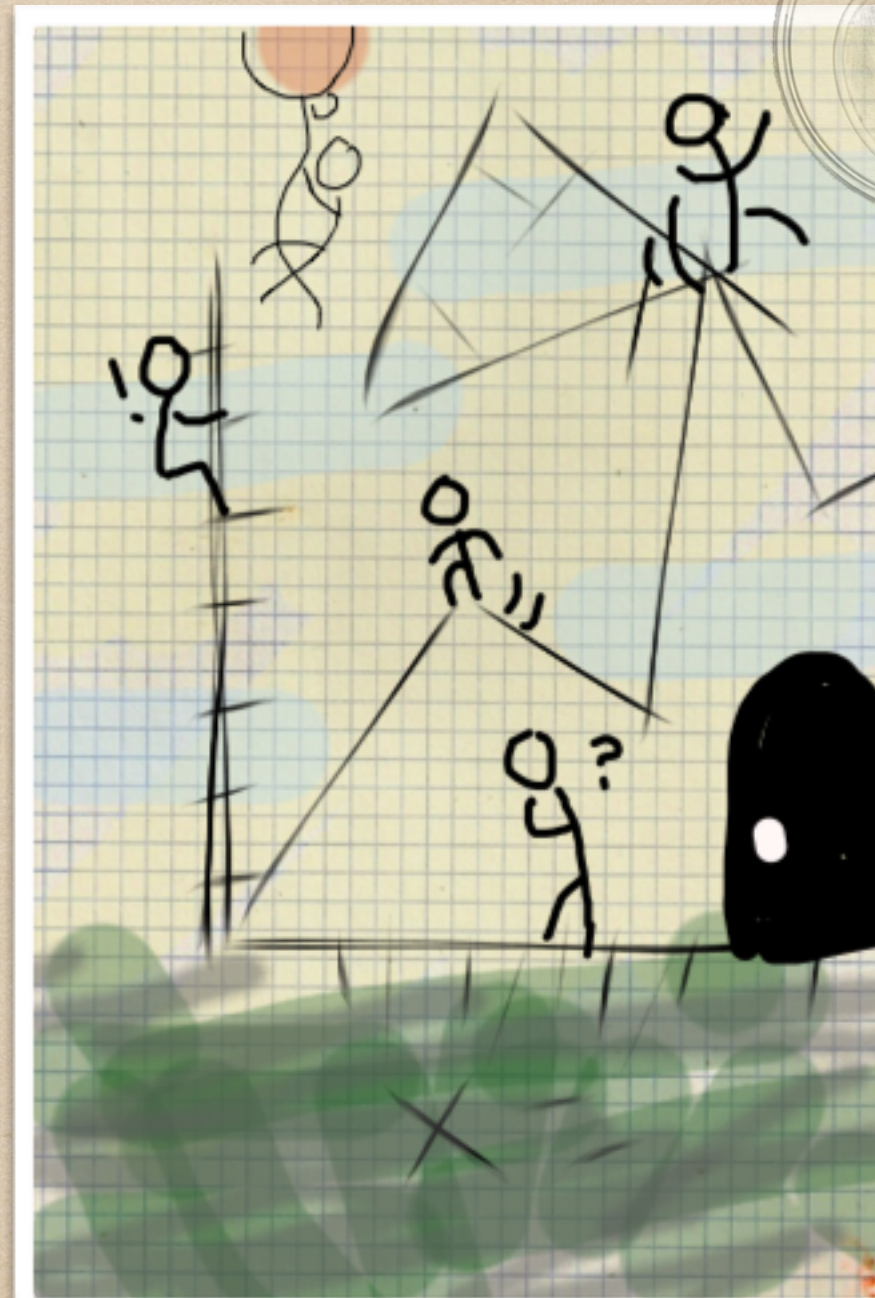


Podcast of Tibetan Kung Fu

Common
Denominator

TKF 007



Tibetan Kung Fu Podcast



"I Practice To Be A Better Person First
and A Better Martial Artist Second."

Thank You For Being Part of the
Podcast of Tibetan Kung Fu

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Podcast Today

- ◆ In this podcast you will hear the story of how Ava found the threads of her experiences and began to use.

Thank You to Subscribers and Feedback from Last Week

- ◆ Thank you to Dian for subscribing at our Youtube Channel
- ◆ Thank you Mr. Adair for subscribing at iTunes.
- ◆ It helps us when you subscribe at Itunes, Stitcher or any other of our carriers.
- ◆ I am supposed to be able to see who subscribes. If you do subscribe and I haven't personally thanked you, please send me an email. If you take the time to listen, I would the opportunity to get to know a little about you.
- ◆ Even if you are a student that gets the Jade Feed, subscribe if you can.

