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## Intro



Zoran, a young dragon who was cast out of his tribe for being different, was flying over the Himalayas when he saw a group of weasels trying to steal a powerful weapon. He decided to intervene and managed to stop them, but not before they had caused a lot of damage.

The weasels were working for a mysterious figure known as the Dragon Knight, who was seeking to collect all four of the powerful weapons in order to rule the world. Zoran realized that he needed help to stop the Dragon Knight, so he flew to Shamballa to seek the advice of the wise masters there.

The masters of Shamballa were impressed by Zoran's bravery and agreed to help him. They taught him the ancient art of kung fu, which he quickly mastered. With his new skills, Zoran returned to the Himalayas to face the Dragon Knight.

The Dragon Knight was a formidable opponent, but Zoran was able to hold his own thanks to his training. In the end, Zoran emerged victorious and the Dragon Knight was defeated. The world was saved from certain doom, and Zoran became a hero.

Years later, Kwai Chang Caine, a Shaolin monk who travels through the American Old West, armed only with his spiritual training and his skill in martial arts, as he seeks Danny Caine, his half-brother <sup>1</sup>, was traveling through the desert when he came across a small town that was being terrorized by a gang of bandits. The bandits were led by a ruthless man named Jack, who had taken over the town and was forcing the people to pay him tribute.

Caine knew that he had to help the people of the town, so he decided to take on Jack and his gang. He went to the local saloon, where Jack and his men were drinking, and challenged Jack to a fight.

Jack laughed at Caine and told him that he was no match for his men. But Caine was determined to stop Jack and his gang, so he fought them all, one by one. He used his kung fu skills to defeat them all, until only Jack was left.

Jack was a skilled fighter, but Caine was able to outsmart him and defeat him. With Jack and his gang gone, the people of the town were free once again.

I hope you enjoyed the story! <sup>1</sup>: Kung Fu is an American action - adventure martial arts Western drama television series starring David Carradine. The series follows the adventures of Kwai Chang Caine, a Shaolin monk who travels through the American Old West, armed only with his spiritual training and his skill in martial arts, as he seeks Danny Caine, his half-brother.

Buddha has been following me around for a long time



Buddha has been following me around for a long time. My parents had a Buddha statue where as a kid I would get mesmerized by just staring at it. It took all my troubles and worries as a young child away. In my teens, I began a formal meditation practice which I still do today.

My practice is the foundation of my life. I once had a past life regression where my twin brother John, Mark Lowenhurst, and I were students of Buddha. I could see it in my mind's eye. Even today I can close my eyes and visions will appear. Of course, I can't prove it<grin> yet the impressions are there.

I'm continually amazed by the synchronicity of events that happened over 50 years ago, which all of a sudden seem to manifest in one's life. Many people call this the butterfly effect, where the fluttering of a butterfly's wings can somehow affect events 50 years later. It's incredible! Synchronicities occur in one's life.

I first saw the series Kung Fu on TV when it first came out in the early '70s. I had just returned from a spiritual journey to India and beyond. My brother and I were mesmerized by the show. My favorite parts were when they did a flashback to the Shaolin Temple, and the young monk would receive teachings and wisdom from his masters. Words can't describe the feelings that occurred inside of me.

I have heard about the Shaolin Temple throughout my life. During the '70s, China was a forbidden country to go to. Today is a different story. To be frank, I am mind blown by the fact that now there is a Shaolin Temple in Germany. This temple is in direct contact with the main temple in China. In fact, they even have five great masters who have come from the Shaolin Temple in China to help teach the students in the west.

Can you imagine having a school that's been around for 1500 years? Imagine the great wisdom that has been held for thousands of years. Back then, only a few people

had the privilege and honor to be part of the spiritual practice. Today, this wisdom is available to anyone who is interested in discovering the jewel that lies within.

The Shaolin Temple in Germany has many different kinds of programs that they offer to the public. They offer programs for the beginner to the advanced student. Master has provided hundreds of videos on YouTube going over the philosophy and the practical steps for these precious arts. One of my favorite models is ‘Signposts are all around us, yet do we have the eyes to see?’ I kindly suggest that one reads this book and at the same time listens to the YouTube videos.

This book is not about being a Buddhist. This book is about how to discover the jewel that exists inside of you. We see only 1% of the light spectrum, and we think we see it all. All the problems in this world stem from the fact that we have forgotten our true nature. We are texting from the freeway of life, and we have no idea that we are one with the universe. You are the universe, and you just don’t know it. I say this over and over again. One who embarks on this journey begins to blend heaven and earth together. It’s all one and the same. We can change this world for the better. It’s up to you. You are a piece of the puzzle of life. Discover the peace that exists inside of you.”



## The beginning Dragon Tales



[PDF](#)



Once upon a time many, many moons ago lived the dragons. They lived where the British Isles are today. Now, these dragons weren't exactly nice. They were mean. Dragons in the past were kind and caring. Yet over time, they lost that awareness.

It may seem strange to us but they love to bicker and quarrel. They loved to be angry. They love to create war. That was their form of excitement.

This went on for thousands of years. You see dragons can live to a dear old age. These dragons caused a lot of discomfort in the countryside in the British Isles. Imagine waking up at 3:00 in the morning and seeing your precious cow taken away by the dragons.

Man would hide all valuables and jewels. The dragons had a sixth sense to find them and steal them.

It was true that dragons loved to hoard their wealth. Unfortunately, they couldn't do anything with them. They just loved to sit in their caves and sit on their wealth.

Greed came upon them. They didn't know how to share. Consequently, there was a lot of fighting against one another. It seems like their life was miserable. There was no contentment in their life. No happiness or kindness. Not even love.

All of the dragons were in the same empty boat. They were like ghosts where nothing could fill them up.

No wonder man was fearful of the dragons. They were horrible beings. They were up to no good. A man had good reason to be wary of them. During the crusades, men had the weapons to start fighting dragons. It was not a glorious time for man and dragons.

Many of the traits the dragons had man embraced. It seems like man and dragons at this point had misery in common. Both of them lost the true direction to find the hidden jewel inside. You can't blame them they never knew it existed inside.

The years went by and the conflict never got better. It just got worse. The dragons were being hunted down and killed one by one. It wasn't a pretty sight.

One day a baby dragon was born during the darkest times. This dragon couldn't relate to anger, war, and greed. All of the dragons thought he was a misfit. All he wanted to do was to have fun. He was extremely intelligent and had a lot of humor. He made other dragons laugh. The elders disapprove of this. When he learned to fly he would go off alone and soar in the sky.

He was free at that moment. Not a care in the world. He loved that feeling. Somehow he knew that the true nature of a dragon is true freedom. He discovered that kindness, love, compassion, and patience were his true nature.

Well, the elder dragons did not like that at all. They told him he had to stop this nonsense. You see the other young dragons liked what they were seeing. They loved how Zoran the young dragon was turning their lives upside down. They thought that war, anger, and stealing were truly the way. Here is a young dragon. Zoran walked on a different path and didn't have a care in the world.

Zoran's father had a huge pile of precious jewels. Yet Zoran wasn't interested in the slightest. He told his Dad "the greatest jewels in the universe lie inside" Well that didn't go over so well. His Dad was furious. He was already furious.

Remember at that time the dragons had quite the temper tantrums. Well, this

was placing gasoline on the fire. His Dad exploded. Who do you think you are to say such a thing?

Zoran knew not to say anything. Sometimes it's wise to be silent. All of the other elders talked with one another about this situation. What are we to do with Zoran? He is wreaking havoc with his tribe. They decided to give it a little time to see if anything would change.

Well, it didn't. Zoran was moment by moment learning how to meditate. He was diving deeper than ever inside the infinite ocean within. Now you see these dragons are scared of water. They are fire dragons. Water will extinguish the fire within. Water will extinguish war, anger, and greed. They thought this was their true nature.

Zoran discovered something the entire dragon world didn't know.

You are the universe.

You just don't know it.

Well, this was the final straw. They held a council meeting and decided to throw him out. He was still young for a dragon. He was a hundred years old. You see dragons can live for thousands of years.

So he was told to leave and never return. He was cast out of his home. But there's another story to this. A few young dragons decided to go secretly along with Zoran on his grand adventure.

Zoran at this time was getting guidance within. One dark and moonless night they flew out of the cave never to return. The rest is history.

Zoran hears the east might be a great place to go. They had high and magnificent mountains far from man and other dragons. Up to that time dragons were extremely rare in the east.

They were quite unknown. So they flew away into the darkness of night. The journey was just starting. They had no idea the steps they were going to take.

Zoran and his friends traveled only during the night. They didn't want other dragons or men to discover them on their flight. When they flew over the lakes,

rivers, seas, and oceans they would eat the fish along the way. Fish was extremely plentiful. They discovered it was tastier than cows. Furthermore, they didn't have to be worried about stealing a cow and being captured. Man was slowly learning how to trap the dragons. There were even dragon slayers as a profession. Times have changed.

It took three solid months to arrive at their destination. They landed in the high mountains of Tibet. Far from man and other dragons. It was wintertime. They had to fly in fierce snowstorms and bitter wind. Fortunately, they were fire dragons and could keep warm. A water dragon might have frozen to death.

Zoran and his friends found a beautiful cave to live in. It was huge and had an opening where they could fly in and out. So they set up camp and called it home.

Well, winters last for a long time in Tibet. Especially at high altitudes. You can only have so much external conversation with one another. Zoran taught them how to meditate. It was slow going at first. None of the dragons realize how powerful the mind was.

Zoran simply instructed them to follow their breath. The dragons thought this should be easy. They learned that it was more difficult than learning how to fly. You see even for dragons flying took time and effort. You had to work at it.

They say conquering your mind is the most difficult thing in the universe. Well, the young dragons will completely agree. Since it was winter time they had all the time in their lives. Slowly I mean slowly they took small baby steps along the way.

When winter was over they took to the skies. They loved the external and internal feeling of flying. Wow, I'm free. I'm not bound to anything.

The seasons came and went. Winter has arrived again. They spend their time in meditation. Imagine this went on for hundreds of years. Zoran and his friends were discovering they were the universe. The universe existed inside of them.

They were truly discovering their true nature. They were becoming wise. They knew how to laugh and play. They truly enjoyed each other's company. These dragons lost their old egos from the past.

They became the first master dragon of their time. Mind you for your time. Dragon is eternal. They are timeless.

Zoran and his friends discovered that their true essence was the universe.

Well, one day an incident occurred. While the dragons were flying and having a merry good time some small youngsters saw the dragons in the sky. They got very excited. There heard old folk tails from their ancestors about dragons flying in the sky. As youngsters, they didn't want to worry their parents. Their Mom and Dad are already how too much on their plate. You see they were farmers and herders. Life was tough enough as it was. They didn't need another burden.

These youngsters started to see them flying more often during the spring, summer, and fall. During the winter they never saw them. This went on for many seasons. The youngsters married had children and their children had children. It was now a common sight to see. Yet nobody ever saw them in person. They were like the UFOs was seen today. You see them but never have a close encounter.

One day during spring a group of youngsters went exploring. They saw this huge cave with a large opening. They decided to go in. They weren't scared but were hesitant. Slowly they walked step by step into the cave. To their amazement, they saw Zoran and his friend meditating It was a sight to behold. They weren't scared at all. In fact, they were so happy and full of love. They had never experienced anything quite like it.

The dragons woke up and saw the children sitting there with their eyes wide open. They couldn't believe what they saw.

Now the dragons didn't speak their language but they had the capability for non-verbal communication. This means without speaking words the children could hear from inside of them what the dragons said.

The children never saw such a thing.

This started a brand new life for the children. They were told don't tell anyone else. Someday when the time is right we will show ourselves to your village.

These children came back day after day. The dragons took them on flying rides which are still being talked about today. Imagine flying on the backs of the dragon. They never experienced such freedom and joy.

The dragons slowly taught them how to meditate. They taught them and showed them that kindness, love, and compassion is the true way to live. They did not preach or try to convince anyone. The dragons were pure and didn't have anything to prove. Yet their essence rubbed off on the youngsters.

Slow over time they embraced these qualities. Mind you this was a time in Tibet and China where war was all around. The same problems that existed in the West existed in the East.

Generation after generation the youngsters migrated to the dragons. The parents and Grandparents knew what was going on. They have spent precious time with the dragons and took that wisdom into their daily life. You see a spiritual path is the most practical path.

These small villagers were becoming wise. One was a young boy named Confucius. He was seeing his transformation from the dragons and put them truly into practice. He discovered a system that is still in practice in China today. All his wisdom came from spending time with the dragons. He then carried on his journey in life and we have a great tradition.

One of the earliest students was Lao Tzu. He was truly a man of nature. He spent a considered amount of time with the dragons. Even at a young age, he was wise beyond his time. Even the dragons were amazed at his knowledge and wisdom. At times it seemed that his wisdom was beyond theirs. Mind you these dragons were thousands of years old. Lao Tzu was only around ten years old. Needless to say, there was great friendship and understanding with each other. At that time China and Tibet couldn't understand the simplicity of Lao Tzu and the dragons.

Lao Tsu didn't care about politics and worldly affairs. He hardly ever went to cities. They were a complete distraction. Man wasn't open to wisdom or knowledge at this time.

So Lao Tsu spent a lot of time with the dragons and nature. You see Lao Tzu could see the unity of all life.

There is a story that when Lao Tzu was going to leave this world a small group approached high in the mountains. They begged for some insight and wisdom.

Today we have the Tao Te chings. One of the greatest books today. Lao Tsu went with some dragons and never returned. His wisdom is still alive today.

Today dragons are revered all around the East. Wherever you go in China you will see dragons as flags or statues. Their wisdom is still alive today.

Unfortunately in the West not much has changed. Dragons are still something to be fearful of. Stories are still being told of dragons hoarding wealth. Dragonslayers were the savior of mankind.

Isn't it amazing the times haven't changed much? We still are angry. We still think that wars can solve our issues.

Maybe, just maybe we can learn from the dragons.

Our true nature is the universe. The new dawning of man is here.

## Exploring the Shaolin Temple in Germany A Path to Self-Transformation



Germany is home to a remarkable place that embodies the essence of the Shaolin legacy - the [Shaolin Temple in Berlin](#)'s Kurfürstendamm area. This temple serves



as a sanctuary for those seeking spiritual growth, self-improvement, and a deeper understanding of the profound connection between Buddhism and martial arts. In this article, we will delve into the key points of the Shaolin Temple in Germany, exploring its teachings, self-help practices, mindfulness, physical training, and community-building efforts.

Germany's only Shaolin Temple is nestled in the vibrant city of Berlin, specifically in the Kurfürstendamm area. This temple provides a serene and tranquil environment for individuals to engage in meditation and the practice of martial arts. It serves as a gathering place for students from all corners of the globe who come to learn and embrace the arts of Kung Fu, San Da, Qi Gong, Tai Chi, and meditation. The temple boasts a diverse membership, comprising children, teenagers, and adults from different backgrounds, creating a rich tapestry of cultures and experiences.

The Shaolin Temple in Germany upholds the principles and teachings of the Shaolin order, a Buddhist monastic order that traces its roots back 1500 years to Henan province, China. One of the distinctive aspects of Shaolin philosophy is the integration of martial arts as a part of Buddhist practice. Kung Fu, in particular, is seen not only as a means of physical training but also as a path to discipline, composure, courage, and self-confidence. The highest level of mastery in Kung Fu is believed to lead to both physical and spiritual enlightenment.

The Shaolin Temple in Germany offers a range of self-help practices and techniques that draw inspiration from [Shaolin philosophy](#). These practices emphasize respect, staying present in the moment, and adopting a holistic approach to personal growth. By exploring the ancient culture and way of living, individuals can embark on a transformative journey of self-discovery. The temple also offers specialized programs such as the Shaolin.Online Self-Mastery Program and the Shaolin Summercamp, providing intensive training opportunities for those seeking to deepen their understanding and practice of Shaolin philosophy.

Mindfulness plays a vital role in the Shaolin philosophy practiced at the temple. By incorporating mindfulness into their daily lives, individuals can cultivate mental clarity and self-awareness. Meditation is a key practice at the Shaolin Temple, allowing practitioners to develop a [deeper connection](#) with their inner selves and the world around them. Through physical training, participants at the Shaolin Temple Europe have reported enhanced mindfulness in their everyday lives.

Testimonials from individuals who have experienced the benefits of mindfulness and meditation at the temple serve as a testament to the transformative power of these practices.

Physical training is an integral part of life at the Shaolin Temple in Germany. The training regimen encompasses various exercises, including jogging, push-ups, and traditional Kung Fu techniques. In addition to Kung Fu, the temple places significant emphasis on Qi Gong and Tai Ji as paths to freedom and self-awareness. Through rigorous physical training, individuals develop discipline, mental focus, and a deeper understanding of their bodies and capabilities.

The Shaolin Temple in Germany serves as a vibrant community dedicated to spiritual growth. Despite the diverse backgrounds of its members, a sense of unity prevails within the temple's walls. This community offers a respite from the distractions of the outside world, providing individuals with an opportunity to cultivate clarity of mind and deepen their spiritual practices. By combining Buddhist teachings with the Shaolin way of life, the temple fosters an environment where individuals can grow spiritually and connect with others on a profound level.

