

Earth:

“He who is not busy being born, is busy dying.” – Bob Dylan

The Earth element is your entire physical body, all functioning components and how they relate to one another. Care and maintenance of your souls' vehicle for evolution is an important life process. It is very subjective, i.e. it is different for everyone. Yet still, there are certain standards and general practices that we can establish as overall indicators of how healthy a person is. This is why we measure chronological age vs. biological age (go to zenwellness.com for more information on this testing process or speak with the instructors at your academy to set your appointment for your testing). Your chronological or calendar age is how old you are according to your birth date. Your biological age is the age your body is stabilizing based on average peak performance of adults at that age. Someone could have a chronological age of 52 yet their physical body is performing at the average of a 43 year old. Hence their biological age is 43. This can also work the other way. We have seen 29 year old students whose biological age is 43. Hence, they are out of shape and could be heading for disaster if they do not get busy actively participating in their own growth on the highest level possible.

Most people put their needs last. In life there are three different levels of fulfillment. Needs, Wants, and Desires. Needs are basic and fundamental. Food, clothing, shelter, sleep, exercise are all needs that if left unfulfilled can lead your life to ruin. A want is when you cannot get that which you think you need or desire. Wants are heavily laden with attachment and generally produce pain and frustration. Desires are things that you are passionate about getting yet are not attached to an

outcome. You are more present with a desire because acquiring the desire is the fun part. It is not the kill, but the thrill of the chase that makes it fun. Notice the differences between the three. It is best to live a life free from wants. It is as the song says, you can't always get what you want, you get what you need - and you get what you intend. Hopefully your intending is a conscious process. Life will happen. Living the life of your dreams will not happen by accident. You need a plan. If you do not plan to succeed, you plan to fail. Yes, your plan will change. Yes, there will be some curve balls thrown at you. Yes, it (your plan) and you are not perfect and need to grow and learn in order to live (More on conscious intending in another book).

Your ability to have physical mastery is reflected in your physical conditions. Are you living your dreams? Are you in the body you desire or are you living life as a series of unfulfilled wants (karma). I hear a lot of parents say that they just do not have time for anything but their kids. You must ask yourself, what am I really teaching my kids? They are following your lead! No excuses, no crying. Teach them by example. No one wants their kids to grow up fat and dysfunctional. If you are teaching your children to live life in service to others, how can they help others if they cannot help themselves? It will make you and your children happier if you add twenty quality years to yours and their lives. Train with them. Yes! Get into the academy and show them what it means to be healthy, responsible, and live well. We can only give that which we have an abundance of. It is not possible to live a strong spiritual existence without having a strong container to house your spirit. A battery can only have as strong a charge as its container will hold or it will blow out. Many times people go through a spiritual process and gain a lot of energy only to blow it out in some emotional

or mental process because they do not have an ongoing integrational discipline operating in their lives. Time and time again when speaking with the seniors in our community we find that they consider health their greatest wealth yet that is the first thing on the chopping block when people get busy. Too busy to eat well, too busy to remember to drink water, too busy to sleep enough, too busy to exercise, too busy to be healthy then SURPRISE! You get sick due to “stress”. Some people have retired with millions of dollars in the bank yet forgot to include their body in their pension plan. What good is having billions if you do not have the ability to enjoy it? All that work has been done for nothing. Remember: If you do not plan to succeed you plan to fail. What is your plan for living the life you desire? Are you doing it now?

The first rule of being human:

#1: You only get 1 body per person. Use it wisely.

Notice it did not say lose it wisely. If you do not use it, you will lose it. Nature says “No!”. Either continue to grow and learn or you will be busy dying. Fair? Unfair? It just is.

Why Kung Fu?

If you had a fear of flying, there is a process called systematic desensitization that many psychologists use that has gotten great results in helping people in overcome their fear. First you talk to the doctor about your fears. Next you look at an aviation magazine,

pictures, read some articles etc... then, go to the airport watch some planes take off and land, walk around the airport. Next you sit on the plane several times without flying then you take a short flight, Phoenix to Tucson, an easy 20-30 minute flight. After each step you speak with your doctor in depth and debrief each experience by simplifying and de-emphasizing the experience. The process takes as long as you need it to take until you have the confidence to hop into that soon to be exploding and plummeting into the ocean to become shark food steel can with wings also known as an airplane. The main point here being that you eat an elephant one bite at a time. Within the Kung Fu systems are many different starting points and approaches that have been proven to work over the course of the last oh thousand years or so. The process is about you. Not about being the next Jackie Chan or Bruce Lee.

