

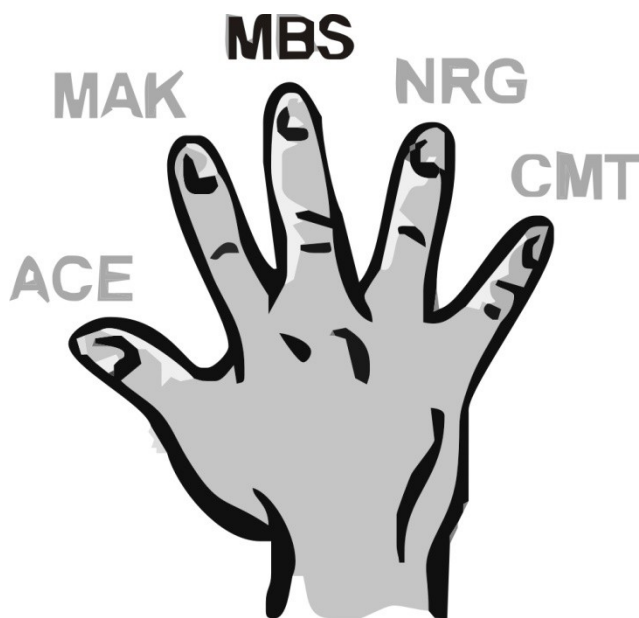
WINJITSU

BOOK THREE

MBS

MIND - BODY - SPIRIT

(Middle Finger) – The Synergy for Success



On the index finger you will notice three creases that break the finger into three sections, the first part will represent an M, the second a B and the third an S.

Thus we have M-B-S. If you want a degree in life that is really going to support your success, this is it. **MBS** stands for **Mind, Body and Spirit**, and more importantly, the *Mind-Body-Spirit Triangle*.

When beginning a Martial Science class and after the students have lined up, we follow up with a command for *horse ready*; **mind-body-spirit position**. This consists of standing in a horse stance (feet straight, knees bent like you are riding a horse) and putting the hands outward with the fingers forming a triangle (the mind-body-spirit position). Once you are in this position, you hold it while mentally rehearsing for the class ahead. The horse stance represents your life. You stand strong and sure. It requires some strength to hold this position, so you are also growing as you should in life. Your eyes do not focus on any one point, but instead, they look through the triangle beyond. I call this process of using our peripheral vision “open focus.” You are looking forward, but your peripheral vision is still very aware of your surroundings.

One of the ways we teach “open focus” in class is to get students into a 10-20 foot circle and toss a small ball from one student to the next. The idea is to look straight forward without focusing on any one object. By using your peripheral vision, you can still see the ball and people out of the side of your eyes, but you are not focused on it.

Looking through the triangle, you are checking to see that all is in balance. All the while, you do not focus directly on one problem or thought (you do not dwell): you look through them with open focus. You are stable and you endure. This is the way of the "Total Warrior" (practitioner of the Martial Science). You hold this position until the instructor is ready to begin class.

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WALLS OF CHANGE



The triangle is the key behind mind, body, and spirit principles for achieving your goals. The triangle is your focus. Inside it are your goals, dreams, and aspirations.



What we visualize is dependent upon what we focus on inside our triangle. Each side or wall of this triangle represents an area we can develop for goal achievement and personal balance. The left side is the mind where all our knowledge and skill are given birth.

The right side is the representation of the body and physical skills. The bottom side is the spirit of all that we are and strive to become; it represents life internal and the external. These are the walls of change. The walls are always there, but must constantly adapt if we are to grow. If one wall is removed, the others collapse. So we must have synergy and keep all three areas in balance. Let's review what each of these walls has to offer and why they are important.

WALL OF MIND

By this point I am sure you are well aware of how powerful and important your mind is. You also may have heard a few of the following statements in the past:

- **Mind over matter**
- **Healthy mind, healthy body**
- **You are what you think you are**

A true warrior is a strategist and a thinker. To be intelligent, one must strive to increase his or her knowledge and wisdom. This is what separates a martial art from a Martial Science. Martial Art

practitioners want results, and they get those by learning what works and what does not. Let's visualize a college for the brain, a place where you would go to learn to improve your mind. We will call this school **KUMA UNIVERSITY**. The University has four buildings, each with its own area of focus that follows the acronym **K.U.M.A.**:

Knowledge - (skills-arts-facts)
Understanding - (science-foundation-clarity)
Mental arts - (visualization-meditation-success)
Attitude - (confidence-discipline-optimism)

WALL OF BODY

Our mind gives us the devotion to maintaining a fit and strong physical body. As a Martial Science practitioner you must also learn to control your body and treat it with respect. Remember, the body is the temple of the mind. We execute exercises that increase strength; we exercise to improve energy for internal and external fitness. We also exercise proper eating habits that keep the temple of our souls (and mind) clean and free of toxins.

The body isn't limited to exercise and diet. How we use our bodies is equally as important. For example: how we breathe, stand, speak, and move are integral components for survival in today's world. When your body is off balance you will not only feel lethargic, but your mental outlook will be hindered as well.

WALL OF SPIRIT

I am speaking of *life spirit*; people (you included) and the great outdoors (universe included). Belief in something that unites you is also spirit. What gives us significance, also gives us spirit. Spirit is necessary for us to live daily with the inspiration and dedication it takes to fulfill our life's desires.

You may have heard of team spirit, a force that bonds people together for a similar purpose. You can also be spiritual and illustrate faith in something fuelled by your beliefs. Life spirit is an undivided part of our world and it is amidst the active energy of all things.

When you have the mind, body and spirit in balance, then you are in focus and best able to support your needs or values. Now let's talk about some specific strategies for each area of the triangle.