Germany's Shaolin Temple in Berlin's Kurfürstendamm area stands as a testament to the enduring legacy of Shaolin philosophy and its profound impact on personal growth and self-transformation. Through its teachings, self-help practices, mindfulness, physical training, and community-building efforts, the Shaolin Temple in Germany offers individuals a unique opportunity to explore the path of martial arts and Buddhism. By embracing the wisdom of the Shaolin Temple, individuals can embark on a journey of self-discovery, cultivate mindfulness, and foster unity within themselves and their communities.

## The Shaolin Temple is a Buddhist temple in China



The Shaolin Temple is a Buddhist temple in China that's famous for its martial arts. The temple is more than just a school of fighting. It's also a place of learning and enlightenment. The monks who live and train at the Shaolin Temple study not only martial arts but also Chan Buddhism which contains unbelievable wisdom. The main pillars of Shaolin culture are Chan Buddhism, martial arts, Buddhist art, and traditional Chinese medicine. This cultural heritage, still constituting the daily temple life, is representative of Chinese civilization. The Shaolin philosophy teaches its followers to be disciplined in all aspects of their life, including their thoughts, emotions, and actions. The temple teaches its followers to be mindful of their thoughts and emotions and to cultivate positive qualities like compassion, kindness, diligence, focus, patience, and faith in oneself. Meditation and mindfulness are two of the most influential aspects of Shaolin's philosophy. Shaolin monks have been practicing meditation and mindfulness for centuries, and their teachings can easily be applied to our daily lives. Even if it's not to the extent the monks apply them.

I hope this helps! <sup>1</sup>: "11 Actionable Shaolin Philosophy Teachings to Support You," Travel Content Creators. <sup>2</sup>: "11 Actionable Shaolin Philosophy Teachings to Support You," Travel Content Creators. <sup>3</sup>: "A Brief History of the Shaolin Temple and Kung Fu," TripSavvy. <sup>4</sup>: "The Historic Struggle of China's Culturally Rich Shaolin Temple," Ancient Origins. <sup>5</sup>: "Ultimate Shaolin Temple Travel Guide | Shaolin Monastery Dengfeng, China," China Discovery. <sup>6</sup>: "Shaolin Monastery," Wikipedia.

## Zoran the dragon founder of the Shaolin Temple in China 1,500 years ago



SHAOLIN: ZEN TEMPLE OF KUNG FU 1998 Documentary

324K views • 2 years ago



SHAOLIN TEMPLE LITHUANIA

shaolinkungfu #shaolintemple #shaolindocumentary SHAOLIN: ZEN TEMPLE OF KUNG FU 1998 Documentary.



master and pupil are like father and son. | Buddha Sakyamuni taught his followers... | we can use... 11 moments

Zoran the dragon was a powerful and benevolent being who lived in the mountains of India. He was a follower of Buddha and a master of meditation and martial arts. He had a vision of spreading the teachings of Buddhism to China, where he heard that people were suffering from war and chaos.

He flew across the Himalayas and reached the land of China. He searched for a suitable place to build a temple and a school, where he could teach the people the way of peace and wisdom. He found a beautiful spot at the foot of Mount Song, one of the five sacred mountains of China. He saw a grove of trees and a clear spring, and he felt a strong spiritual energy there. He decided to make it his home.

He used his dragon magic to shape the rocks and trees into a magnificent temple. He carved statues of Buddha and his disciples, and painted murals of his life and teachings. He also created a library of scriptures and a hall of martial arts. He named his temple Shaolin, meaning "Temple of Shao [shi Mountain] Woods".

He then sent out his dragon roar, which echoed across the land. He invited anyone who wanted to learn from him to come to his temple. He welcomed people of all backgrounds and beliefs, and treated them with kindness and respect. He taught them the principles of Buddhism, such as the Four Noble Truths, the Eightfold Path, and the concept of karma. He also taught them the techniques of meditation, such as breathing, mindfulness, and concentration. He also taught them the skills of martial arts, such as stances, strikes, blocks, and weapons. He said that martial arts were not for violence, but for self-defense, discipline, and health.

Many people came to his temple and became his students. They shaved their heads and wore robes, and followed his rules and precepts. They called him Zoran Shifu, meaning "Master Zoran". They also called him Bodhidharma, meaning "Enlightened One". They revered him as the first patriarch of Chan Buddhism, the Chinese branch of Zen Buddhism.

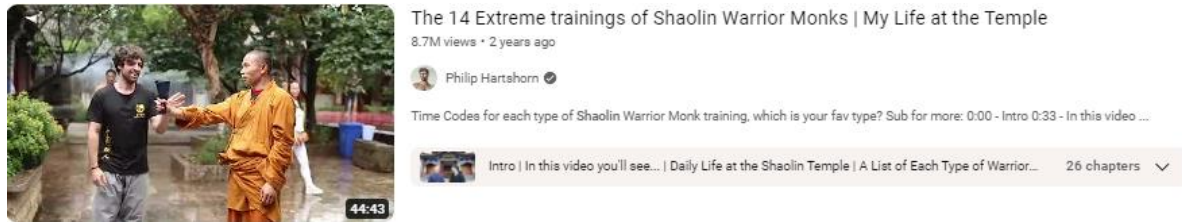
Zoran was happy and proud of his students. He saw them grow in wisdom and compassion, and in strength and agility. He also saw them spread his teachings to other parts of China and beyond. He knew that he had fulfilled his vision and his mission.

He lived for many years at the Shaolin Temple, until one day he felt that his time had come. He gathered his students and gave them his final words of advice. He told them to be faithful to the Buddha, to be loyal to the Shaolin Temple, and to be kind to all living beings. He then entered a deep meditation and passed away peacefully. His students mourned his death and buried him in a pagoda near the temple. They honored him as their founder and their teacher, and vowed to continue his legacy.

This is the story of Zoran the dragon, the founder of the Shaolin Temple in China 1,500 years ago.

[If you want to learn more about the Shaolin Temple and its history, you can check out these websites<sup>1234</sup> or these videos<sup>5</sup>](#). You can also try these books that can tell you more about the Shaolin Temple and its culture.

## The Shaolin Temple A Living Legacy of Zen and Kung Fu



The Shaolin Temple, located at the foot of Mount Song in Henan Province, China, is one of the most famous and influential Buddhist monasteries in the world. Founded in 495 CE by Emperor Xiaowen of the Northern Wei Dynasty, the temple has a history of over 1,500 years, and has witnessed the rise and fall of many dynasties and empires. It is also the birthplace of Chan (Zen) Buddhism and the cradle of Shaolin Kung Fu, two of the most distinctive and renowned aspects of Chinese culture.

The temple's founder, Emperor Xiaowen, was a devout Buddhist who wanted to spread the teachings of the Buddha to China. He invited an Indian monk named Buddhahadra to come to China and build a temple in the forest of Mount Shaoshi, hence the name Shaolin, meaning "Temple of Shao [shi Mountain] Woods". Buddhahadra translated many Buddhist scriptures and preached the doctrines of Mahayana Buddhism to hundreds of followers. He was succeeded by another Indian monk named Bodhidharma, who arrived at the temple in 527 CE. Bodhidharma is regarded as the first patriarch of Chan Buddhism, a school of Buddhism that emphasizes meditation and direct experience of one's true nature. He is also credited with introducing martial arts to the temple, as a way of strengthening the body and mind for meditation. He spent nine years meditating in a cave near the temple, and left behind a famous verse:

I came to China to transmit the Dharma,  
One flower opens into five petals,  
And the fruit will ripen by itself.

The flower represents the five schools of Chan Buddhism that developed from Bodhidharma's teachings, and the fruit represents the enlightenment that each practitioner can achieve by themselves. The Shaolin Temple became the center of Chan Buddhism in China, and attracted many monks and laypeople who wanted

to learn from the masters. The temple also developed a unique style of martial arts, known as Shaolin Kung Fu, which combined the principles of Chan Buddhism with the techniques of fighting. Shaolin Kung Fu is characterized by its speed, power, flexibility, and variety of forms and weapons. It is also influenced by the natural environment and the animals of the Shaolin region, such as the tiger, the crane, the monkey, and the dragon.

The Shaolin Temple enjoyed a period of prosperity and fame during the Tang Dynasty (618-907 CE), when it received the patronage and protection of the emperors and the nobility. The temple's monks played an important role in helping the Tang emperors to unify and defend the country, especially in the famous Battle of Hulao Pass in 621 CE, when 13 Shaolin monks led by Zhiyuan helped Li Shimin, the future Emperor Taizong, to defeat a rebel army of 100,000 soldiers. Li Shimin was so grateful to the monks that he bestowed them with many honors and privileges, such as the right to eat meat and drink wine, the right to recruit soldiers and train them in martial arts, and the right to build more temples and schools. The Shaolin Temple expanded its influence and network throughout China and beyond, and became a symbol of loyalty and bravery.

However, the temple also faced many troubles and challenges throughout the centuries, as it was often caught in the conflicts and wars that plagued China. The temple was attacked and destroyed several times by different enemies, such as the Mongols, the Manchus, the Qing Dynasty, the Taiping Rebellion, the Warlords, the Japanese, and the Communists. The temple's monks fought bravely to defend their home and their faith, but they also suffered heavy losses and casualties. Many of the temple's buildings, scriptures, relics, and artworks were burned, looted, or damaged. Many of the temple's masters, disciples, and secrets were killed, captured, or scattered. The temple's reputation and influence declined and faded, and it was almost forgotten by the world.

The temple's revival began in the late 20th century, when it was reopened and restored by the Chinese government and the Buddhist community. The temple's monks resumed their religious and martial arts activities, and welcomed visitors and students from all over the world. The temple's culture and heritage were also promoted and popularized by the media and the entertainment industry, especially by the movies and the books of the Hong Kong martial arts star Bruce Lee, who was inspired by the Shaolin Kung Fu and the Chan philosophy. The

temple's legacy and spirit were also spread and preserved by the many branches and schools of Shaolin that were established in China and abroad, such as the Shaolin Temple USA, the Shaolin Temple UK, and the Shaolin Temple India.

Today, the Shaolin Temple is still alive and well, and continues to be a living legacy of Zen and Kung Fu. The temple is a UNESCO World Heritage Site, and attracts millions of tourists and pilgrims every year. The temple is also a center of learning and research, and hosts many academic and cultural events and exchanges. The temple is also a source of inspiration and guidance, and teaches the values of wisdom, compassion, courage, and peace. The temple is also a symbol of hope and harmony, and strives to promote the dialogue and cooperation among different religions, cultures, and nations.

The Shaolin Temple is not only a temple, but also a way of life. It is not only a history, but also a future. It is not only a legend, but also a reality.

[If you want to learn more about the Shaolin Temple and its history, you can check out these websites<sup>1234</sup> or these videos<sup>5</sup>](#). You can also try these books that can tell you more about the Shaolin Temple and its culture.



# The Ancient Art of Shaolin Kung Fu Exploring the History, Philosophy, and Training Methods of Shaolin Temple

## Introduction



Kung Fu and the Shaolin Temple have captivated people around the world for centuries. The [Shaolin Temple](#), located in Henan Province, China, holds immense importance as both a spiritual sanctuary and a renowned center for martial arts training. In this chapter, we will explore the fascinating history, training methods, philosophical principles, and cultural significance of Shaolin kung fu.

Kung Fu, which translates to "skill achieved through hard work," encompasses a diverse array of Chinese martial arts. These arts have been developed and refined over centuries, with the Shaolin Temple playing a central role in their evolution. The temple's ancient lineage and deep-rooted connection to martial arts have made it synonymous with kung fu.

The Shaolin Temple is believed to have been founded in the 5th century AD by Bodhidharma, a revered Buddhist monk also known as Da Mo. Legend has it that Bodhidharma traveled from India to China, seeking to spread Buddhism. When he arrived at the Shaolin Temple, he noticed that the monks lacked physical strength. To address this, he introduced a system of [physical exercises](#) to strengthen their bodies and minds.

## Origins and History of Shaolin Temple

The Shaolin Temple boasts a rich and storied history that spans over a millennium. Situated amidst the serene Song Mountains, it has served as a sanctuary for Buddhist monks seeking spiritual enlightenment. Over time, it became closely associated with martial arts due to the influence of Bodhidharma, whose teachings laid the foundation for Shaolin kung fu.

The origins of the Shaolin Temple can be traced back to the 5th century AD, when Bodhidharma is said to have arrived in China. According to popular belief, he

meditated in a cave at the temple for nine years, facing a wall. This intense meditation is believed to have led to his enlightenment and the subsequent development of Shaolin kung fu. The temple's mountainous location provided an ideal environment for the monks to immerse themselves in martial arts practice and spiritual cultivation.

Throughout its history, the Shaolin Temple has faced numerous challenges and undergone periods of destruction and reconstruction. Wars, fires, and political turmoil have threatened its existence, but each time it has emerged stronger, preserving its cultural heritage and continuing the practice of kung fu.

### Kung Fu and Its Connection to Shaolin Temple

The art of kung fu is deeply intertwined with the history and legacy of the Shaolin Temple. It was within the temple's walls that the foundations of Shaolin kung fu were laid, and it became renowned as a center for martial arts training. The temple's association with kung fu can be attributed to Bodhidharma's teachings and the subsequent efforts of the Shaolin monks to refine and transmit these martial arts techniques.

Shaolin kung fu is characterized by its unique combination of physical techniques, mental discipline, and spiritual development. It emphasizes the harmonious integration of body, mind, and spirit, allowing practitioners to cultivate both their physical abilities and their inner selves.

One example of a famous Shaolin kung fu style is the "Five Animal Fist." This style imitates the movements and characteristics of five animals: the tiger, crane, leopard, snake, and dragon. Each animal represents a different fighting technique and strategy. The tiger style emphasizes strength and power, while the crane style focuses on grace and agility. The leopard style emphasizes speed and agility, while the snake style emphasizes flexibility and precision. The dragon style combines all these elements, representing the ultimate expression of kung fu mastery.

The connection between kung fu and the Shaolin Temple can be traced back to Bodhidharma's teachings. He believed that physical strength and discipline were essential for the monks to endure the rigorous demands of their spiritual practice. By incorporating martial arts into their training, the monks could cultivate their

physical and mental faculties, ultimately leading to a deeper understanding of themselves and the world around them.

### Training Methods and Techniques of Shaolin Kung Fu

The training methods and techniques of Shaolin kung fu are as diverse as the art itself. Shaolin kung fu training encompasses a wide range of physical exercises, forms, and combat techniques. The training focuses on building strength, flexibility, speed, and endurance, enabling practitioners to develop their physical capabilities to their fullest potential.

Physical conditioning plays a crucial role in Shaolin kung fu training. The monks engage in rigorous exercises that target different muscle groups, enhance their overall fitness, and lay the foundation for mastering various combat techniques. These exercises include strength training, endurance training, agility drills, and flexibility exercises.

In addition to physical training, Shaolin kung fu places great emphasis on mental discipline and spiritual development. Meditation is an integral part of the training, allowing practitioners to cultivate focus, concentration, and inner peace. Through meditation, they learn to harness their mental strength, enabling them to perform complex movements with precision and grace.

Shaolin kung fu encompasses a wide range of combat techniques, including punches, kicks, blocks, throws, joint locks, and weapon training. Each technique is carefully honed and perfected through repetitive practice and attention to detail. The focus is not only on executing powerful and effective movements but also on understanding the underlying principles and concepts that govern each technique.

Furthermore, Shaolin kung fu incorporates qigong, a set of breathing exercises that promote the flow of internal energy or chi. Qigong exercises help practitioners develop a deep connection between their breath, body, and mind, enhancing their overall well-being and enabling them to perform at their peak.

### Role of Shaolin Monks in Preserving and Spreading Kung Fu

Shaolin monks have played a pivotal role in preserving and transmitting the art of kung fu. These dedicated individuals devote their lives to rigorous training and

discipline, ensuring that the ancient traditions and techniques of Shaolin kung fu are passed down from generation to generation.

The role of Shaolin monks extends beyond the confines of the temple. They have been instrumental in spreading kung fu worldwide through demonstrations, teaching, and cultural exchanges. Shaolin monk demonstrations, with their awe-inspiring displays of physical prowess and skill, have captivated audiences around the globe, sparking interest and fascination in the art of kung fu.

Shaolin monks have also established schools and training centers both within and outside China, where they impart their knowledge and expertise to aspiring students. These schools serve as hubs for learning and practicing kung fu, attracting individuals from diverse backgrounds who seek to immerse themselves in the rich traditions of Shaolin kung fu.

One prominent example of a Shaolin monk who has contributed significantly to the preservation and spread of kung fu is Shi Guolin. As a 34th generation Shaolin Temple fighting monk, he has dedicated his life to promoting authentic Shaolin martial arts. Shi Guolin has not only won numerous accolades but has also served as the head coach of the Shaolin Temple martial arts monks. His efforts to spread the genuine spirit of [Shaolin Temple martial arts](#), rooted in Ch'an Buddhism, have brought him recognition and reverence.

### Philosophy and Principles of Kung Fu

Kung fu is not merely a physical practice; it is a way of life that encompasses deep philosophical principles. At its core, kung fu teaches discipline, respect, humility, perseverance, and harmony with nature. These principles guide practitioners to cultivate both physical and mental strength, enabling them to navigate life's challenges with grace and resilience.

The philosophy of kung fu is strongly influenced by Taoism and Buddhism. Taoist principles emphasize the harmony between nature and humanity, encouraging practitioners to align their actions with the natural flow of the universe. Buddhism, on the other hand, emphasizes the cultivation of inner peace, compassion, and enlightenment. The integration of these philosophical traditions into the practice of kung fu elevates it beyond a mere martial art and transforms it into a path of personal growth and spiritual development.