In our Kung Fu programs we have students aged 3-93. No matter what your age or physical conditioning Kung Fu has an appropriate physical, mental, spiritual, emotional, and creative challenge for you. Out of 168 hours in the week we are talking about 2-4 hours a week. What was that about "Not enough time" excuse? If that is your excuse you have a choreography issue. A week has been and will continue to be 168 hours. If you do not spend the time getting healthy, you will spend the time being sick. Where are you going to learn better focus, timing and choreography of priorities? Do you have a plan? We do! Unfortunately, I was not the super genius that created this paradigm. The Kung Fu Forms we teach have roots that extend back thousands of years into human history. Once people became capable of mastering their environment, and were able to protect themselves from bad guys (Hey guess what!?! There are bad guys out there, and they do not care about

you and your family.) they now possessed the luxury of being able to focus on longevity, and the quality of life that they were living. After many years of study (500 or so) someone had the brilliant idea of creating some blueprints for health that were based on Being able to protect and enforce the ideas of nobility, goodness and right living. Notice the word living. If we cannot ensure our own survival we will always live in fear of what could happen. “Bad guys” does not just mean human tyranny. It could be time as a tyrant (too much or not enough), society, our environment, or the greatest tyrant of all, our self (with a small s in front). Procrastination, laziness, fear, resent, regret, are all attached to want. Wouldn't it be great to have a way that we could learn to be healthy? Live a life free of fear based on constantly stalking our next evolution. A way that teaches us to live as a contribution to human evolution and not as part of the problem. Kung Fu is rooted in this philosophy. It has changed and morphed over thousands of years to become what it is today. The millions of practitioners are not simply studying how to fight. That does not make sense. If you want to know how to protect yourself and your family, enroll in a Zen Marksman course today. If you want a measurable methodology for your own evolutionary process in all five aspects of being (mind, body, spirit, emotions, and creativity). A master plan for human enlightened living. This is Kung Fu. It is still cutting edge. Old and new. It is holographic, meaning that what you learn and see about yourself in the Academy is how you see and live your life. There is no end to it. As long as you are alive there will always be something more to learn in your Kung Fu. It is never too late to start truly living. You are never too old or too young. Too fat or too thin. We train everyone. No matter what your excuse there is something you can do today, right

now in that little suite behind Wells Fargo Bank on the Southeast corner of 83rd avenue and Lake Pleasant Parkway (8279 W Lake Pleasant Pkwy Ste 108A Peoria, AZ 85382) that will contribute to your evolution. When you evolve we all evolve. Training in Kung Fu will brighten your light. Where the flame is, everything is warmer. Your training will impact and affect all those around you. Do not wait. Will it cost money? Absolutely! It won't cost as much as that hip replacement you will need at 60 from sitting around all day. Check how much a heart attack costs. How about the cost of rehab for your teen if they go astray? A new liver or kidneys? Years taken from your life due to stress will never be replaced without a plan for recovery. How about using one that has been proven to work for the last thousand years or so. Going to the gym helps your physical conditioning if you are consistent and disciplined. Where do you learn consistency and discipline? Bake your brain on hours of stationary cycling, stair stepping, treadmill running watching CNN or whatever soap opera the channel is on. Don't you want to do something more than that?

Look people, you are going to have physical changes in your life. Some of these changes will not be comfortable. You know that you are going to experience pain. The choice is the pain of life or the pain of death. You can have pain due to growing and learning new things or pain from your body putrefying and decaying as the years go by. The first we call SOARNESS. The other is soreness (pronounced Sorry-ness). One is the result from attempting to fly higher than ever before, the other is living a life of should have, would have, could have. Believe me, when it comes to excuses to not grow, people are the most insanely creative and self sabotaging creatures on the planet. The latest excuse is the economy or a current job situation (or lack of one). In other words,

since I am experiencing an economic change I cannot afford to train. WRONG! You can't afford not to train. How much time and energy will this changing situation cost you in stress. Do you have a way to focus on your success no matter what curve ball life throws at you? Here is an idea. How about we stay at home wallowing in despair about our current circumstances whatever they are and focus on our problems not on the solution. This is always the beginning of a downward spiral of negative self focus. What you focus on grows. Focus on the problem and watch the problems grow. BE the solution and watch life align. You are not your circumstances or current situation. It will all dissolve and change. As much as you want to try to keep things from moving, change is the only constant. When a plane flies to Hawaii the course gets corrected a thousand times along the way. You can align and direct your changes by participating in your evolutionary process, or you will be subject to it. Where are you going to learn how to do that? Do you think maybe someone else has been thought about it to? Maybe if we stay at home and eat candy and play video games it will all just go away. Not likely.

These are some of the reasons we have built a community of like-minded individuals focused on actively and enthusiastically participating in the evolution of human consciousness one black belt at a time. These are some of the reasons why we train in Kung Fu. To provide health, hope, happiness, harmony and humor to ourselves, our families, and our community. And it is a lot of fun also. Now is the time.