



Podcast of Tibetan Kung Fu

TKF 005 : Mortar For The Bricks

How do keep our mind stable in adverse situations?

Sifu TW. Smith

Description

- When things are going our way, techniques seem easy.
- Regardless if we are :
 - fighting a criminal and life is at risk
 - being attacked emotionally
 - under intense pressure
- Real strength lies in your mind (the mortar), without the techniques (the bricks) will fall.

Description

- 2 Intents
 - 3 Phases and 9 Stages of Mind Training
- 3 Phases :
 - Stabilize
 - Clarity
 - Strengthen
- Priorities in training

Last Week

- Thank you for the email and Facebook feedback on the Boots on the Ground episode.
- My son say's "thank you"

We are now

- [Goodreads/tibetankungfu](#)
- [Google + : tibetan kungfu](#)

Trent
A Fighter
Took Skills
to
Ring



Fighter story

- Trent worked hard in kung fu
- Took skills to the ring
- Did great when it went his way
- Got hit, mind would crumble

Fighter story 2

- Teacher told him to practice more meditation
- That his mind wasn't as strong as his arms
- Our skills are bricks
- Mind is mortar, the binder that keeps together

What if I am not a fighter?

- Not a matter of being a fighter. It is a matter of not crumbling when we are told:
 - You are not smart enough
 - You are not doing it the way I want you to
 - You are not good enough



Mortar for Bridge Artwork

TKF 005

Reason for Brick Bridge

- Chose bridge because it represents movement
- Could have as easily been a wall
- Brick is the brick, just like habits, reactions and techniques.
- Your mind is the mortar that gives it shape and sturdiness.



Training Your Mind isn't Complicated

and you don't have to be a monk to do it.

How do you train your mind?

- Buddhist - Taoist - Other styles have different techniques
- Categorized into 3 Phases and 9 stages
 - Phase 1 - Get your mind Stable
 - Activate - Mind of Yi
 - Calm - Mind of Xin

How do you train your mind?

- Phase 2
 - Develop Clarity
- Phase 3
 - Increase strength
- Look at Phase 1 - Stabilize



Stabilize Your Mind

First Priority - Every Day

How do you Stabilize your mind?

- First - Learn to Slow it down - Mindful Motion
- Tai Chi and Ba Gua Workshops coming up
 - www.tibetankungfu.net/yang24
 - www.tibetankungfu.net/bagua
 - www.tibetankungfu.net/reelingsilk

How do you Stabilize your mind?

- Meditation of various styles
- As your mind slows down, your awareness picks up.
- Awareness of :
 - What distracts you?
 - Your worries and concerns

Most Important Ingredients to Stabilize your mind

- Consistency
- Avoid judgement
 - When you are distracted
 - When you don't want to practice
 - When you have to do a cheater set

Most Important Ingredients to Stabilize your mind

- Build your time gradually
 - Students encouraged practice daily
 - Most will go through half hour with me
 - To have access to certain teaching, an hour of standing of meditation is part of the key that unlocks the doors.

Benefits of Phase One

- Stabilization of your mind will change things around you.
- Instead of your mind bouncing with chaos, you will see the chaos bouncing around you
- Your confidence will build because you know what it takes to be committed
- A foundation will be set for clarity and strengthening

HomeWork

- Establish a safe, pleasant place to practice
- Ideally start your day with 10 - 20 minutes of practice such as:
 - Reeling Silk and Standing Meditation
 - Walk BaGua and Seated Meditation
 - Other combinations of Mindful Motion and quietness



Homework

A little each day

Summarize

- We all do better when things go our way
- Real strength doesn't lie in your technique, it lies in mortar that holds them together
- Stabilizing your mind is step one
- You can start anytime. Requires no uniform
- You will benefit from the journey of knowing yourself

Kwoon News

- Mr. Knox recently crafted one of his finest sets of Mok Yee Pai for Mr. Borel who is now in his third month of Hop Gar training.
- Reeling Silk TaiJi and ChiKung Program is in process of being endorsed by another organization.



Kwoon News



Excel4apps has asked me to speak again this year.

It is a real pleasure to get to meet them again.

Last year, at this international corporation's meeting we discussed the using the mind-set of the :
Warrior and the Sage

Closing

- Send your feedback to :
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Have a Great Practice!

Thank You For Joining Us
Sifu TW. Smith