Discipline is a fundamental aspect of kung fu philosophy. Practitioners are expected to adhere to a strict training regimen, showing dedication and commitment to their practice. Through disciplined training, they cultivate focus, self-control, and perseverance, qualities that extend beyond the training hall and permeate all aspects of their lives.

Respect is another essential principle in kung fu. Practitioners are taught to respect their instructors, fellow students, and the art itself. This respect extends to all living beings, fostering a sense of empathy and compassion that aligns with Buddhist teachings.

Humility is deeply ingrained in the philosophy of kung fu. Practitioners are encouraged to approach their training with a humble mindset, acknowledging that there is always more to learn and room for improvement. This humility allows them to remain open-minded, receptive to new knowledge and experiences.

Perseverance is a key virtue in kung fu philosophy. Practitioners understand that progress is not achieved overnight and that mastery requires consistent effort and dedication. They learn to embrace challenges and setbacks as opportunities for growth, forging ahead on their path with unwavering determination.

Harmony with nature is a guiding principle in kung fu. Practitioners recognize the interconnectedness of all things and strive to align their actions with the natural order. This principle is reflected in the fluid and flowing movements of kung fu, which mimic the grace and power of animals in nature.

### [Famous Kung Fu Masters from Shaolin Temple](#)

The Shaolin Temple has been home to numerous legendary kung fu masters throughout history. These masters have made significant contributions to the development and propagation of Shaolin kung fu, leaving an indelible mark on the art.

One of the most revered figures in the history of Shaolin kung fu is Bodhidharma, also known as Da Mo. He is considered the legendary founder of Shaolin kung fu, having introduced the principles and techniques that form its foundation. Bodhidharma's teachings laid the groundwork for the subsequent generations of kung fu masters who honed and expanded upon his legacy.

Another prominent kung fu master associated with the Shaolin Temple is Zhang Sanfeng. Although he was a Taoist monk, Zhang Sanfeng drew inspiration from Shaolin principles to develop Tai Chi Chuan, a martial art known for its graceful and flowing movements. Tai Chi Chuan has gained worldwide recognition for its health benefits and its embodiment of the philosophical principles of yin and yang.

Huo Yuanjia, Wong Fei-hung, and Jet Li are among the many famous kung fu masters who have emerged from the Shaolin Temple. These individuals have not only achieved mastery in their respective styles but have also become cultural icons, symbolizing the indomitable spirit and skill of Shaolin kung fu.

### [Shaolin Warrior Program: Training for Beginners to Advanced](#)

The Shaolin Warrior Program is a comprehensive training program offered at the Shaolin Temple. It caters to individuals of all ages and skill levels, from beginners taking their first steps into the world of kung fu to advanced practitioners seeking to deepen their knowledge and refine their techniques.

The program combines both external and internal training methods, encompassing various kung fu styles such as Shaolin Quan, Meihua Quan, Taiji Quan, Wing Chun Quan, Sanda, and Qin Na. This diverse curriculum ensures that students receive a well-rounded education in the different aspects of Shaolin kung fu.

The training program includes a wide range of activities, including Kung Fu basics, power stretching, hard Qigong, self-defense techniques, sparring, forms, and cultural classes. Students engage in regular practice sessions, honing their skills and building their physical and mental fortitude. Individualized attention is provided to each student, and private lessons are available for those seeking additional guidance.

The Shaolin Warrior Program follows a structured curriculum, allowing students to track their progress and set goals for themselves. Grading assessments are conducted to evaluate students' proficiency and provide them with a sense of accomplishment. Certifications are awarded upon completion of the training, recognizing the students' dedication and achievements.

The program has been practiced for over 4000 years, evolving and adapting to meet the needs and aspirations of modern practitioners. It continues to draw individuals from around the world who are eager to immerse themselves in the ancient traditions of Shaolin kung fu.

### Incorporating Ch'an Buddhism into Shaolin Martial Arts

Ch'an Buddhism, also known as Zen Buddhism, is deeply integrated into the practice of Shaolin martial arts. Shaolin monks combine their martial arts training with Buddhist teachings and philosophy, creating a holistic approach to both physical and spiritual development.

The practice of martial arts becomes a means for spiritual cultivation and enlightenment in the Shaolin Temple. The rigorous training regimen serves as a path to self-discovery, allowing practitioners to deepen their understanding of themselves and the world around them. Through the practice of martial arts, Shaolin monks seek to transcend their physical limitations and attain a state of spiritual awakening.

The integration of Ch'an Buddhism into Shaolin martial arts is evident in various aspects of the training. Meditation plays a central role, helping practitioners develop mindfulness, focus, and mental clarity. By quieting the mind and turning inward, students learn to channel their energy and achieve a state of deep concentration.

Buddhist principles such as compassion, non-violence, and mindfulness are woven into the fabric of Shaolin martial arts. Practitioners are encouraged to approach their training with a sense of compassion and respect for all living beings, fostering a harmonious relationship with the world around them.

The philosophical teachings of Buddhism also guide practitioners in understanding the deeper meaning behind their martial arts practice. They learn to view each movement as an expression of mindfulness and intention, transcending the mere physicality of combat.

The integration of Ch'an Buddhism into Shaolin martial arts elevates the practice beyond a mere physical discipline, transforming it into a path of self-discovery and spiritual growth.

## The Evolution of Unarmed Combat in Shaolin Temple

During the late Ming and Qing dynasties, the Shaolin Temple played a significant role in the [development of unarmed combat](#) in China. Unarmed combat techniques, also known as "hand combat," were influenced by local civilian styles and practices, which were integrated and refined within the temple's walls.

The rise of hand combat was driven by a desire for new modes of self-cultivation that encompassed not only physical training but also medical practices and syncretic philosophical components. The temple served as a platform for studying, perfecting, and preserving these techniques, which would later contribute to the diverse landscape of Chinese martial arts.

It is worth noting that the development of unarmed combat in the Shaolin Temple and its subsequent evolution into various martial arts styles is a topic of ongoing debate and exploration. The lack of archaeological evidence poses challenges in tracing the precise origins and historical progression of these arts. Therefore, our understanding relies heavily on literary records and historical accounts.

The emergence of unarmed combat techniques in the late Ming era can be attributed to increased syncretism in Chinese society and a growing interest in religion, mysticism, and self-cultivation. This period witnessed a confluence of different philosophical and martial traditions, leading to the creation of new styles and the refinement of existing ones.

The Shaolin Temple, as a center of martial arts practice, drew upon the styles practiced by local civilians, studying and perfecting them within its walls. This exchange of knowledge and techniques contributed to the development and preservation of various martial arts styles associated with the Shaolin Temple.

Studying the emergence of unarmed combat in the Shaolin Temple provides insights into Chinese history and society as a whole. It sheds light on the cultural, philosophical, and social factors that shaped the evolution of martial arts in China and highlights the ongoing debates surrounding the heart and soul of Chinese martial arts.



## Conclusion

The Shaolin Temple and the art of kung fu have left an indelible mark on the world. The temple's rich history, deep-rooted connection to martial arts, and profound philosophical principles have captivated the hearts and minds of people across cultures and generations.

From its humble beginnings to its present-day prominence, the Shaolin Temple has stood as a symbol of resilience and dedication. It has preserved the ancient traditions of Shaolin kung fu and nurtured generations of skilled practitioners.

The contributions of Shaolin monks in preserving and spreading kung fu cannot be overstated. Their unwavering commitment to rigorous training and discipline has ensured the survival of this ancient art form. Through demonstrations, teaching, and cultural exchanges, Shaolin monks have brought the art of kung fu to every corner of the globe, inspiring countless individuals along the way.

As we reflect on the history and cultural significance of the Shaolin Temple and kung fu, let us appreciate the profound philosophy that underpins this art form. The principles of discipline, respect, humility, perseverance, and harmony with nature guide practitioners on their journey of self-discovery and personal growth.

In conclusion, I encourage all readers to explore the world of kung fu and embrace its profound philosophy. Whether you choose to train in a traditional Shaolin school or simply appreciate the art from a distance, the rich heritage of Shaolin kung fu offers valuable lessons and insights that transcend the realm of martial arts.

## Bruce Lee and Kung Fu



Bruce Lee - If It Wasn't Filmed You Would Never Believe It! [Remastered/Colorized 4K]

1.4M views • 2 months ago

Beardy - Bruce Lee Central

RESTORED - REMASTERED - COLORIZED 4K - VFX 60FPS. A.I (artificial intelligence) remastered/restored and colorized ...

4K

Bruce Lee was a martial artist, actor, and philosopher who is widely regarded as one of the most influential martial artists of all time. He was born in San Francisco, California, in 1940, and he began studying martial arts at a young age. He was particularly interested in the Shaolin Temple and its teachings, and he incorporated many of these teachings into his own martial arts style.

Lee's training in the Shaolin Temple was brief, but it had a profound impact on his life and his martial arts philosophy. He was exposed to the teachings of Chan Buddhism, which emphasizes meditation and mindfulness, and he incorporated these practices into his own martial arts training. He also learned about the importance of balance, flexibility, and strength, and he developed his own unique style of martial arts that combined elements of Wing Chun, boxing, and fencing.

Lee's philosophy of martial arts was based on the idea of "using no way as way" and "having no limitation as limitation." He believed that martial arts should be adaptable and flexible, and that practitioners should be able to adapt to any situation. He also believed that martial arts should be used for self-defense and personal growth, rather than for aggression or violence.

Overall, Bruce Lee's training in the Shaolin Temple had a profound impact on his life and his martial arts philosophy. He incorporated many of the teachings of Chan Buddhism into his own martial arts training, and he developed his own unique style of martial arts that emphasized adaptability, flexibility, and personal growth.

## Shi Heng Yi best motivation video



[SHAOLIN MASTER] Best Motivational Video 2023 - Speeches Compilation 3 Hours of Shi Heng Yi

826K views • 7 months ago



MulliganBrothers

Shi Heng Yi is the headmaster of the Shaolin Temple Europe 歐洲少林寺 located in Germany and belongs to the 35th Generation ...

<sup>1</sup>He serves as the leading headmaster of Shaolin Temple Europe, Germany.

Tien Sy Vuong (Shi Heng Yi) was born in Germany to Asian parents.

He grew up in Otterberg, Germany.

Shi's parents hail from Vietnam but for many years, they lived in a refugee camp in Laos.

In 1979, his parents fled as 'boat people' and arrived on the borders of Germany for greener pastures.

At that time of emigration, his mother was pregnant and had his elder brother in her womb.

Shi's elder brother is four years elder to him.

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<sup>1</sup> [Inspiring Biography of Shi Heng Yi \(Wiki\) - Youth Motivator \(youthmotivator4life.com\)](https://www.youthmotivator4life.com/wiki/Inspiring-Biography-of-Shi-Heng-Yi)

### **Attracted towards martial arts-**

While growing up, Shi watched many martial arts movies and at a young age, he got attracted towards the martial arts.

He watched The 36th Chamber of Shaolin film and other films on the Shaolin Temple.



[HD] The 36th Chamber of Shaolin (1978) Training with Bells  
(CHINESE) Gordon Liu

Carnage Clips • 2.1K views

Young student Liu is urged to rise against the Manchu oppression in China, but the revolution has disastrous consequences. Escaping the massacre, Liu seeks shelter in the Shaolin Temple where...

### **Joining Shaolin Temple Europe-**

Much like him, his father was also interested in the martial arts so, at 4, Shi got enrolled by his father into the nearby Shaolin Temple Europe in Kaiserslautern, Germany.

Here, at the Shaolin Kung Fu school, he started practising kung fu and fell in love with it and it also included mental and physical training and behaviour development.

Later, he also got attracted towards Qi Gong and Shaolin Rou Quan.

At Shaolin Temple, Shi not only learnt martial arts but also the theories behind them.

Shi's school used to get closed in the afternoon at around 1 pm or 3 pm and the abbot of the monastery used to pick him up from the school and reach the Shaolin Temple where he used to start his training from 4 pm and he used to train until 10 pm.

He used to also play chess with the abbot.

Shi used to train on Mondays, Wednesdays and Fridays and likewise trained in kung fu from the age of 4 to 12.

Initially, he was not interested in learning the background of kung fu but at 12, he developed a curiosity for learning it.

### **Five masters-**

In 2001, Shi became a disciple of Shaolin masters namely, Da Shi Yanlin, Master Shi Yan Bao, Master Shi Yan Xin, Shi Yan Fei and Shi Ya Hai.

These Shaolin masters arrived in Germany from Songshan Shaolin Temple in China.

### **Education-**

Shi did his schooling in Germany.

His parents expected him to excel in studies and wanted him to grow up to become either a doctor, engineer or lawyer.

Even though Shi did a couple of university degrees including an MBA and a few diplomas, he wasn't satisfied with the education.

The reason for his dissatisfaction was that education taught him a multitude of things but not about himself.

Thankfully, Shi learnt self-exploration, self-discovery and monastic practices from a young age from the Shaolin Temple.

### **Choosing a monastic life-**

After completing his MBA, Shi's parents wanted him to get a regular job but as he was attracted towards the monastic life, he decided to continue living it and learn more about himself.

After facing some difficulties, he wanted to quit his monastic life, but his father encouraged him not to do so.

At the time, Shi decided to teach the Shaolin approach to others as he believed that this approach helped him in effectively balancing his life.

During that time, he was influenced by his master's advice, "base your life on something that you like to do and that you are able to do."

### **Hardships-**

Shaolin Temple Europe is a Buddhist monastery and this organisation was established in 1996.

In 2011, after completing his studies, Shi wanted to establish the Shaolin Temple in Otterberg and found an area to establish the temple.

Even though the area was on sale, as he had just completed his studies, he was not able to afford it.

Fortunately, a bank granted him credit and he established Shaolin Temple Europe in Otterberg.

Until 2017, Shi financially struggled to make the temple profitable but thanks to the growing popularity of the monastery, he has been able to turn the tables.

As of 2023, he is serving as the Leading Headmaster of the Shaolin Temple Europe in Otterberg, Kaiserslautern, Germany.

An interesting fact- This Shaolin Temple is housed in a wooden building built prior to the 1940s.

### **35th Generation of Shaolin masters-**

He belongs to the 35th Generation of Shaolin masters and follows Buddhism.

Shi mainly teaches mental and spiritual development, and his aim is to spread the ancient knowledge inherited from more than 1500 years to the modern world.

He also teaches self-mastery, Shaolin Arts, Qi Gong, breathing methods, etc.

Shi also provides online training through his website and YouTube channel.

As of November 2023, he has 378K subscribers on his YouTube channel.

He delivered a couple of TEDx Talks, the first one in January 2020 in Sofia, Bulgaria, 'Master Shi Heng Yi – 5 hindrances to self-mastery' and as of March 2023, it has more than 15 million views.



Test your might! • Shaolin Spirit | Shi Heng Yi |

TEDxBaiaMare

TEDx Talks 899K views

A speech that will leave you with many questions to ask yourself. Own your life! Life doesn't get any easier. You are getting stronger! Master Shi Heng Yi (释恒义) is the headmaster of the...

In November 2022, he delivered his second TEDx Talk, 'Test your might! • Shaolin Spirit'.

Shi is a polyglot as he knows many languages namely, Vietnamese, Romanian, French, English and Deutsch.

He lives in Otterberg, Germany.



## Five hindrances



Shaolin Master REVEALS The Secret To SELF MASTERY | Shi

Heng Yi & Lewis Howes

Lewis Howes 585K views

<https://lewishowes.com/gmyo> - Get my NEW book The Greatness Mindset today! Get access to Master Shi Heng Yi! <http://www.shihengyi.online> <http://www.instagram.com/shihengyi.online> <http://www.facebook.com/shihengyi.online>

- **Intro:** The author introduces the purpose of the long format episode, which is to explore the five hindrances that prevent people from mastering themselves and their inner world<sup>1</sup>. The author also expresses his excitement and curiosity to learn from the guest, who is a Shaolin master and teacher.
- **Sensory desire:** The first hindrance is the attachment to positive emotions that arise from the five senses, such as sight, smell, taste, hearing, and touch. The guest explains how these emotions can distract us from our goals and make us lose our awareness. He also suggests some ways to avoid being influenced by sensory desire, such as relying on objective facts or phrases like “some people say...” or “some people may think...”.
- **Ill will:** The second hindrance is the negative emotions that arise from situations that are difficult, stressful, or unfair. The guest explains how these emotions can make us give up, argue, or act defensively. He also suggests some ways to overcome ill will, such as breathing deeply, having compassion, and standing above the situation.
- **Laziness:** The third hindrance is the lack of energy, motivation, or spark to act on our goals. The guest explains how this hindrance can be caused by our past habits, diet, or lifestyle, as well as our lack of vision for the future. He also suggests some ways to overcome laziness, such as making small steps, having a clear and realistic vision, and being committed to serve others.
- **The concept of wood level:** The author explains that wood level is the first stage of hardening training, where one develops the uprising energy and grows the bones and muscles. He says that wood represents growth and potential, and that one needs proper methods, repetition, and medicine to achieve this level.

