

August 2016 Newsletter

Goju-Ryu Karate-Do Kyokai

www.goju.com



Gasshuku

By Ed Myers

Gasshuku originally meant something like “meeting at the inn”. It was (and is) a chance for like-minded individuals to gather and share experiences, develop and/or strengthen friendships, enjoy good company, and practice together. It is as much about camaraderie as about karate.

Yamakura Shihan has agreed to hold a Gasshuku in the Toledo Ohio area in 2016. This event will be held during the month of September and will be open to the brown (with instructor’s approval) and black belt members of the GKK. Training will be Monday through Friday for 3 hours each day. The final dates and location is yet to be determined. Please contact Mr. Ed Myers if interested.

New York Seminar

By Frank Matt

News from Glens Falls New York. We will be holding a GKK seminar October 14 and 15 at the Adirondack Sports Complex this year. We moved from our little dojo in Corinth to a bigger venue in Glens Falls.

Mr. Ed Myers will be leading the classes this year and I hope many of you can make it. We will have a Friday evening general class from 7 -9pm, and Saturday from 9:30 am until around 5pm .

I will get more details out before the seminar as I get things ironed out .You can register on line through the complex to make it easier for everyone to sign waivers and pay in advance. The cost will be 15.00 for the two days.

The link is adirondacksportscomplex/programfinder.cfm Please contact me at fmatt04348@yahoo.com.



LaSalle, Michigan Gathering

By Matt Loiselle

We had another fantastic karateka gathering in LaSalle, Michigan in early July. We shared warm-ups, kata, partner work, training tools and friendship. Thank you everyone!

Editor’s Note; Mr. Matt suggested we include our contact info when submitting an article in case members wish to get together. Please do so if you wish.

How Eckhart Tolle Helped Me Solving Some of My Karate Dilemmas...

Zorri Eliraz, Aum-Dojo, Israel

Karate trainings are challenging. I'm sure this is true for each one of us on different levels. The physical level is obvious. "No pain, no gain". This is especially true in my case, since I'm way past my forties, and have never done any physical activity after high school. I was a real "couch potato – computer nerd" until I started training at my dojo. Obviously, this was very challenging.

Nevertheless, for me the bigger challenges were emotional and spiritual. I had to deal with my lack of confidence, my need for approval, anger, emotional pain and much more. I learned very quickly that if I let any of those enter the dojo with me, I would NOT be totally present. This would have a huge negative impact on my training. It was clear to me that there are times where those emotions need to be set aside in order to be focused and present. This made sense to me. So I took the

habit of leaving all of this out of the dojo. And if any of this would succeed to sneak into the dojo with me, I would try to expel them out of my mind and out of the dojo, especially during the "mokuso" meditation... Sometimes I was more successful in doing so and sometimes less. But as time passed by, and I trained more and more, this improved greatly.

What did happen after the training, when stepping out of the dojo into the dojo's lobby? This was a totally different issue! I would be overwhelmed and swept away by tsunami-like waves of emotions, which I had left behind me during the training. Many times I tried talking with my Sensei about this. But it was so overwhelming, that I would talk in inappropriate ways to him. I'm sure that in Japan I would have been kicked out of the dojo a long time ago. But my Sensei understood where I was coming from, so he "only" gave me some very significant looks, telling me this is totally inappropriate. This made me sink even more into emotional drama. It was very frustrating to me. I didn't know what I should do with all of this.

You need to know that I grew up in Belgium, where I learned to behave like a "good girl". This kind of education is very repressive of the personality and its' individuality. So my path has brought me to places where expressing myself fully was considered positive: an important step in spiritual growth, a step of liberation from society's repression and expectations. This included the full rainbow of emotions... I learned expressing my anger, I learned to cry and yell, and much more things that would have been considered as "bad behavior". Sometimes this created a lot of havoc in my life, still this felt much better than to repress those feelings.

So it felt weird to be once again in a place where I thought I was supposed to repress my emotions and behave "well". And I had a lot of questions around this: Is karate a path I wanted to grow with, a path that repressed some parts of my being? Or maybe Karate was going in the wrong direction? I even considered quitting because of this, but a little voice in me kept me coming back over and over again, after each drama...

At the same time, I've been facing yet another challenge in my life. After going successfully and joyfully through breast cancer a few years ago, I had to deal with a mental illness of my teenage son. This was the hardest challenge I had to go through. At times I felt anxious, helpless and also desperate. My Sensei was there for me too in those difficult times. And he gave me the book "The power of now" by Eckhart Tolle, hoping this would help me. After a quick look at the book, I just put it aside...

A few months later I stumbled upon a youtube video with Eckhart Tolle, which touched me deeply. From there on I started diving into Eckhart Tolle's teaching, reading the book my Sensei gave to me, and much more. And the more I learned from him, the more peace, acceptance and joy entered my life. This helped me greatly dealing with my son's challenges.

It would be pretentious to try and summarize all of his teaching in a few sentences. And Mr. Tolle is much better at explaining this than I am. But for the sake of this article, let me just say that it's about being fully present in the moment, accepting life as it comes, and understanding that we are neither our thoughts nor our emotions. Our true nature has no form and is unborn; it's the spacious consciousness that is beyond form. The person we are right now is just a form that consciousness has taken up for while. And our thoughts and emotions come from our conditioned mind and not from our deep consciousness.

So, a few weeks ago, I noticed that much of my emotional turbulence in the dojo just vanished. So did the dilemma around it. I understood that I found the answer I was looking for. What I formerly thought as "fully expressing myself", is in fact "fully expressing my conditioned mind". This is not such a precious thing that I should hang on to. I can choose consciously to take a step back from total identifications with those emotions, without repressing them. Just looking at them as if they were wind blowing through leaves. Not be so attached to them. Or even better, just get back to the space of here and now, where there are no "problems". And while choosing to do so, I'm not overwhelmed by those thoughts and emotions anymore, whilst not repressing them.

Well, this certainly makes my life much easier and smoother, both in the dojo and outside of it...

Indeed, the path is still long and tumultuous. But I'm happy to grow in the path of the karate which now goes hand in hand with my spiritual growth.

My deepest gratitude to my dear Sensei Nimrod Astel

M. Yamakura	Chairman	3763 Old Creek Road, Troy, MI 48084	chairman@goju.com
Ed Myers	CEO	11568 Reed Road, Whitehouse, OH 43571	ceo@goju.com
Dwight Scales	USA Director	1940 Bobolink Lane, Toledo, OH 43615	dwight.scales@imagineschools.com
Eric Naujock	Webmaster	2146 Queensdale Ct., Maumee, OH 43537	webmaster@goju.com
Bill Kane	Program Development	7 Shalimar Lane, Maple Glen, PA 19002	wmkane@comcast.net
Deb Crawford	USA Business Manager	5705 Northlake Road, Springfield, IL 62711	sharpda71@msn.com
Angie Monday	Merchandise Administrator	6030 Davida, Toledo, OH 43612	angie.monday@yahoo.com
Bill Handren	Newsletter Editor	115 West North Street, Dwight, IL 60420	yokagawa2002@yahoo.com

All articles and photographs are the copyright property of the authors / photographers and do not necessarily represent the views or opinions of the Goju-Ryu Karate-Do Kyokai. Consult your physician before beginning any exercise program and always train under the direct supervision of a qualified instructor. Neither the authors nor the Goju -Ryu Karate- Do Kyokai assume any liability for information contained in this Newsletter.