Nuts should be fresh because unsaturated fats can become oxidized in stale nuts, making them harmful.”

Upcoming Events

Type you upcoming events here.

Being Thankful

"I would maintain that thanks
are the highest form of thought;
and that gratitude is happiness
doubled by wonder."

-G.K. Chesterton



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