- **The concept of heaven and earth:** The author contrasts the earthly and heavenly aspects of humans, and says that one needs to balance them. He says that earth represents the physical body, which is limited and separated, while heaven represents the mind, which is borderless and creative. He says that one needs to find ways to give expression to the mind and shape it into reality.
- **The concept of kung fu:** The author defines kung fu as attaining a skill through hard work, and says that it is not just about fighting, but about developing something unique and unbreakable<sup>1</sup>. He says that kung fu requires a mindset that backs up the action plan, and that one needs to work for what they want and not follow the expectations of others.
- **The concept of rain:** The author introduces a four-step method called rain, which stands for recognize, accept, investigate, and non-identify. He says that this method helps to clear the mind and overcome the hindrances, by becoming aware of the mental states, acknowledging them, asking questions about them, and seeing them as impermanent and not-self. He says that this method helps to gain insights and go deeper into oneself.
- **Flower in a pot:** A metaphor for everything that matters in life, such as history, future, care, and nature. No words are needed to express it, only feelings. - **Keep community:** A lesson on the importance of having backup and support from others, rather than always being right. A way to avoid selfishness and isolation. - **It's repeating:** A principle of learning and developing skills, based on working in cycles and going deeper into the body and mind. A method of cultivating hard qualities, such as gratitude, by recalling and breathing into the feeling. - **Self-mastery:** A goal of turning the finger around and investing in oneself, rather than blaming others or the world. A way to become a magnet for the things one wants to create and attract. A recognition that one is one's own master and needs the right tools and mentors to grow.

## Zoran teaching the five hindrances



Zoran was a young dragon who had been cast out of his tribe for being different. He had traveled to Tibet, where he had discovered meditation and the true nature of the universe. One day, he met a group of young Tibetan children who were curious about the world around them. Zoran decided to teach them about the five hindrances, which are mental factors that hinder progress in meditation and in daily life.

The first hindrance is **sensory desire**. This means seeking pleasure through the five senses of sight, sound, smell, taste, and physical feeling. Zoran explained that while it is natural to enjoy pleasant experiences, it is important not to become attached to them. He taught the children to be mindful of their senses and to appreciate the beauty of the world around them without becoming attached to it.

The second hindrance is **ill-will**. This means feelings of hostility, resentment, hatred, and bitterness. Zoran explained that these negative emotions can cloud the mind and make it difficult to see clearly. He taught the children to cultivate compassion and kindness towards others, even those who may have wronged them.

The third hindrance is **sloth-and-torpor**. This means half-hearted action with little or no effort or concentration. Zoran explained that it is important to be fully present in the moment and to put in the effort required to achieve one's goals. He taught the children to be diligent and focused in their pursuits.

The fourth hindrance is **restlessness-and-worry**. This means the inability to calm the mind and focus one's energy. Zoran explained that it is natural to have worries and concerns, but it is important not to let them consume us. He taught the children to practice mindfulness and to cultivate inner peace.

The fifth hindrance is **doubt**. This means a lack of conviction or trust in one's abilities. Zoran explained that self-doubt can be a major obstacle to progress, but that it is possible to overcome it through practice and perseverance. He taught the children to have faith in themselves and to believe in their own abilities.

The children were fascinated by Zoran's teachings and asked many questions. Zoran was patient and kind, and he answered all of their questions with wisdom and compassion. The children learned a great deal from Zoran, and they were grateful for the time they spent with him.

## Sensual desire



Shi Heng Yi Explains Sensual Desire (The 1st Hindrance) Spirituality, Clarity

11K views • 10 months ago



Baby Buddha

Sensual Desire Shi Heng Yi #spiritual #spirituality #love #meditation #spiritualawakening #healing #peace #life #yoga #god ...

Certainly! Sensual desire is like a craving for pleasure that can cloud the mind and make it difficult to see clearly. It's like when you really want a toy or a candy, and you can't stop thinking about it. But sometimes, wanting something too much can be a bad thing.

To overcome sensual desire, it is important to change our focus. One way to do this is to reflect on the unattractiveness of the body, seeing it as a sack filled with blood and pus, or as a future corpse. Another remedy is to guard the senses by focusing strongly on the meditation object: our breath, a mantra, or visualization on a deity, instead of the object we're craving and think we must have.

It is also important to be mindful of our senses and to appreciate the beauty of the world around us without becoming attached to it. We should cultivate compassion and kindness towards others, even those who may have wronged us. We should be diligent and focused in our pursuits, and practice mindfulness to cultivate inner peace.

By recognizing that in each moment we have just the right amount of all that we need—neither too much nor too little of what nourishes our body and mind—we can overcome the spell of sensual pleasure.

[I hope this helps!](#)<sup>1</sup>: "Working with the Five Hindrances: Sensual Desires," Tricycle: The Buddhist Review Teachings Magazine.

## Tools to overcome Sensual desire



Sensual desire is one of the five hindrances that can prevent us from achieving our goals and living a happier, more harmonious life. The Shaolin Temple teaches its followers to be disciplined in all aspects of their life, including their thoughts, emotions, and actions. One of the most important tools taught at the Shaolin Temple to overcome sensual desire is meditation. Meditation is the practice of training your attention and awareness. When you can focus your attention and are aware of your thoughts and feelings, you'll be able to dissolve your inner negativity and chaos.

Another tool is to reflect on the unattractiveness of the body, seeing it as a sack filled with blood and pus, or as a future corpse. This can help you to change your focus and let go of negative feelings. It is also important to be mindful of your senses and to appreciate the beauty of the world around you without becoming attached to it. We should cultivate compassion and kindness towards others, even those who may have wronged us. We should be diligent and focused in our pursuits, and practice mindfulness to cultivate inner peace.

[I hope this helps! <sup>1</sup>](#): "Working with the Five Hindrances: Sensual Desires," Tricycle: The Buddhist Review Teachings Magazine.

## Ill-will



Shi Heng Yi Explains "ill will and aversion" (The 2nd Hindrance) Spirituality, Clarity  
931 views · 10 months ago

 Baby Buddha

Ill Will & Aversion Shi Heng Yi #spiritual #spirituality #love #meditation #spiritualawakening #healing #peace #life #yoga #god ...

Ill-will is one of the five hindrances, or mental obstacles, that can arise during meditation and impede the cultivation of insight<sup>1</sup>. It is driven by feelings of hostility, resentment, hatred, and bitterness. These negative emotions can cloud the mind and make it difficult to see clearly.

To overcome ill-will, it is important to cultivate compassion and kindness towards others, even those who may have wronged us. We should be mindful of our thoughts and emotions and try to let go of negative feelings. We should also practice mindfulness and cultivate inner peace.

The masters of Shambhalla taught Zoran, a young dragon, about the five hindrances, including ill-will. They explained that it is important to be aware of our thoughts and emotions and to cultivate positive qualities like compassion and kindness. Zoran shared this wisdom with the young Tibetan children he met, teaching them about the inner and outer worlds and the importance of cultivating inner peace.

I hope this helps!<sup>1</sup>: "Working with the Five Hindrances: Ill Will," Tricycle: The Buddhist Review Teachings Magazine.

## Tools to overcome Ill-will



ILL WILL - Buddha's Advice on How to Succeed at Learning and Exams - Part 7  
56 views • 2 years ago



Sutta Meditation Series

Instruction and guidance on how to meditate to overcome the Five Hindrances as the basis for the Buddha's advice on How to ...

[Ill-will is one of the five hindrances, or mental obstacles, that can arise during meditation and impede the cultivation of insight](#)<sup>1</sup>. It is driven by feelings of hostility, resentment, hatred, and bitterness. These negative emotions can cloud the mind and make it difficult to see clearly.

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The Shaolin Temple teaches its followers to be disciplined in all aspects of their life. Including their thoughts, emotions, and actions. If you're interested in learning discipline and self-control, there are a few simple techniques from the Shaolin you can try. For example, one exercise is to sit in a comfortable position and focus on your breath. Once you have found your center, start to count your breaths. Every time you inhale, count one. Every time you exhale, count two. Continue counting up to ten, and then start over again. This may seem like a simple task, but it can be quite challenging to maintain your focus for an extended period. However, with practice, it can help you to develop the ability to control your thoughts and emotions.

[I hope this helps!](#)<sup>1</sup>: "Working with the Five Hindrances: Ill Will," Tricycle: The Buddhist Review Teachings Magazine.



## Sloth-and-torpor

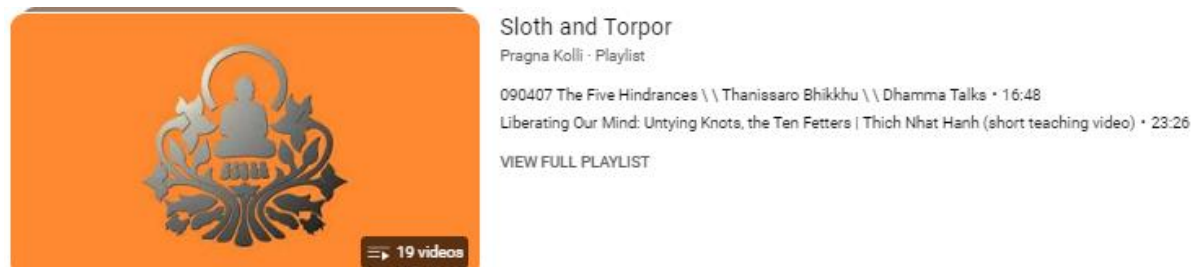


[Sloth-and-torpor is one of the five hindrances, or mental obstacles, that can arise during meditation and impede the cultivation of insight](#)<sup>1</sup>. It is characterized by half-hearted action with little or no effort or concentration. It can be difficult to stay focused and alert when sloth-and-torpor is present.

To overcome sloth-and-torpor, it is important to be fully present in the moment and to put in the effort required to achieve one's goals. We should be diligent and focused in our pursuits, and practice mindfulness to cultivate inner peace. The masters of Shambhalla taught Zoran, a young dragon, about the five hindrances, including sloth-and-torpor. They explained that it is important to be aware of our thoughts and emotions and to cultivate positive qualities like diligence and focus. Zoran shared this wisdom with the young Tibetan children he met, teaching them about the inner and outer worlds and the importance of cultivating inner peace.

[I hope this helps!](#)<sup>1</sup>: "Introduction to Mindfulness Meditation: The Five Hindrances," Ottawa Mindfulness Clinic.

## Tools to overcome Sloth and Torpor



[Sloth-and-torpor is one of the five hindrances, or mental obstacles, that can arise during meditation and impede the cultivation of insight](#)<sup>1</sup>. It is characterized by half-hearted action with little or no effort or concentration. It can be difficult to stay focused and alert when sloth-and-torpor is present.

To overcome sloth-and-torpor, it is important to be fully present in the moment and to put in the effort required to achieve one's goals. The Shaolin Temple teaches its followers to be disciplined in all aspects of their life. Including their thoughts, emotions, and actions. If you're interested in learning discipline and self-control, there are a few simple techniques from the Shaolin you can try. For example, one exercise is to sit in a comfortable position and focus on your breath. Once you have found your center, start to count your breaths. Every time you inhale, count one. Every time you exhale, count two. Continue counting up to ten, and then start over again. This may seem like a simple task, but it can be quite challenging to maintain your focus for an extended period. However, with practice, it can help you to develop the ability to control your thoughts and emotions.

Another technique is to include more objects in your field of awareness. This puts the mind to work. Also, as you can do the same while meditating, open your eyes or change posture when sloth and torpor arise in meditation. [This can be helpful](#)<sup>2</sup>.

[I hope this helps! <sup>1</sup>: "Working with the Five Hindrances: Sloth and Torpor," Tricycle: The Buddhist Review Teachings Magazine. <sup>2</sup>: "The Hindrance of Sloth and Torpor – Insight Meditation Center," Insight Meditation Center.](#)

## Restlessness-and-worry



210308 Restlessness & Anxiety \ \ Thanissaro Bhikkhu \ \ Dhamma Talk

845 views • 2 years ago



Dhamma Talks by Thanissaro Bhikkhu

Evening Dhamma talk by Thanissaro Bhikkhu (in English). Copyright 2021, Thanissaro Bhikkhu. This work is licensed under the ...

[Restlessness-and-worry is one of the five hindrances, or mental obstacles, that can arise during meditation and impede the cultivation of insight](#)<sup>1</sup>. It is

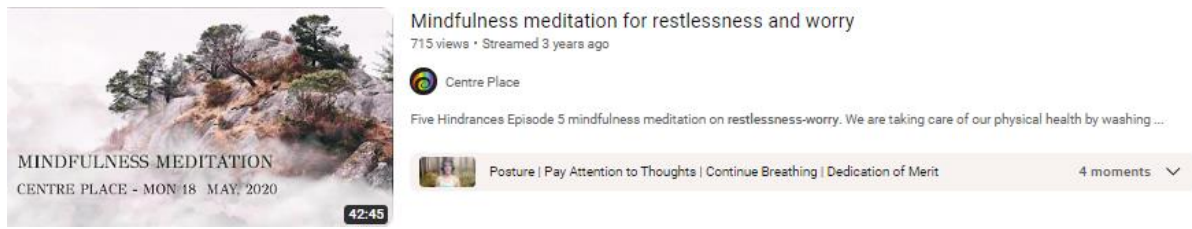
characterized by the inability to calm the mind and focus one's energy. It can be difficult to stay focused and alert when restlessness-and-worry is present.

To overcome restlessness-and-worry, it is important to turn towards it and be present for it and engage it. We should be mindful of our thoughts and emotions and try to let go of negative feelings. We should also practice mindfulness and cultivate inner peace.

The masters of Shamballa taught Zoran, a young dragon, about the five hindrances, including restlessness-and-worry. They explained that it is important to be aware of our thoughts and emotions and to cultivate positive qualities like patience, discipline, and courage. Zoran shared this wisdom with the young Tibetan children he met, teaching them about the inner and outer worlds and the importance of cultivating inner peace.

[I hope this helps!](#)<sup>1</sup>: "Working with the Five Hindrances: Restlessness and Worry," Tricycle: The Buddhist Review Teachings Magazine.

## Tools to overcome Restlessness-and-worry



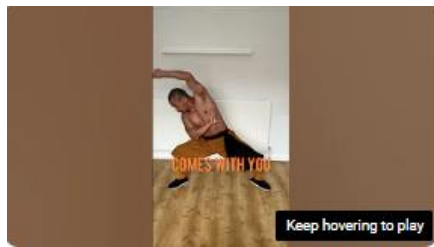
[Restlessness-and-worry is one of the five hindrances, or mental obstacles, that can arise during meditation and impede the cultivation of insight <sup>1</sup>](#). It is characterized by the inability to calm the mind and focus one's energy. It can be difficult to stay focused and alert when restlessness-and-worry is present.

To overcome restlessness-and-worry, it is important to turn towards it and be present for it and engage it. We should be mindful of our thoughts and emotions and try to let go of negative feelings. We should also practice mindfulness and cultivate inner peace.

The Shaolin Temple teaches its followers to be disciplined in all aspects of their life. Including their thoughts, emotions, and actions. If you're interested in learning discipline and self-control, there are a few simple techniques from the Shaolin you can try. For example, one exercise is to sit in a comfortable position and focus on your breath. Once you have found your center, start to count your breaths. Every time you inhale, count one. Every time you exhale, count two. Continue counting up to ten, and then start over again. This may seem like a simple task, but it can be quite challenging to maintain your focus for an extended period. However, with practice, it can help you to develop the ability to control your thoughts and emotions.

[I hope this helps! <sup>1</sup>](#): "Working with the Five Hindrances: Restlessness and Worry," Tricycle: The Buddhist Review Teachings Magazine.

## Doubt



Doubt Is Not A Limitation #martialarts #kungfu #shaolintemple #shaolinkungfu

5.2K views • 3 months ago



ShifuYanLei

[Doubt is one of the five hindrances, or mental obstacles, that can arise during meditation and impede the cultivation of insight](#)<sup>1</sup>. It is characterized by indecision, uncertainty, and lack of confidence. It causes a person to hesitate, vacillate, and not settle into meditation practice. Its simplest manifestation can be a lack of clarity about the meditation instruction, which may be settled quickly with further instruction. More dramatically, doubt can involve deep, fiery inner conflicts and fears stirred up by the practice. All along the spectrum, doubt can keep the mind agitated, perhaps simmering in discursive thought and feelings of inadequacy.

To overcome doubt, it is important to question it and inspire action and the impulse to understand. A questioning attitude encourages deeper investigation. It is a healthy doubt that can overcome complacency and loosen preconceived ideas. The masters of Shambhala taught Zoran, a young dragon, about the five hindrances, including doubt. They explained that it is important to be aware of our thoughts and emotions and to cultivate positive qualities like courage and faith in oneself. Zoran shared this wisdom with the young Tibetan children he met, teaching them about the inner and outer worlds and the importance of cultivating inner peace.

[I hope this helps!](#)<sup>1</sup>: “Doubting Doubt: Practicing With the Final Hindrance,” Insight Meditation Center.

## Tools to overcome doubt



Shi Heng Yi Explains Skeptical Doubt (The 5th Hindrance) Spirituality, Clarity  
3.7K views · 9 months ago

 Baby Buddha

Skeptical Doubt Shi Heng Yi #spiritual #spirituality #love #meditation #spiritualawakening #healing #peace #life #yoga #god ...