Feedback from Last Week



- ◆ Thank you to Mr Harper for your time to share email about last weeks episode:
CornerStone of BaGua with a Workout, #6
- ◆ You inspire me, it really is a pleasure to get to work with you.

- ◆ I am glad that having a workout that you recognize and can follow is helpful.
- ◆ Most of all, Thank you each for letting me know that the effort here means something to you.

Contact Links



- ◆ /contact
- ◆ /podcast takes you to TKF-Podcast page
- ◆ Social Media tabs at end of show and show notes.

Tibetan KungFu Upcoming Events

- ◆ BaGua Workshop is this weekend. Dwight is ready. He was practicing hard yesterday.
- ◆ I am not sure if there is any slots open now, but if you are interested in coming. Just let us know.
- ◆ Mr. Knox was sweating it out. Getting in his Kung Fu conditioning yesterday and appears ready for the Kung Fu Bootcamp 8 week in August. We are limiting the space so he can make sure he works you good.

Ava's Epiphany

- ◆ Ava lies in bed, looking at ceiling. It is 1 in the morning and she can't sleep. She is empty and stewing that she has ended up in an unpleasant situation again.
- ◆ She thinks to herself, I am college educated, good job, relatively attractive and take pretty care of myself. "How do I end up in these crappy situations?"

Ava's Epiphany 2

- ◆ She took a moment to reflect on her past five years and saw:
 - ◆ Boyfriend she knew when it started he was trouble.
 - ◆ Lost \$300 on a scam, before she saw it.
 - ◆ Trusted a guy because he was a fun play partner.
 - ◆ Had wasted too much time on meaningless things.
 - ◆ She thought, "I am unimpressed with my life resume."

Ava's Epiphany 3

- ◆ She continued to lay there and felt some self anger growing.
 - ◆ She asked herself, "what am I missing?" "Why am I not learning?".
 - ◆ She had been studying all the self help books. One that struck a cord was "Where-ever you go, There you are."
 - ◆ She had memorized a quote, "If you want to develop yourself, you must step out from where you stand, but if don't know where you stand, you can end up walking in circles."
 - ◆ That was resonating cord. The only common thread in all these situations was me. They were not related accept for my presence.

Ava's Epiphany 4

- ◆ It reminded her of Grandma saying "Many bowls, one spoon."
- ◆ Ava realized in the moment that she could figure this out, she was the common denominator in each.
- ◆ She knew she wasn't the cause, but she knew that she could have done better.
- ◆ It was that moment she knew that she was going to have dig deeper and further to find out who she was and where she was.
- ◆ The next day Ava sought out and found her teacher. An old man that taught her to practice "Zing Sam" (Quiet Heart) meditation.

Ava's Epiphany 5

- ◆ With effort, struggles and tears, she became aware of :
 - ◆ why she allowed herself to get involved,
 - ◆ why she had not taken initiative to change a direction when sensed it was time,
 - ◆ Ava began to know where she stood and later began to know what she stood for.
- ◆ Tao Te Ching #33 - "To know others is intelligence, to know yourself is wisdom."

Ava's Epiphany 6

- ◆ After a year has passed, Ava laid in bed again, smiling
 - ◆ she had just adjusted a difficult situation with a guy she was dating. It may not work out the way she had hoped.
 - ◆ However, this was a new type of problem, she was preparing to accept it for what it is, not for she had hoped.
 - ◆ She had stepped out from where was, and wasn't in the circle any more.

How do You Find your Common Denominator?

- ◆ How you find it can vary, that is an internal wiring question that I help with individually.
- ◆ What do you have to do to find it?
 - ◆ Tai Chi Chi Kung
 - ◆ Practice Zing Sam (静心 : Quiet Heart) today
 - ◆ Practice Zhuan Tian Zhun (Honor Universe Under the Sky While Walking)
- ◆ Every day, a little gain



New Developments



C.T.A.

- ◆ Take a few moments to consider, reflect and learn from your experiences. Then most of all, Apply.
- ◆ Practice Zing Sam (静心 : Quiet Heart) today
- ◆ Every day, a little gain



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- ◆ Excited about the responses we have gotten from authors, publishers and recognized personalities in the martial arts world.
- ◆ We have good intent, growing platform and its moving. Lets see where we can go :)

Resources

- ♦ If you decide to get "Where ever You Go, There You Are" we appreciate you getting it with our affiliate link. It contributes a dollar or so toward us developing this type of content.
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