

At Home With The Unknown.

The Essence of the Martial Arts.

Our spiritual nature thrives on the unknown. The thinking mind fears and avoids it.

At once tragic and comical is the situation of the motorcycle adventurer negotiating some unexpected mud and her foot "looking for purchase".

Interestingly that stability we seek physically we also look for mentally and emotionally by purchasing *things*.

In Tai Chi, balance and stability is found in *the purchase of the unseen*. "While we look not at the things which are seen, but at the things which are not seen: for the things which are seen are temporal; but the things which are not seen are eternal." 2 Cor. 4:18

Even saving stuff from the past is an attempt to hold on to the known. The spirit suffers. The ego strengthens.

Inexhaustible is the supply from the unknown.

Bottomless is the draining pit of clinging to the known.

What happens when suddenly one is immersed in the unknown and all that was familiar is now unfamiliar.

Paradoxically the spirit thrives.

Many motorcycle journeys are prompted not so much by a loss of the known but due to the resulting excitement of spirit from being immersed in the unknown.

We thrive in the unknown. Animals love exploring the unknown. Dogs get bored being walked along the same paths.

In Beijing 1984 I felt a renewed energy in my Chen Form practice routine. Perhaps the influence of geography but more likely the stimulation of the unknown.

Decide to release your spirit by moving with the unknown. Aware. Super aware. At home with the unknown. Relaxed awareness.

Where is home? Comfortable where you are. "Sat comfortable riding into the unknown." (Nathan Millward. From a review of the Suzuki Van Van motorcycle.)

Practice with the unknown. Learn with the courage of a beginner. Feel the air how it changes. Our Tan Tien begins to work again as it did when we were embryos. Tai Chi calls it Embryonic Breathing.

It results automatically in the unknown.

Remember when you began Tai Chi? Did you decide to learn? Did you become comfortable with learning just a little? At ease with *only* the familiar?

Stepping should be as if into the unknown. Give up the familiar and awaken your natural abilities. Never miss an opportunity to step into the unknown.

Embrace the unknown. You'll discover that you know a lot more than you thought you knew.

See the newborn. At home in the unknown. Must even be given a name.

See the preschool children walk by so spirited and friendly. Then the older classes. What happens to us? Clinging to whatever is familiar; laughing at and mocking that which is.....unknown.

Daily meditation takes some initial effort. But those who do know the benefits of excursions into the unknown.

Those who walk in the woods know what we're talking about. Trust your awareness not your thoughts.

Proverbs 3:5

“Trust in the Lord with all thine heart; and lean not unto thine own understanding.”