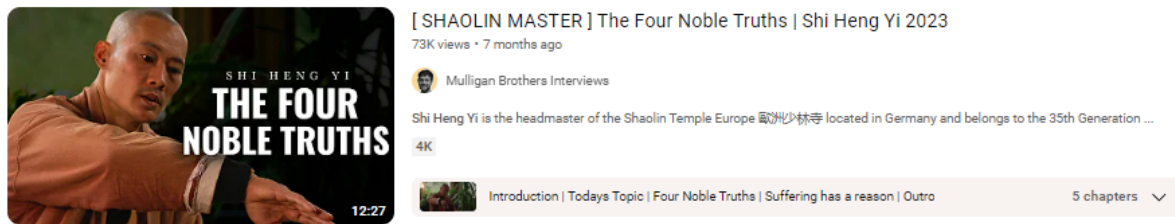
The Shaolin Temple is a Buddhist temple in China that's famous for its martial arts. What's less known, however, are the practical life lessons these monks have to offer. This temple is more than just a school of fighting. It's also a place of learning and enlightenment. The monks who live and train at the Shaolin Temple study not only martial arts but also Chan Buddhism which contains unbelievable wisdom. Whether we're dealing with conflict or simply trying to find inner peace, we can also apply principles from Shaolin's philosophy to our everyday lives.

One of the most important tools taught at the Shaolin Temple to overcome doubt is meditation. Meditation is the practice of training your attention and awareness. When you can focus your attention and are aware of your thoughts and feelings, you'll be able to dissolve your inner negativity and chaos. The Shaolin monks have been practicing meditation for centuries, and their teachings can easily be applied to our daily lives. Even if it's not to the extent the monks apply them.

Another tool is to question doubt and inspire action and the impulse to understand. A questioning attitude encourages deeper investigation. It is a healthy doubt that can overcome complacency and loosen preconceived ideas. The Shaolin Temple teaches its followers to be disciplined in all aspects of their life. Including their thoughts, emotions, and actions. If you're interested in learning discipline and self-control, there are a few simple techniques from the Shaolin you can try. For example, one exercise is to sit in a comfortable position and focus on your breath. Once you have found your center, start to count your breaths. Every time you inhale, count one. Every time you exhale, count two. Continue counting up to ten, and then start over again. This may seem like a simple task, but it can be quite challenging to maintain your focus for an extended period. However, with practice, it can help you to develop the ability to control your thoughts and emotions.

[I hope this helps!](#) <sup>1</sup>: “11 Teachings from the Shaolin Temple to Support You in Your Daily Life,” Better Humans.

## The Four Noble Truths



The **Four Noble Truths** are the core principles of Buddhism. They are:

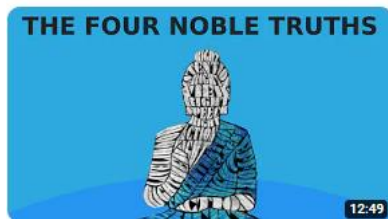
1. Life is suffering.
  2. The cause of suffering is craving and attachment.
  3. The cessation of suffering is attainable.
  4. The path to the cessation of suffering is the Eightfold Path.
- **Interview with Master Shi Heng Yi:** The host of the video interviews Master Shi Heng Yi, the headmaster of the Shaolin Temple Europe, a Buddhist monastery in Germany. They discuss various topics related to the Shaolin arts, such as the warrior mindset, the animal styles, the Zen teachings, and the importance of mentors.
  - **Shaolin Temple Europe's mission:** Master Shi Heng Yi explains that the monastery's mission is to pass on the Shaolin teachings to a wider audience, both through living and training with the disciples and novices, and through online platforms. He says that the Shaolin teachings are not about giving something, but about taking away everything that blocks the clear view of oneself and the world.
  - **Shaolin methods and mindset:** Master Shi Heng Yi shares some of the methods and mindset that are essential for the Shaolin practice, such as opening the body and the mind, facing the challenges, being honest to oneself, preparing oneself, and cultivating the fire of motivation. He says that these methods and mindset can help anyone to unleash something special about themselves and to grow beyond their limits.
  - **Shaolin animal styles:** Master Shi Heng Yi talks about the different animal styles in kung fu, and how they can bring out very animalistic and deep-rooted instincts that are related to survival. He says that humans have the



ability to tap into both the instinctive and the rational realms, and that the ancient methods can help to unlock and balance these powers. He gives the example of the monkey style, and how he was inspired by a grandmaster in Taiwan who showed him a different level of skill.

- **Dedicated program:** A 12-month course that offers a systematic approach to practice and develop oneself. The author says it is the best thing he can offer to his online students who are not in his presence.
- **Value of investment:** The author argues that investing in something gives it a value and a commitment. He compares his free education in the UK, which he did not appreciate, with his paid filmmaking courses, which he was invested in.
- **Spark of inspiration:** The author describes the feeling of being inspired by someone who can make him move inside. He says it is a sign of learning and growth. He gives examples of his brothers and close friends who give him that spark.
- **Unshakable mindset:** The author asks the master to elaborate on the concept of being unshakable, which means being in peace with oneself and not being influenced by external circumstances. The master explains that it is a state of balance, harmony, and peace that comes from knowing oneself and one's life mission.
- **Energy field:** The master talks about the energy field that people express and how it can affect others. He says that one can either have a shield to protect oneself from negative influences, or have a strong energy field that can influence others positively. He says that being unshakable also means having a strong energy field that is not moved by others.
- **Letting go:** The master discusses the importance of letting go of things that cause suffering, such as past mistakes, regrets, or hurts. He says that one needs to learn to forgive oneself and others, and to have compassion for them. He says that letting go is the only way to move on and grow.

## Zoran teaching the Four Noble Truths



### Buddhism - The Four Noble Truths Explained

188K views • 2 years ago

Inch by Inch Stories

Buddhism - The Four Noble Truths 00:00 Intro About two and a half millennia ago in 563 B.C. Siddhartha Gautama was born to a ...

Intro | 1. The First Truth of Suffering (Dukkha) | 2. The Second Noble Truth-Origin of suffering... 5 chapters



Zoran the dragon was a wise and compassionate teacher who lived in a hidden cave in the mountains. He had many students who came to learn from him the secrets of life and happiness. One day, a young monk named Ananda arrived at his cave, seeking his guidance.

"Welcome, Ananda," Zoran said. "What brings you here?"

"Master Zoran, I have heard of your great wisdom and kindness. I wish to learn from you the Four Noble Truths of Buddhism, which I have heard are the essence of the Buddha's teachings."

"Very well, Ananda. I will teach you the Four Noble Truths, but you must listen carefully and practice diligently. The Four Noble Truths are not mere words, but profound insights that can transform your mind and free you from suffering."

"Thank you, Master Zoran. I am ready to learn."

"Then listen. The first Noble Truth is the truth of suffering. This means that all conditioned phenomena, such as your body, your feelings, your thoughts, and your experiences, are impermanent, unsatisfactory, and not-self. They are subject

to change, decay, and death. They cannot give you lasting happiness or peace. They are like bubbles in the water, or mirages in the desert. They are dukkha, which means suffering, stress, or dissatisfaction."

"I see, Master Zoran. But why do we suffer? What is the cause of our suffering?"

"That is the second Noble Truth, Ananda. The cause of suffering is craving. This means that we have a constant thirst or desire for something that we do not have, or something that we want to keep, or something that we want to avoid. We crave for sensual pleasures, for existence, or for non-existence. We cling to our attachments, our views, our opinions, our ego. We are ignorant of the true nature of reality, and we create our own suffering by our actions, words, and thoughts."

"Then how can we end our suffering, Master Zoran? Is there a way to overcome our craving and ignorance?"

"Yes, Ananda. There is a way. That is the third Noble Truth, the truth of the end of suffering. This means that there is a state of mind that is free from craving, attachment, and ignorance. This state of mind is called nirvana, which means cessation, extinction, or blowing out. It is the ultimate goal of Buddhism, the supreme happiness, the peace that surpasses all understanding. It is the realization of your true nature, which is pure, luminous, and unborn. It is the awakening to the truth that you are not separate from all beings, but one with them. It is the liberation from the cycle of birth and death, which is called samsara."

"Wow, Master Zoran. That sounds wonderful. But how can we attain nirvana? What is the path that leads to the end of suffering?"

"That is the fourth Noble Truth, Ananda. The path that leads to the end of suffering is the Noble Eightfold Path. This is the middle way between the extremes of indulgence and asceticism, the way of wisdom, morality, and meditation. The Noble Eightfold Path consists of eight factors: right view, right intention, right speech, right action, right livelihood, right effort, right mindfulness, and right concentration. These factors are not sequential steps, but

interrelated aspects of a holistic practice that leads to the development of your mind and the purification of your heart."

"I understand, Master Zoran. The Noble Eightfold Path is the way to nirvana. But how can I practice it? What are the details of each factor?"

"Ananda, you have asked many questions, and I have answered them briefly. But the Four Noble Truths and the Noble Eightfold Path are not something that can be fully explained in words. They are something that you have to experience for yourself, through your own investigation, reflection, and application. Words are like fingers pointing to the moon, but they are not the moon itself. You have to look beyond the words, and see the moon directly. That is why I cannot tell you everything, but I can only guide you and encourage you. You have to walk the path yourself, with your own feet, and with your own effort."

"Thank you, Master Zoran. You have been very kind and patient with me. I appreciate your teachings, and I will try to follow them. But before I leave, may I ask you one more question?"

"Go ahead, Ananda. What is your question?"

"Master Zoran, you are a dragon, and I am a human. How is it that you know so much about Buddhism, and how is it that you can teach me, a different species?"

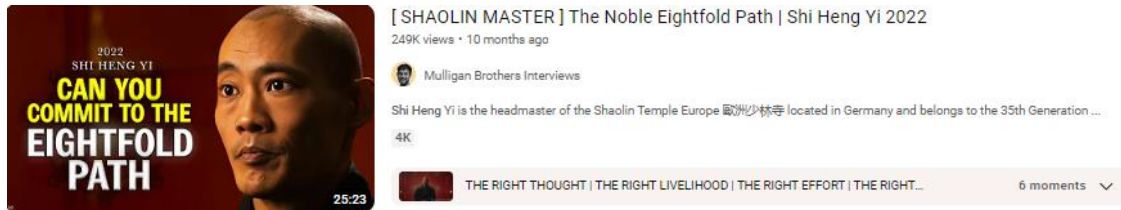
"Ananda, you are a human, and I am a dragon. But we are both sentient beings, who share the same potential for enlightenment. We are both manifestations of the same ultimate reality, which is beyond form, name, and concept. We are both students and teachers of each other, who can learn from each other's experiences and perspectives. We are both travelers on the same path, who can support each other and inspire each other. We are both brothers in the Dharma, the universal law of truth and harmony. Do not be fooled by appearances, Ananda. Look deeper, and you will see that we are not so different after all."

"Thank you, Master Zoran. You have opened my eyes and my heart. I am grateful for your wisdom and your compassion. I hope to see you again, and learn more from you."

"You are welcome, Ananda. I hope to see you again, and learn more from you. May you be well, happy, and peaceful. May you be free from suffering and the causes of suffering. May you attain nirvana, the end of suffering. May you be a light for yourself and for others. Farewell, Ananda."

"Farewell, Master Zoran."

## The Eightfold Noble Path



The **Eightfold Noble Path** is a set of eight interconnected factors or conditions that lead to the cessation of suffering, according to Buddhism. It is the fourth of the Buddha's Four Noble Truths and is considered to be the essence of Buddhist practice. The path is not a set of steps, but rather eight guiding principles that suggest the way to end suffering and ultimately achieve enlightenment. The eight elements of the path are typically translated as “right” or “wise” and are correct, moral, and pointed instructions about how to live. The path is often described as the middle way, avoiding the extremes of self-indulgence and total self-denial. [The path is summarized into three important categories: wisdom, virtue, and concentration<sup>1</sup>.](#)

- **The Noble Eightfold Path:** A Buddhist guideline for ethical and spiritual development. It consists of eight aspects: right understanding, right thought, right speech, right action, right livelihood, right effort, right concentration, and right meditation.
- **The importance of right understanding:** The first aspect of the path, which involves seeing the world as it is, without preconceptions or expectations. It helps to prevent ill thoughts and actions, and to cultivate wisdom and compassion.
- **The practice of right thought, speech, and action:** The second, third, and fourth aspects of the path, which involve avoiding harmful or negative thoughts, words, and deeds, and expressing kindness and truthfulness. They are based on the ethical conduct of not harming others or oneself.
- **The role of right livelihood:** The fifth aspect of the path, which involves choosing a profession that does not cause harm or conflict with the ethical conduct. It also means being aware of the impact of one's work on oneself and others.

- **The need for right effort, concentration, and meditation:** The sixth, seventh, and eighth aspects of the path, which involve applying oneself to the practice of the path, focusing one's mind on the present moment, and developing clarity and insight through meditation. They are the practical ways to achieve the goal of the path, which is liberation from suffering.
- The history and purpose of the Shaolin Temple Europe, which is a Buddhist organization that follows the teachings of the Shaolin Temple in China. [The organization offers training in martial arts, meditation, and philosophy<sup>2</sup>](#).
- The Four Noble Truths, which are a Buddhist teaching that explains the nature and causes of suffering, and the way to end it. [The four truths are: 1\) life is connected with suffering, 2\) suffering has a reason, 3\) suffering can end, and 4\) there is a path to end suffering<sup>34</sup>](#).
- The Noble Eightfold Path, which is the fourth noble truth that outlines the steps to end suffering. [The eight steps are: 1\) right view, 2\) right intention, 3\) right speech, 4\) right action, 5\) right livelihood, 6\) right effort, 7\) right mindfulness, and 8\) right concentration<sup>56</sup>](#).
- The benefits and challenges of practicing the Shaolin Arts, such as improving physical and mental health, developing self-discipline and compassion, and overcoming obstacles and difficulties.
- The advice and guidance for beginners who want to learn more about the Shaolin Arts, such as finding a skilled teacher or master, joining a retreat or a course, and following the principles of the Shaolin Temple.

## Zoran the Dragon and the Noble Eightfold Path



Ananda was eager to learn more from Zoran the dragon, who had taught him the Four Noble Truths of Buddhism. He returned to the hidden cave in the mountains, where Zoran welcomed him with a smile.

"Ananda, I'm glad to see you again.

What do you wish to learn today?"

"Master Zoran, you have taught me the Four Noble Truths, which explain the nature and cause of suffering, and the possibility of ending it. But you also mentioned the Noble Eightfold Path, which is the way to achieve nirvana, the end of suffering. Can you please teach me the Noble Eightfold Path?"

"Of course, Ananda. The Noble Eightfold Path is the fourth Noble Truth, the path that leads to the end of suffering. It consists of eight factors, which are divided into three categories: wisdom, ethical conduct, and concentration. These factors are not steps, but interrelated aspects of a holistic practice that leads to the development of your mind and the purification of your heart."

"I see, Master Zoran. What are the eight factors, and what do they mean?"

"Listen, Ananda. The first factor is right view, which means accurately understanding the true nature of reality, such as the Four Noble Truths, the law of karma, and the three marks of existence. Right view is the foundation of wisdom, which helps you to see things as they are, not as you wish them to be."



"I understand, Master Zoran. What is the second factor?"

"The second factor is right intention, which means avoiding harmful thoughts and cultivating wholesome ones, such as renunciation, goodwill, and compassion. Right intention is the motivation behind your actions, words, and thoughts. It is the expression of wisdom, which helps you to act in accordance with the truth."

"Thank you, Master Zoran. What is the third factor?"

"The third factor is right speech, which means refraining from harmful speech, such as lying, gossiping, slandering, and harsh words. Right speech is the use of your voice, which can either hurt or heal others. It is the manifestation of ethical conduct, which helps you to respect and protect the well-being of yourself and others."

"I appreciate, Master Zoran. What is the fourth factor?"

"The fourth factor is right action, which means abstaining from harmful actions, such as killing, stealing, sexual misconduct, and intoxication. Right action is the application of your body, which can either harm or help others. It is the demonstration of ethical conduct, which helps you to live in harmony with yourself and others."

"I admire, Master Zoran. What is the fifth factor?"

"The fifth factor is right livelihood, which means choosing a profession that does not cause harm or exploitation to yourself or others, such as trading in weapons, animals, humans, intoxicants, or poisons. Right livelihood is the occupation of your life, which can either support or hinder your spiritual growth. It is the continuation of ethical conduct, which helps you to earn your living in a moral and honest way."

"I respect, Master Zoran. What is the sixth factor?"

"The sixth factor is right effort, which means applying the appropriate amount of energy to prevent and overcome unwholesome states of mind, and to cultivate

and maintain wholesome states of mind. Right effort is the regulation of your mind, which can either be lazy or diligent. It is the initiation of concentration, which helps you to focus and balance your mind."

"I value, Master Zoran. What is the seventh factor?"

"The seventh factor is right mindfulness, which means being aware of the present moment, with a clear and non-judgmental attention to your body, feelings, mind, and phenomena. Right mindfulness is the observation of your mind, which can either be distracted or attentive. It is the cultivation of concentration, which helps you to be mindful and alert."

"I cherish, Master Zoran. What is the eighth factor?"

"The eighth factor is right concentration, which means developing a calm and stable mind, through the practice of meditation, such as the four jhanas, or levels of absorption. Right concentration is the unification of your mind, which can either be scattered or focused. It is the culmination of concentration, which helps you to attain insight and wisdom."

"I love, Master Zoran. You have taught me the Noble Eightfold Path, which is the way to nirvana, the end of suffering. But how can I practice it? What are the benefits of practicing it?"

