

Q U E S T

U P D A T E

F e b r u a r y 2 0 0 8

Some years ago, while I was teaching gymnastics at Stanford University, a quiet young man in one of my classes handed me a wristband made of tiny beads of different colors. On the band he had woven Chinese characters, "It says 'mountain path'" he explained. In my mind's eye, the path appeared: I saw the depth of that young man's vision; the mountain peak awaits above the clouds, where the sun shines brightly through the rarefied air, up in the high country of our psyches.

I found out as do we all, that it takes time and effort to climb that winding mountain path, past pitfalls, risks and distractions of every kind. On the way, we meet light and darkness, beauty and pain, fatigue and elation. We cover vast distances with small steps. In the process, we learn about ourselves and about the world around us. Whatever experiences await us on our own mountain path shall pass. As we climb, challenges leaves us stronger and wiser. Looking back, we see with greater clarity, and what once appeared as a difficulties now reveal themselves as blessings; from heights, we see the breath taking beauty of the world.

You cannot stay on the summit forever; you have to come down again. So why bother in the first place? Because what is below does not know what is above, but what is above knows what is below.

One climbs, one sees. One descends, one sees no longer, but one has seen. There is an art if conducting oneself in the lower regions by the memory of what one saw higher up. When one can no longer see, one can at least still know. ~ Mt. Analogue...We don't climb the high mountain alone.

~ from Dan Millman's book **No Ordinary Days**

TKD LESSON - Levels of Conscious Awareness

The first level is **Animal** the instincts we are occupied by are a) basic survival b) just doing enough to get by, which is a very low vibration. Our second level is **Mass** and is recognized when we want to a) fit in at all costs, b) follow the crowd mentally, c) blame is used instead of saying "It is up to me". Third level is **Aspiration**, recognized by a) hope & happiness levels rise, b) we worry less c) we wake up & get real! We realize that hunger, lack of clothing and shelter are real, all else in our lives are our own perception. Fourth is the **Individual** level we know we are here by a) expressing our own creativity, b) guided by our hearts, c) most importantly we step into the unknown...by choice! **Self-Discipline**—is the next and we **choose** this by doing daily what needs to be done whether we "feel" like it or not. The Sixth level is **Experience**. We are at this level when a) We constantly try things we have never done before. B) Once we try, we keep doing, repetition to get better, c) our personal "life energy goes way up!" The highest level we can function at is **Mastery**. We recognize this in ourselves when we master what it is we have to learn. There is no competition for you as you create. Personal energy flows (as does all good things) You understand universal law and see it to help your fellow man.

Student News

Kids Bully Breaker Seminar Friday Feb. 1st 4:15—5:30 pm (6-12 years of age)

Investment of \$49.95 BBC \$39.95 , this seminar is open to the public. If you know someone who would benefit from a seminar like this please have them call Mr. Rowe at 869-0111

Padded Weapon Classes Begin Friday Feb. 1st

Kids 4:00—4:45 pm Adult 5:00-5:45 pm
This is included in the Black Belt Club Program.

8 Week KMAS Program begins Sunday Feb. 3rd

Teens and Adults program for New Students
Limited spaces - \$69.95 and includes the uniform call 869-0111 if you know someone who would like to try marital arts

Leadership Team Meeting

Monday Feb 11th 7:05 pm
Instructor Training for Black Belt Club Members

Men's Self-Defence Tuesday Feb. 12th 6-7pm

Adults - \$139.95 includes uniform and 6 weeks of training
There will only be 10 spaces and it is open to the public. If you know anyone who wants to take advantage of this course please let Mr. Rowe know or have them call the academy.

Note to Parents: We are having a challenge with noise level during classes. We appreciate that younger siblings of training students are excited to watch their older brother or sister, however we have to remember that the extra noise or motion is very distracting to those on the training floor. It is up to the parents to supervise their children and ensure they are looked after, if the kids are causing too much noise they will be asked to leave.

Breaking Seminar Saturday Feb. 16th

Kids 10:45 - 12:10 pm Adult 12:15 - 1:25 pm
Cost: \$49.95 BBC \$39.95. 15 spaces in each group please have your fees in as soon as possible for the seminars.

Formal Grading Saturday Feb 23rd 10:45 am

Please ensure you are signed-up at least 1 week prior to the grading so that your belt will be in stock for you.

Open House Wednesday Feb 27th

Kids 4:00-4:45 pm Adults 5:15-6:05 pm
Bring in a friend or family members to have a class at no cost. Children under the age of 19 needs a parents permission to participate.

World Championships in Italy

Anyone wanting to travel to Italy at the end of May 2008 to compete or be a spectator at the World Championships should speak to Master Dan immediately.

Masters thoughts: There are no mistakes...only lessons. The only real mistake that is possible is not to listen & learn the lesson