

The Spirituality Of Martial Arts

An Anecdote From Brian Rainie

I find that many students start martial arts because they have been beaten, abused, tormented, or are simply afraid. They may run "victim energy", and get picked on often. They come in and study, work hard, and over a period of 6-8 months start feeling pretty good about their skills. They start to see that they can really hurt someone if they are forced to do so. Their energy changes -- and they are no longer perceived as a victim. The bad guys are still out there, but tend to find an easier target.

Martial arts is fascinating, and can really draw you in. The student continues their studies. After a couple of years, they reach brown belt and find they can really do some damage if they need to. They are confident that they can get out of, or avoid, most attacks. Their confidence increases even more, to a point where they know the bad guys are still out there but they just don't see them anymore.

The student continues their work, eventually achieving black belt. Their "practice" slowly shifts to a "life style". Teaching the art form allows them to expand their knowledge at an even faster rate. They progress to second degree black belt, then third. Now they are teaching instructors. They move on toward master level. The bad guys don't exist anymore; they are not part of consciousness.

And in the rare event the brutality of the past does come into sight, the first reaction of the master is to look inward and ask: "Why did I bring this in today?"