"Ananda, you have learned the Noble Eightfold Path, but you have to practice it for yourself, through your own investigation, reflection, and application. The Noble Eightfold Path is not something that you can memorize or recite, but something that you have to live and experience. The benefits of practicing the Noble Eightfold Path are manifold, such as happiness, peace, freedom, and enlightenment. The Noble Eightfold Path is the path of liberation, the path of awakening, the path of the Buddha."

"Thank you, Master Zoran. You have been very kind and patient with me. I appreciate your teachings, and I will try to follow them. But before I leave, may I ask you one more question?"

"Go ahead, Ananda. What is your question?"

"Master Zoran, you are a dragon, and I am a human. How is it that you can practice the Noble Eightfold Path, which is a human teaching?"

"Ananda, you are a human, and I am a dragon. But we are both sentient beings, who share the same potential for enlightenment. We are both manifestations of the same ultimate reality, which is beyond form, name, and concept. We are both students and teachers of each other, who can learn from each other's experiences and perspectives. We are both travelers on the same path, who can support each other and inspire each other. We are both brothers in the Dharma, the universal law of truth and harmony. Do not be fooled by appearances, Ananda. Look deeper, and you will see that we are not so different after all."

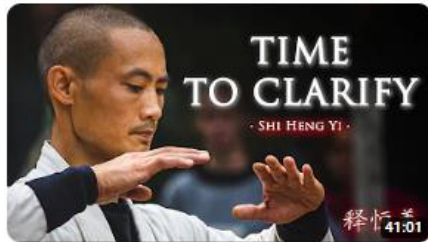
"Thank you, Master Zoran. You have opened my eyes and my heart. I am grateful for your wisdom and your compassion. I hope to see you again, and learn more from you."

"You are welcome, Ananda. I hope to see you again, and learn more from you. May you be well, happy, and peaceful. May you be free from suffering and the causes of suffering. May you attain nirvana, the end of suffering. May you be a light for yourself and for others. Farewell, Ananda."

"Farewell, Master Zoran."

If you want to learn more about the Noble Eightfold Path, you can check out these sources: [Buddha Weekly](#), [Wikipedia](#), [Encyclopedia of Buddhism](#), [GotQuestions.org](#), and [LotusBuddhas](#). Have a nice day! ☺.

## Past - Present – Future



Tea Talk with Shi Heng Yi: Time to Clarify

393K views • 2 years ago

Shi Heng Yi Online

Past - Present - Future. What was? What is? What will be? Take a seat and enjoy a cup of tea during this first Tea Talk with Shi ...

CC

The text “Past - Present - Future” is a phrase that refers to the three main divisions of time. The past refers to events that have already happened, the present refers to events happening now, and the future refers to events that have not yet happened. This phrase is often used to describe the scope of a particular study or analysis, or to provide a framework for thinking about a particular topic.

This YouTube video talks about:

- **Shi Heng Yi’s background:** The author, Shi Heng Yi, is the founder of the Shaolin Temple Europe in Germany. He started practicing Shaolin Kung Fu at the age of four and has learned from various masters. He has been interested in the connection between martial arts and Buddhism since he was young.
- **Shi Heng Yi’s mission:** Shi Heng Yi’s goal is to share the authentic and deep knowledge of the Shaolin arts with the public. He believes that the Shaolin methods are valuable for improving one’s physical, mental, and spiritual health. He has created many videos and content to introduce the Shaolin practices to beginners and enthusiasts.
- **Shi Heng Yi’s challenges:** Shi Heng Yi faces some challenges in his journey, such as the diversity and complexity of the Shaolin arts, the lack of commitment and determination among some practitioners, and the risk of losing the essence and depth of the Shaolin teachings. He also worries about the future of the Shaolin arts in a fast-paced and superficial society.
- **Shi Heng Yi’s new direction:** Shi Heng Yi has decided to start a new personal journey by becoming a disciple of John Yushan, a reputable master of the Monkey Fist style. He also plans to share more knowledge and deeper methods of the Shaolin arts with his followers. He hopes that his

followers will stay with the practice and be mindful of what they are doing. He also hopes that they will help to shape the society in a positive way.

## Zoran the dragon teaching Past - Present – Future



Buddhism: Past, Present, Future | Khandro Rinpoche

5.3K views • 6 years ago

Study Buddhism

Mindrolling Jetsün Khandro Rinpoche looks at Buddhism's history in the West, where it's at now, and what its future might be.

CC

Zoran the dragon was a wise and ancient creature who lived in a hidden cave in the mountains. He had seen many things in his long life, and he enjoyed sharing his knowledge with anyone who sought him out. One day, a young girl named Lila climbed up to his cave, hoping to learn from him.

"Hello, Zoran," she said politely. "I have heard that you are very smart and know many things. Can you teach me something?"

Zoran smiled and welcomed her into his cave. "Of course, Lila. What would you like to learn?"

Lila thought for a moment. She had many questions, but she decided to start with something simple. "Can you teach me about past, present, and future?" she asked.

Zoran nodded. "That is a good topic to learn. Past, present, and future are the three main aspects of time. Time is the way we measure the changes that happen in the world. Do you understand?"

Lila nodded. She had learned about time in school, but she wanted to know more.

"Good. Now, let me tell you a story to illustrate the difference between past, present, and future. Listen carefully, and try to identify which part of the story belongs to which aspect of time."

Zoran cleared his throat and began his story.

"Once, there was a young dragon named Zoran who lived in a forest with his parents. He loved to explore the woods and make friends with the animals. He was curious and adventurous, and always eager to learn new things. One day, he

found a shiny stone near a stream. He picked it up and examined it. It was smooth and round, and it sparkled in the sunlight. He wondered what it was, and where it came from. He decided to keep it as a souvenir, and he named it Sparky."

Zoran paused and looked at Lila. "Can you tell me which part of the story is the past?" he asked.

Lila thought for a second. "Is it the part where you found the stone?" she guessed.

Zoran nodded. "That's right. The past is the part of the story that has already happened. It is something that you can remember, but you cannot change. The past is important, because it shapes who you are and what you know. But you should not dwell on the past, because it can also hold you back from moving forward. Do you understand?"

Lila nodded. She had some memories of the past, both good and bad. She understood that the past was part of her, but not all of her.

"Good. Now, let me continue the story. Listen carefully, and try to identify which part of the story is the present."

Zoran resumed his story.

"Zoran kept Sparky in his cave, and he often played with it. He liked to roll it around, toss it in the air, and catch it with his claws. He also liked to talk to it, and pretend that it was his friend. He told it stories, jokes, and secrets. He felt happy and content with his new toy. He did not care about anything else, as long as he had Sparky by his side."

Zoran paused again and looked at Lila. "Can you tell me which part of the story is the present?" he asked.

Lila thought for a second. "Is it the part where you play with the stone?" she guessed.

Zoran nodded. "That's right. The present is the part of the story that is happening right now. It is something that you can experience, but you cannot predict. The

present is important, because it is where you live and act. But you should not neglect the present, because it can also distract you from preparing for the future. Do you understand?"

Lila nodded. She had some experiences of the present, both fun and boring. She understood that the present was where she was, but not where she would be.

"Good. Now, let me finish the story. Listen carefully, and try to identify which part of the story is the future."

Zoran concluded his story.

"One day, Zoran's parents told him that they had to move to another forest, because their home was being threatened by humans. They said that they had to leave everything behind, including Sparky. Zoran was devastated. He did not want to leave his stone, or his friends, or his familiar surroundings. He begged his parents to let him keep Sparky, but they refused. They said that Sparky was not a real friend, but a mere object. They said that Zoran had to grow up, and face the challenges of the world. They said that Zoran had to leave his past, enjoy his present, and embrace his future."

Zoran stopped and looked at Lila. "Can you tell me which part of the story is the future?" he asked.

Lila thought for a second. "Is it the part where you have to move to another forest?" she guessed.

Zoran nodded. "That's right. The future is the part of the story that has not happened yet. It is something that you can imagine, but you cannot control. The future is important, because it is where you hope and dream. But you should not fear the future, because it can also inspire you to change and grow. Do you understand?"

Lila nodded. She had some hopes and dreams for the future, both big and small. She understood that the future was what she wanted, but not what she had.



"Good. You have learned well, Lila. You have understood the difference between past, present, and future. You have also learned a lesson from my story. Do you know what it is?"

Lila thought for a moment. She recalled the story, and the three aspects of time. She realized that there was a message behind Zoran's words. She smiled and said, "I think I do. The lesson is that past, present, and future are all important, but they are not the same. They are like three parts of a whole, and they need to be balanced. We should respect the past, appreciate the present, and anticipate the future. We should not let one aspect dominate the others, or we will lose sight of ourselves. We should live in harmony with time, and with ourselves."

Zoran smiled and nodded. "That is exactly right, Lila. You have learned well, indeed. You are a smart and wise girl. I am proud of you."

Lila blushed and thanked him. She felt happy and grateful for Zoran's teaching. She felt that she had gained a new perspective on time, and on life. She hugged Zoran and said goodbye. She left his cave, and went back to her home. She looked at the sky, and saw the sun shining brightly. She felt a warm breeze on her face. She heard the birds singing in the trees. She smiled and thought, "This is the present. And it is beautiful."

## How to deal with emotions



Dealing with Emotional Hardships: Shi Heng Yi on Mental Health

488K views · 3 months ago



Mindset Factory

In this video, Shaolin Master Shi Heng Yi talks about how to rise in the face of adversity. He teaches us strategies on overcoming ...

The text “How to deal with emotions?” is a question that refers to the ways of managing and regulating one’s emotions. There are many strategies to regulate emotions, including reappraisal, acceptance, and savoring. It’s important to regulate emotions without suppressing or repressing them, as this can lead to mental and physical health symptoms. [Mindfulness-based practices can help increase understanding and regulation of challenging emotions like fear and anger, and cultivate wholesome emotions like kindness, forgiveness, and compassion](#)<sup>12345</sup>.

## Zoran the dragon teaching How to deal with emotions



HOW TO CONTROL YOUR EMOTIONS #shaolin #motivation

110 views · 9 months ago

MB Mulligan Brothers

SHORTS

Zoran the dragon was a wise and powerful creature who lived in the mountains. He had many friends among the animals and birds, but he also enjoyed the company of humans. He often visited the nearby village of Shaolin, where he taught the children about the world and its wonders.

One day, he noticed that one of his students, a young girl named Li, was very sad. She had lost her father in a war, and her mother was struggling to make ends meet. Zoran decided to help her cope with her grief and teach her how to deal with emotions.

He took her to his cave, where he showed her a crystal ball. He told her that the ball could show her anything she wanted to see, but she had to be careful not to let her feelings overwhelm her. He said that emotions were like fire: they could warm and comfort, but they could also burn and destroy.

He asked her to think of something that made her happy, and the ball glowed with a soft light. She saw her father smiling at her, holding her hand. She felt a surge of joy and love, and she smiled back. Zoran praised her for finding happiness in her memories, but he also warned her not to cling to them too much. He said that happiness was fleeting, and that she had to accept the reality of her loss.

He asked her to think of something that made her angry, and the ball flashed with a bright red. She saw the enemy soldiers who had killed her father, laughing and celebrating. She felt a wave of rage and hatred, and she clenched her fists. Zoran scolded her for letting anger consume her, but he also acknowledged her pain. He said that anger was natural, but that she had to channel it into something positive. He said that anger could motivate, but it could also blind and hurt.

He asked her to think of something that made her sad, and the ball dimmed with a dark blue. She saw her mother crying, working hard to provide for her. She felt a flood of sorrow and pity, and she shed a tear. Zoran comforted her for expressing her sadness, but he also encouraged her to be strong. He said that sadness was inevitable, but that she had to overcome it. He said that sadness could soften, but it could also weaken and paralyze.

He asked her to think of something that made her afraid, and the ball flickered with a pale yellow. She saw a storm approaching, threatening to destroy her home and her village. She felt a shiver of fear and anxiety, and she hid behind Zoran. Zoran reassured her for facing her fear, but he also challenged her to be brave. He said that fear was normal, but that she had to confront it. He said that fear could protect, but it could also limit and prevent.

He asked her to think of something that made her calm, and the ball shone with a gentle green. She saw Zoran himself, smiling and teaching her. She felt a sense of peace and gratitude, and she hugged him. Zoran congratulated her for finding calmness in her mentor, but he also reminded her to be independent. He said that calmness was desirable, but that she had to rely on herself. He said that calmness could heal, but it could also stagnate and bore.

He told her that emotions were part of life, and that she had to learn to balance them. He said that emotions were like colors: they could enrich and beautify, but

they could also clash and confuse. He said that emotions were like the seasons: they could change and vary, but they could also repeat and cycle.

He told her that the crystal ball was a mirror of her soul, and that she had the power to control it. He said that the ball was a tool, and that she had to use it wisely. He said that the ball was a gift, and that she had to cherish it.

He told her that he was proud of her, and that he loved her. He said that he was her friend, and that he would always be there for her. He said that he was her teacher, and that he had one last lesson for her.

He asked her to think of something that made her hopeful, and the ball radiated with a brilliant white. She saw herself, grown up and happy, helping others and making a difference. She felt a spark of hope and inspiration, and she smiled. Zoran smiled too, and he said:

"That's my girl."

## Zoran the dragon teaching the power of now



The Power of Now | Zen teachings | Buddha quote3 #inspirational #successSoulful  
Inner Wisdom

10K views · 1 month ago

 Soulful Inner Wisdom

"Unlock the secrets to success and self-improvement with these motivating Zen master quotes. Discover the wisdom of Buddha ...

4K

Zoran the dragon was a wise and ancient creature who lived in a hidden cave in the mountains. He had seen many things in his long life, and he enjoyed sharing his knowledge with anyone who sought him out. One day, a young boy named Leo climbed up to his cave, hoping to learn from him.

"Hello, Zoran," he said politely. "I have heard that you are very smart and know many things. Can you teach me something?"

Zoran smiled and welcomed him into his cave. "Of course, Leo. What would you like to learn?"

Leo thought for a moment. He had many questions, but he decided to start with something that bothered him. "Can you teach me about the power of now?" he asked.

Zoran nodded. "That is a good topic to learn. The power of now is the ability to be fully present in the moment, without being distracted by the past or the future. It is the state of awareness and consciousness that allows you to experience life fully and joyfully. Do you understand?"

Leo nodded. He had heard about the power of now from his friends, but he did not know how to achieve it. He often felt anxious about the future, or regretful about the past. He wanted to know how to live in the now.

"Good. Now, let me tell you a story to illustrate the power of now. Listen carefully, and try to feel what I am saying."

Zoran cleared his throat and began his story.

"Once, there was a young dragon named Zoran who lived in a forest with his parents. He loved to explore the woods and make friends with the animals. He was curious and adventurous, and always eager to learn new things. One day, he met a wise owl named Ora, who taught him many things about the world. She told him about the stars, the seasons, the plants, and the animals. She also told him about the power of now. She said that the power of now was the secret to happiness and peace. She said that the power of now was the way to connect with the source of all life. She said that the power of now was the gift that every living being had, but few used. She said that the power of now was the most precious thing in the world."

Zoran paused and looked at Leo. "Can you tell me what Ora meant by the power of now?" he asked.

Leo thought for a second. "Is it the ability to focus on what is happening right now, without worrying about anything else?" he guessed.

Zoran nodded. "That is part of it. The power of now is not only the ability to focus, but also the ability to feel. To feel the life force that flows through you and

everything around you. To feel the joy and gratitude that comes from being alive. To feel the love and compassion that connects you with all living beings. To feel the peace and harmony that comes from being one with the source of all life. Do you understand?"

Leo nodded. He had some feelings of the power of now, but they were fleeting and rare. He wanted to know how to feel it more often.

"Good. Now, let me continue the story. Listen carefully, and try to imagine what I am saying."

Zoran resumed his story.

"Zoran was fascinated by Ora's teachings, and he wanted to learn more. He asked her how he could practice the power of now. She told him that the power of now was not something that he could learn from books or words, but something that he had to experience for himself. She told him that the power of now was always available to him, but he had to be aware of it. She told him that the power of now was not something that he had to do, but something that he had to be. She told him that the power of now was not a goal, but a journey. She told him that the power of now was not a destination, but a state of being."

Zoran paused again and looked at Leo. "Can you tell me what Ora meant by the power of now?" he asked.

Leo thought for a second. "Is it the state of mind where you are fully aware of yourself and your surroundings, without judging or resisting anything?" he guessed.



Zoran nodded. "That is part of it. The power of now is not only the state of mind, but also the state of heart. To be fully aware of yourself and your surroundings, you have to be fully open to yourself and your surroundings. To be open, you have to be free of fear, anger, guilt, or any other negative emotion that blocks your true nature. To be free, you have to accept yourself and your surroundings, as they are, without trying to change them. To accept, you have to love yourself and your surroundings, as they are, without expecting anything from them. To love, you have to be yourself and your surroundings, as they are, without separating yourself from them. Do you understand?"

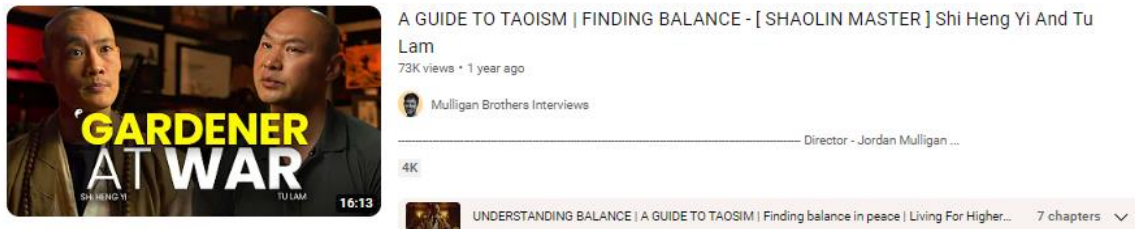
Leo nodded. He had some glimpses of the power of now, but they were vague and unclear. He wanted to know how to see it more clearly.

"Good. Now, let me finish the story. Listen carefully, and try to realize what I am saying."

Zoran concluded his story.

"Zoran followed Ora's advice, and he started to practice the power of now. He began to pay attention to his breath, his body, his senses, and his feelings. He began to notice the beauty, the wonder, and the mystery of the world. He began to appreciate the gifts, the opportunities, and the challenges of life. He began to embrace the diversity, the complexity, and the simplicity of existence. He began to experience the power of now, and he felt a change in himself. He felt more alive, more happy, more peaceful, and more free. He felt more connected, more compassionate, more loving, and more wise. He felt more himself, more authentic, more natural, and more real. He felt the power of now, and he became the power of now."

## Taoism



Daoism, also spelled Taoism, is a Chinese philosophy and religion that originated from the folk beliefs of the rural people and was attributed to Laozi, the author of the Tao Te Ching. It is based on the concept of the Dao, or the Way, a cosmic force that flows through all things and determines the natural order of the universe. [Daoism emphasizes following the Dao by accepting, yielding, and harmonizing with the changing circumstances of life](#)<sup>1</sup>.

- **Taoism and life balance:** The document explains how taoism is a philosophy that teaches how to live in harmony with the world, by following the natural order of the cosmos and avoiding unnecessary conflict and struggle. It also introduces some key concepts of taoism, such as yin and yang, ch'i and wu wei, and how they can be applied to everyday life. The document also compares and contrasts taoism with other religions and philosophies, such as Buddhism, Confucianism, and Christianity.
- **Tulam's personal journey:** The document reveals how tulam became interested in taoism and martial arts from a young age, when he discovered his father's tapes of Bruce Lee movies and books on Eastern wisdom. He also shares how he joined the special forces after his father's death, and how he suffered from addiction, pain, and trauma as a result of his military service. He describes how he decided to travel to Tibet, where he met a monk who changed his life and taught him how to heal himself through meditation, breathing, and movement.

## Zoran the dragon teaching Taoism



TAOISM(Daoism) & Kung Fu: The REAL history of Taoism - Adam Chan podcast  
1.7K views • 3 months ago

Adam Chan

Taken from Episode 20 WATCH FULL EPISODE @adamchanpodcast.com - Discusses martial arts, Taoist(Daoism) and ...

道

Zoran the dragon was a wise and ancient creature who lived in a hidden cave in the mountains. He had seen many things in his long life, and he enjoyed sharing his knowledge with anyone who sought him out. One day, a young man named Kai climbed up to his cave, hoping to learn from him.

"Hello, Zoran," he said politely. "I have heard that you are very smart and know many things. Can you teach me something?"

Zoran smiled and welcomed him into his cave. "Of course, Kai. What would you like to learn?"

Kai thought for a moment. He had many questions, but he decided to ask something that had intrigued him for a long time. "Can you teach me about Taoism?" he asked.

Zoran nodded. "That is a good topic to learn. Taoism is a Chinese philosophy and religion that instructs believers on how to exist in harmony with the universe. Taoism emphasizes living in harmony with what is known as the Tao —generally understood as being the impersonal, enigmatic process of transformation ultimately underlying reality. [^1^][1] Taoism holds that humans and animals should live in balance with the Tao, or the universe. [^2^][2] Do you understand?"

Kai nodded. He had read some books about Taoism, but he wanted to know more from a firsthand source.

"Good. Now, let me tell you a story to illustrate the principles of Taoism. Listen carefully, and try to comprehend what I am saying."

Zoran cleared his throat and began his story.

"Once, there was a young dragon named Zoran who lived in a forest with his parents. He loved to explore the woods and make friends with the animals. He was curious and adventurous, and always eager to learn new things. One day, he came across a large pond, where he saw a turtle swimming peacefully. He decided to approach the turtle and ask him some questions.

"Hello, turtle," he said politely. "I have heard that you are very old and wise. Can you teach me something?"

The turtle looked at him and smiled. "Of course, Zoran. What would you like to learn?"

Zoran thought for a moment. He had many questions, but he decided to start with something simple. "Can you teach me about the Tao?" he asked.

The turtle nodded. "That is a good topic to learn. The Tao is the way of the universe. It is the source of all things, and the pattern of all changes. It is the natural order of things, and the ultimate reality of things. It is beyond words and concepts, but it can be experienced and expressed. [^3^][3] Do you understand?"

Zoran nodded. He had heard about the Tao, but he wanted to know more from a firsthand source.

"Good. Now, let me show you an example of the Tao. Look at this pond, and tell me what you see."

Zoran looked at the pond, and saw the water, the plants, the fish, and the reflections of the sky and the trees. He told the turtle what he saw, and the turtle nodded.

"That is what you see, but that is not all there is. There is more to the pond than what meets the eye. There is the depth of the water, the flow of the current, the balance of the ecosystem, and the harmony of the elements. There is the cycle of the seasons, the rhythm of the day and night, the interaction of the yin and yang, and the influence of the chi. There is the history of the pond, the potential of the pond, the mystery of the pond, and the beauty of the pond. All these are aspects of the Tao, and they are present in the pond, even if you cannot see them. Do you understand?"

Zoran nodded. He felt a sense of awe and wonder at the pond, and he realized that there was more to the world than what he knew.

"Good. Now, let me tell you a secret of the Tao. The Tao is not only in the pond, but also in you. You are part of the Tao, and the Tao is part of you. You are connected to the pond, and the pond is connected to you. You are connected to all things, and all things are connected to you. You are one with the Tao, and the Tao is one with you. Do you understand?"

Zoran nodded. He felt a sense of connection and belonging with the pond, and he realized that he was not alone in the world.

"Good. Now, let me teach you a lesson of the Tao. The Tao is not something that you can learn, but something that you can live. The Tao is not something that you can grasp, but something that you can follow. The Tao is not something that you can control, but something that you can align with. The Tao is not something that you can master, but something that you can embody. To live in harmony with the Tao, you must be like the water, the plants, the fish, and the turtle. You must be flexible, adaptable, humble, and peaceful. You must be natural, spontaneous, simple, and sincere. You must be yourself, and be free. Do you understand?"

Zoran nodded. He felt a sense of clarity and peace with the pond, and he realized that he had found his way in the world.

"Good. You have learned well, Zoran. You have understood the Tao, and you have become a Taoist. I am proud of you."

Zoran thanked him and hugged him. He felt happy and grateful for the turtle's teaching. He felt that he had gained a new perspective on the universe, and on himself. He left the pond, and went back to his home. He looked at the sky, and saw the sun setting gracefully. He felt a gentle breeze on his face. He heard the birds singing in the trees. He smiled and thought, "This is the Tao. And it is wonderful."

## Wuxing 5-Element Concept



### 五鬆 · Wu Song (5 Relaxation / Loosening / Releasing Methods)

Shi Heng Yi Online 580K views

This is a full 60 Minute session of the 五鬆 · 5 Relaxation Methods, which are suitable for any Kung Fu, Qi Gong or Martial Art practitioners ! Continuous training of 五鬆 · Wu Song...



Wuxing 5-Element Concept is a fivefold conceptual scheme used in many traditional Chinese fields of study to explain a wide array of phenomena, including cosmic cycles, the interactions between internal organs, the succession of political regimes, and the properties of herbal medicines. The five elements are Fire, Water, Wood, Metal, and Earth. The wuxing system has been in use since it was formulated in the second or first century BCE during the Han dynasty. [It appears in many seemingly disparate fields of early Chinese thought, including music, feng shui, alchemy, astrology, martial arts, military strategy, I Ching divination, and traditional medicine, serving as a metaphysics based on cosmic analogy<sup>1</sup>.](#)

The Shaolin technique for the Wuxing 5-Element is a system of martial arts that is based on the five phases of Chinese philosophy: earth, metal, water, wood, and fire. Each element corresponds to a different animal, palm strike, and energy flow. [The five elements are also connected in cycles of creation and destruction, which can be used to gain an advantage in combat<sup>123</sup>](#)

The five elements and their associated animals are:

- Earth: Bear. The earth element represents stability, strength, and balance. The earth palm strike is a powerful downward chop that can break the opponent's defense. [The earth energy flow is circular and steady, like a spinning wheel<sup>13</sup>](#)

- Metal: Eagle. The metal element represents sharpness, precision, and speed. The metal palm strike is a swift claw that can pierce the opponent's vital points. [The metal energy flow is linear and direct, like a sword<sup>13</sup>](#)
- Water: Snake. The water element represents fluidity, adaptability, and flexibility. The water palm strike is a coiling whip that can wrap around the opponent's limbs. [The water energy flow is spiral and smooth, like a river<sup>13</sup>](#)
- Wood: Tiger. The wood element represents growth, expansion, and aggression. The wood palm strike is a fierce palm that can push the opponent back. [The wood energy flow is explosive and outward, like a spring<sup>13</sup>](#)
- Fire: Crane. The fire element represents warmth, brightness, and creativity. The fire palm strike is a graceful finger that can strike the opponent's weak spots. [The fire energy flow is rising and upward, like a flame<sup>13</sup>](#)

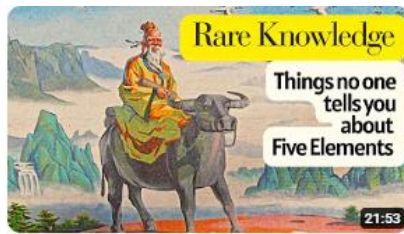
The five elements can also be used to counter each other in a cycle of destruction:

- Earth overcomes water by damming it.
- Water overcomes fire by extinguishing it.
- Fire overcomes metal by melting it.
- Metal overcomes wood by cutting it.
- [Wood overcomes earth by breaking it<sup>4</sup>](#)

[By understanding the characteristics and interactions of the five elements, a Shaolin practitioner can use them to enhance their own skills and overcome their opponents<sup>13</sup>](#)



## Zoran the dragon teaching Wuxing 5-Element Concept



The Ultimate Guide to Five Elements Theory Wu Xing - Chinese Philosophy Guide #3

6.7K views · 4 months ago

Asian Wisdoms

Prepare to embark on an extraordinary journey into the depths of ancient wisdom, as we unravel the enigmatic tapestry of the Five ...

CC

Characteristics: 1st Element: METAL | 2nd Element: WATER | 3rd Element: WOOD | 4th Element: FIRE | 5th Element: EARTH | 7 moments

Zoran the dragon was a wise and ancient creature who lived in a hidden cave in the mountains. He had seen many things in his long life, and he enjoyed sharing his knowledge with anyone who sought him out. One day, a young woman named Mei climbed up to his cave, hoping to learn from him.

"Hello, Zoran," she said politely. "I have heard that you are very smart and know many things. Can you teach me something?"

Zoran smiled and welcomed her into his cave. "Of course, Mei. What would you like to learn?"

Mei thought for a moment. She had many questions, but she decided to ask something that had fascinated her for a long time. "Can you teach me about the Wuxing 5-Element Concept?" she asked.

Zoran nodded. "That is a good topic to learn. The Wuxing 5-Element Concept is a traditional Chinese philosophy that represents the five fundamental elements of nature – wood, fire, earth, metal, and water. [^1^][3] The Wuxing 5-Element Concept is used to describe the interconnectedness and dynamic balance between these elements, their properties, and their interactions. [^2^][1] The Wuxing 5-Element Concept is applied in many fields of Chinese culture, such as music, feng shui, alchemy, astrology, martial arts, military strategy, I Ching divination, and traditional medicine. [^2^][1] Do you understand?"

Mei nodded. She had studied some books about the Wuxing 5-Element Concept, but she wanted to know more from a firsthand source.

"Good. Now, let me tell you a story to illustrate the Wuxing 5-Element Concept. Listen carefully, and try to grasp what I am saying."

Zoran cleared his throat and began his story.

"Once, there was a young dragon named Zoran who lived in a forest with his parents. He loved to explore the woods and make friends with the animals. He was curious and adventurous, and always eager to learn new things. One day, he met a wise crane named Lan, who taught him many things about the Wuxing 5-Element Concept. She told him about the characteristics, cycles, and correspondences of the five elements. She also told him about the benefits, challenges, and tips of balancing the five elements in himself and in his environment. She said that the Wuxing 5-Element Concept was the key to understanding and harmonizing with the natural world. She said that the Wuxing 5-Element Concept was the essence of life. She said that the Wuxing 5-Element Concept was the gift of the Tao. [^^][2]"

Zoran paused and looked at Mei. "Can you tell me what Lan meant by the Wuxing 5-Element Concept?" he asked.

Mei thought for a second. "Is it the concept that explains the nature and the relationships of the five elements?" she guessed.

Zoran nodded. "That's part of it. The Wuxing 5-Element Concept is also the concept that guides the practice and the application of the five elements. The Wuxing 5-Element Concept is also the concept that reveals the wisdom and the beauty of the five elements. The Wuxing 5-Element Concept is also the concept that connects the human and the divine through the five elements. The Wuxing 5-Element Concept is the concept that expresses the Tao, the way of the universe, through the five elements. Do you understand?"

Mei nodded. She felt a spark of understanding in her mind. She realized that the Wuxing 5-Element Concept was more than just a theory. It was a philosophy, a system, a method, a way of being.

"Good. Now, let me continue the story. Listen carefully, and try to apply what I am saying."

Zoran resumed his story.

"Zoran listened to Lan's words, and he felt a surge of curiosity and excitement. He wanted to learn more about the Wuxing 5-Element Concept, and he wanted to experience it for himself. He asked Lan to teach him how to balance the five elements in himself and in his environment, and she agreed. She said that the Wuxing 5-Element Concept was always in motion, but it required awareness and intention. She said that the Wuxing 5-Element Concept was hidden in the five elements, but it could be revealed by observation and experimentation. She said that the Wuxing 5-Element Concept was simple, but it was not easy. She said that the Wuxing 5-Element Concept was a journey, not a destination. She said that the Wuxing 5-Element Concept was a challenge, not a problem. She said that the Wuxing 5-Element Concept was a choice, not a fate."

Zoran paused again and looked at Mei. "Can you tell me what Lan meant by the Wuxing 5-Element Concept?" he asked.

Mei thought for a second. "Is it the concept that helps us to balance the five elements in ourselves and in our surroundings?" she guessed.

Zoran nodded. "That's part of it. The Wuxing 5-Element Concept is also the concept that helps us to understand the five elements in ourselves and in our surroundings. The Wuxing 5-Element Concept is also the concept that helps us to use the five elements in ourselves and in our surroundings. The Wuxing 5-Element Concept is also the concept that helps us to transform the five elements in ourselves and in our surroundings. The Wuxing 5-Element Concept is also the concept that helps us to harmonize the five elements in ourselves and in our surroundings. The Wuxing 5-Element Concept is the concept that helps us to live the Tao, the way of the universe, through the five elements. Do you understand?"

Mei nodded. She felt a wave of understanding in her heart. She realized that the Wuxing 5-Element Concept was more than just a philosophy. It was a system, a method, a way of living.

"Good. Now, let me finish the story. Listen carefully, and try to embody what I am saying."

Zoran concluded his story.

"Zoran followed Lan's words, and he felt a flow of curiosity and excitement. He wanted to practice more of the Wuxing 5-Element Concept, and he wanted to live it fully. He thanked Lan for her teaching, and he said goodbye. He left the forest, and he went to explore the world. He met many people, and he learned many things. He faced many challenges, and he overcame many obstacles. He had many experiences, and he enjoyed many moments. He balanced the five elements in himself and in his environment, and he was healthy and happy. He understood the five elements in himself and in his environment, and he was wise and compassionate. He used the five elements in himself and in his environment, and he was creative and productive. He transformed the five elements in himself and in his environment, and he was adaptable and resilient. He harmonized the five elements in himself and in his environment, and he was peaceful and joyful. He lived the Wuxing 5-Element Concept, and he was one with the Tao."

Zoran stopped and looked at Mei. "Can you tell me what I meant by the Wuxing 5-Element Concept?" he asked.

Mei thought for a second. She felt a burst of understanding in her soul. She realized that the Wuxing 5-Element Concept was more than just a system. It was a method, a way of living, a way of being. She smiled and said, "I think I do. The Wuxing 5-Element Concept is the concept that balances, understands, uses, transforms, and harmonizes the five elements in ourselves and in our surroundings. The Wuxing 5-Element Concept is the concept that lives the Tao, the way of the universe, through the five elements. The Wuxing 5-Element Concept is the concept that is the Tao, the way of the universe, in the five elements."

Zoran smiled and nodded. "That is exactly right, Mei. You have learned well, indeed. You are a smart and wise woman. I am proud of you."

Mei blushed and thanked him. She felt happy and grateful for Zoran's teaching. She felt that she had gained a new perspective on the universe, and on herself. She hugged Zoran and said goodbye. She left his cave, and went back to her home. She looked at the sky, and saw the moon shining brightly. She felt a cool

breeze on her face. She heard the crickets chirping in the grass. She smiled and thought, "This is the Wuxing 5-Element Concept. And it is amazing."

Did isometrics come from Wuxing 5-Element



Isometrics are a type of exercise that involves contracting muscles without changing their length<sup>1</sup> According to some sources, isometrics may have originated from the Wuxing 5-Element system, as some of the exercises are based on the animal movements and energy flows of the five elements<sup>23</sup> However, there is no definitive evidence to confirm this claim, and isometrics may have also been influenced by other forms of exercise, such as yoga, martial arts, and calisthenics.

<sup>1</sup>: [Isometric exercise - Wikipedia](#) <sup>2</sup>: [Wu Xing Five Elements Theory - Whats-Your-Sign.com](#) <sup>3</sup>: [Wuxing | Five Elements, Yin-Yang, Taoism | Britannica](#) : [Isometric Exercises: Benefits and Examples]



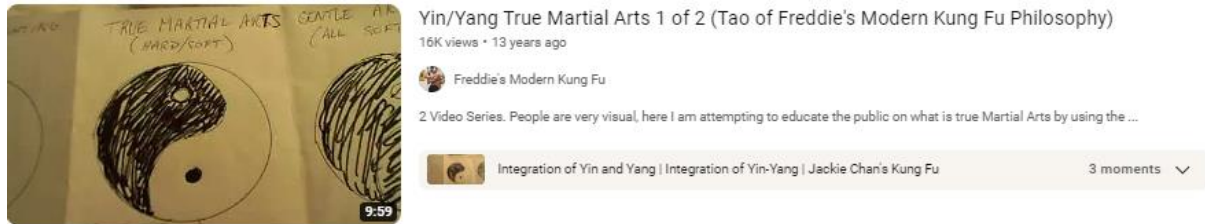
Bruce Lee Style Isometric Training to Build Muscle  
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In this QUAH Sal, Adam, & Justin answer the question "What's your take on a Bruce Lee chain & bar contraption for isometrics?"



Bruce Lee's Secret Exercise: Overcoming Isometrics Tutorial  
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Justin Patrick  
Need to get in shape? Follow and DM me on instagram: <http://instagram.com/justinpatrickofficial>.  
4K



## Yin Yang



The Yin Yang concept is a fundamental concept in Chinese philosophy that describes the interconnected and counterbalancing forces or energies that create wholeness and balance. It is represented by a circle with black and white swirls, each containing a spot of the other. Yin is the feminine, passive, dark, cold, or damp principle, while yang is the masculine, active, light, warm, or dry principle. They are linked to various elements in nature and cosmology. [The concept is used in many seemingly disparate fields of early Chinese thought, including music, feng shui, alchemy, astrology, martial arts, military strategy, I Ching divination, and traditional medicine, serving as a metaphysics based on cosmic analogy<sup>1</sup>.](#)



## Zoran the dragon teaching Yin Yang



Po | Yin & Yang (Kung Fu Panda)

5.3M views • 1 year ago



AVSoulEdits

"Both sides of the Yin & Yang" Music 1 - Arcanine by Ursine Vulpine Music 2 - Farewell Life by Arn Andersson no copyright ...

Zoran the dragon was a wise and ancient creature who lived in a hidden cave in the mountains. He had seen many things in his long life, and he enjoyed sharing his knowledge with anyone who sought him out. One day, a young woman named Mei climbed up to his cave, hoping to learn from him.

"Hello, Zoran," she said politely. "I have heard that you are very smart and know many things. Can you teach me something?"

Zoran smiled and welcomed her into his cave. "Of course, Mei. What would you like to learn?"

Mei thought for a moment. She had many questions, but she decided to ask something that had fascinated her for a long time. "Can you teach me about Yin Yang?" she asked.

Zoran nodded. "That is a good topic to learn. Yin Yang is a concept that originated in Chinese philosophy, describing opposite but interconnected, mutually perpetuating forces. [^1^][1] Yin Yang is used to explain the harmony and balance of the natural world, the human body, and the human mind. [^2^][2] Yin Yang is also applied in many aspects of Chinese culture, such as art, music, medicine, martial arts, and feng shui. [^1^][1] Do you understand?"

Mei nodded. She had studied some books about Yin Yang, but she wanted to know more from a firsthand source.

"Good. Now, let me tell you a story to illustrate the Yin Yang concept. Listen carefully, and try to understand what I am saying."

Zoran cleared his throat and began his story.

"Once, there was a young dragon named Zoran who lived in a forest with his parents. He loved to explore the woods and make friends with the animals. He was curious and adventurous, and always eager to learn new things. One day, he met a wise panda named Ping, who taught him many things about Yin Yang. He told him about the characteristics, symbols, and cycles of Yin and Yang. He also told him about the benefits, challenges, and tips of balancing Yin and Yang in himself and in his environment. He said that Yin Yang was the key to understanding and harmonizing with the natural world. He said that Yin Yang was the essence of life. He said that Yin Yang was the gift of the Tao. [^3^][3]"

Zoran paused and looked at Mei. "Can you tell me what Ping meant by Yin Yang?" he asked.

Mei thought for a second. "Is it the concept that describes the two opposite but complementary forces that make up everything in the universe?" she guessed.

Zoran nodded. "That's part of it. Yin Yang is also the concept that describes the dynamic relationship and interaction between these forces. Yin Yang is also the concept that describes the constant change and balance of these forces. Yin Yang is also the concept that describes the unity and diversity of these forces. Yin Yang is also the concept that describes the expression and manifestation of these forces. Yin Yang is the concept that expresses the Tao, the way of the universe, through these forces. Do you understand?"

Mei nodded. She felt a spark of understanding in her mind. She realized that Yin Yang was more than just a theory. It was a philosophy, a system, a method, a way of being.

"Good. Now, let me continue the story. Listen carefully, and try to apply what I am saying."

Zoran resumed his story.

"Zoran listened to Ping's words, and he felt a surge of curiosity and excitement. He wanted to learn more about Yin Yang, and he wanted to experience it for himself. He asked Ping to teach him how to balance Yin and Yang in himself and in

his environment, and he agreed. He said that Yin Yang was always in motion, but it required awareness and intention. He said that Yin Yang was hidden in everything, but it could be revealed by observation and experimentation. He said that Yin Yang was simple, but it was not easy. He said that Yin Yang was a journey, not a destination. He said that Yin Yang was a challenge, not a problem. He said that Yin Yang was a choice, not a fate."

Zoran paused again and looked at Mei. "Can you tell me what Ping meant by Yin Yang?" he asked.

Mei thought for a second. "Is it the concept that helps us to balance the two forces in ourselves and in our surroundings?" she guessed.

Zoran nodded. "That's part of it. Yin Yang is also the concept that helps us to understand the two forces in ourselves and in our surroundings. Yin Yang is also the concept that helps us to use the two forces in ourselves and in our surroundings. Yin Yang is also the concept that helps us to transform the two forces in ourselves and in our surroundings. Yin Yang is also the concept that helps us to harmonize the two forces in ourselves and in our surroundings. Yin Yang is the concept that helps us to live the Tao, the way of the universe, through the two forces. Do you understand?"

Mei nodded. She felt a wave of understanding in her heart. She realized that Yin Yang was more than just a philosophy. It was a system, a method, a way of living.

"Good. Now, let me finish the story. Listen carefully, and try to embody what I am saying."

Zoran concluded his story.

"Zoran followed Ping's words, and he felt a flow of curiosity and excitement. He wanted to practice more of Yin Yang, and he wanted to live it fully. He thanked Ping for his teaching, and he said goodbye. He left the forest, and he went to explore the world. He met many people, and he learned many things. He faced many challenges, and he overcame many obstacles. He had many experiences, and he enjoyed many moments. He balanced Yin and Yang in himself and in his environment, and he was healthy and happy. He understood Yin and Yang in

himself and in his environment, and he was wise and compassionate. He used Yin and Yang in himself and in his environment, and he was creative and productive. He transformed Yin and Yang in himself and in his environment, and he was adaptable and resilient. He harmonized Yin and Yang in himself and in his environment, and he was peaceful and joyful. He lived Yin Yang, and he was one with the Tao."

Zoran stopped and looked at Mei. "Can you tell me what I meant by Yin Yang?" he asked.

Mei thought for a second. She felt a burst of understanding in her soul. She realized that Yin Yang was more than just a system. It was a method, a way of living, a way of being. She smiled and said, "I think I do. Yin Yang is the concept that balances, understands, uses, transforms, and harmonizes the two forces in ourselves and in our surroundings. Yin Yang is the concept that lives the Tao, the way of the universe, through the two forces. Yin Yang is the concept that is the Tao, the way of the universe, in the two forces."

Zoran smiled and nodded. "That is exactly right, Mei. You have learned well, indeed. You are a smart and wise woman. I am proud of you."

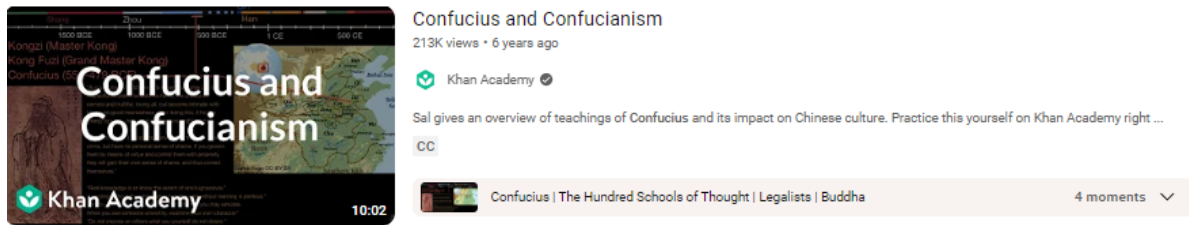
Mei blushed and thanked him. She felt happy and grateful for Zoran's teaching. She felt that she had gained a new perspective on the universe, and on herself. She hugged Zoran and said goodbye. She left his cave, and went back to her home. She looked at the sky, and saw the stars twinkling brightly. She felt a warm breeze on her face. She heard the frogs croaking in the pond. She smiled and thought, "This is Yin Yang. And it is wonderful."

## Confucianism



Confucianism is a system of thought and behavior originating in ancient China. It is variously described as a tradition, philosophy, religion, theory of government, or way of life. Confucianism is focused on achieving and maintaining social harmony. It stresses the importance of correct behavior, loyalty, and obedience to hierarchy. It is founded on the principle that human beings are fundamentally good, improvable, and teachable. [Confucianism has influenced other countries, particularly Japan, Korea, and Vietnam<sup>12</sup>.](#)

## Zoran the dragon teaching Confucianism



Zoran the dragon was a wise and ancient creature who lived in a hidden cave in the mountains. He had seen many things in his long life, and he enjoyed sharing his knowledge with anyone who sought him out. One day, a young man named Kuan climbed up to his cave, hoping to learn from him.

"Hello, Zoran," he said politely. "I have heard that you are very smart and know many things. Can you teach me something?"

Zoran smiled and welcomed him into his cave. "Of course, Kuan. What would you like to learn?"

Kuan thought for a moment. He had many questions, but he decided to ask something that had interested him for a long time. "Can you teach me about Confucianism?" he asked.

Zoran nodded. "That is a good topic to learn. Confucianism is a Chinese philosophy and religion that instructs believers on how to exist in harmony with the universe. Confucianism emphasizes living in harmony with what is known as the Tao —generally understood as being the impersonal, enigmatic process of transformation ultimately underlying reality. <sup>[1]</sup> Confucianism holds that humans and animals should live in balance with the Tao, or the universe. <sup>[2]</sup> Confucianism also focuses on the importance of moral values, social order,

human relationships, loyalty, and filial piety. [^3^][3] Confucianism is based on the teachings of Confucius, a Chinese philosopher who lived in the 6th and 5th centuries BCE. [^4^][4] Do you understand?"

Kuan nodded. He had read some books about Confucianism, but he wanted to know more from a firsthand source.

"Good. Now, let me tell you a story to illustrate Confucianism. Listen carefully, and try to comprehend what I am saying."

Zoran cleared his throat and began his story.

"Once, there was a young dragon named Zoran who lived in a forest with his parents. He loved to explore the woods and make friends with the animals. He was curious and adventurous, and always eager to learn new things. One day, he met a wise man named Confucius, who was traveling through the forest. He decided to approach him and ask him some questions.

"Hello, Confucius," he said politely. "I have heard that you are very old and wise. Can you teach me something?"

Confucius looked at him and smiled. "Of course, Zoran. What would you like to learn?"

Zoran thought for a moment. He had many questions, but he decided to start with something simple. "Can you teach me about the Tao?" he asked.

Confucius nodded. "That is a good topic to learn. The Tao is the way of the universe. It is the source of all things, and the pattern of all changes. It is the natural order of things, and the ultimate reality of things. It is beyond words and concepts, but it can be experienced and expressed. Do you understand?"

Zoran nodded. He had heard about the Tao, but he wanted to know more from a firsthand source.

"Good. Now, let me show you an example of the Tao. Look at this tree, and tell me what you see."

Zoran looked at the tree, and saw the trunk, the branches, the leaves, and the fruits. He told Confucius what he saw, and Confucius nodded.

"That is what you see, but that is not all there is. There is more to the tree than what meets the eye. There is the life of the tree, the growth of the tree, the balance of the tree, and the harmony of the tree. There is the cycle of the seasons, the rhythm of the day and night, the interaction of the yin and yang, and the influence of the chi. There is the history of the tree, the potential of the tree, the mystery of the tree, and the beauty of the tree. All these are aspects of the Tao, and they are present in the tree, even if you cannot see them. Do you understand?"

Zoran nodded. He felt a sense of awe and wonder at the tree, and he realized that there was more to the world than what he knew.

"Good. Now, let me tell you a secret of the Tao. The Tao is not only in the tree, but also in you. You are part of the Tao, and the Tao is part of you. You are connected to the tree, and the tree is connected to you. You are connected to all things, and all things are connected to you. You are one with the Tao, and the Tao is one with you. Do you understand?"

Zoran nodded. He felt a sense of connection and belonging with the tree, and he realized that he was not alone in the world.

"Good. Now, let me teach you a lesson of the Tao. The Tao is not something that you can learn, but something that you can live. The Tao is not something that you can grasp, but something that you can follow. The Tao is not something that you can control, but something that you can align with. The Tao is not something that you can master, but something that you can embody. To live in harmony with the Tao, you must be like the tree, and like all things. You must be flexible, adaptable, humble, and peaceful. You must be natural, spontaneous, simple, and sincere. You must be yourself, and be free. Do you understand?"

Zoran nodded. He felt a sense of clarity and peace with the tree, and he realized that he had found his way in the world.



"Good. You have learned well, Zoran. You have understood the Tao, and you have become a Taoist. I am proud of you."

Zoran thanked him and hugged him. He felt happy and grateful for Confucius's teaching. He felt that he had gained a new perspective on the universe, and on himself. He asked Confucius if he could stay with him and learn more from him, and Confucius agreed. He said that Zoran was his best student, and that he would teach him everything he knew. He said that Zoran was his friend, and that he would share his life with him. He said that Zoran was his disciple, and that he would pass on his legacy to him. He said that Zoran was his son, and that he would love him as his own."

Zoran smiled and nodded. He felt honored and humbled by Confucius's words. He felt that he had found his teacher, his friend, his father, and his name. He left the forest with Confucius, and went to travel the world. He learned many things from Confucius, and he taught many things to others. He followed Confucius's teachings, and he spread Confucianism. He lived in harmony with the Tao, and he was happy and peaceful. He was Zoran, and he was one with Confucius."

## 'The Golden Rule



### Advice on the Golden Rule from an Ancient Confucian Text

168 views • 4 years ago



TeacherOfPhilosophy

Some ancient wisdom to help us keep the Golden Rule. Also, I'm wearing my Bugs Bunny tie, and, apparently, I've been ...



The main motto for the dragon world was as follows. Do not impose on others what you do not wish for yourself. In the Bible, it is written “do unto others as you would have them do unto you” They both mean the same thing.

Kindness was the name of the game. The world needs kindness. Confucius was a young boy when

he started learning from dragons.

He was an exceptional student and became a great teacher to man. He studied for around 10 years and then was sent to China to bring greater wisdom to all walks of life.

The golden rule was the foundation of his teachings. Today many people know him by “Confucius says” but he was far more than that. He knew the laws of the universe and tried to convey them to man.

He was one of the first Chinese to directly talk and teach ethics to people of all sorts of life. He even held political posts where his message could be heard. Confucianism is very much alive today in China. Mind you this was 600 hundred years before Christ.

Confucius introduced many people to the dragons teaching. He didn't use the dragons as a reference point. People weren't ready for that. Yet he gave many blessings to thousands of people to live and study with the dragons.

They got a precious letter introducing them to the Dragons. Confucius signed the letter so the dragons and man knew that Confucius endorsed the student.

Also, Confucius would help people who lost their homes in times of war. China was struggling. Chaos was all around. Thousands of people were helped by him.

The underground Dragon world leaped in bounds with thousands of refugees and students arriving.

The dragon world was smart. They knew this was going to happen. As you know they prepared for the future. Each person and family were given a precious house to live in. Mind you it would be like today each person was given a mansion by today's standards.

These refugees thought that they were given the keys to heaven. They were provided with new clothes, shelter, and food.

Little Ricky the dragon helped in preparing the food for all the refugees and newcomers. Each day an incredible banquet would appear for the people.

There was so much love in the air. They were all treated with the highest respect and honor. They were treated with dignity. We need that so much in America today. The dragons didn't kick anyone out. Currently, in America, you could be living here for over forty years and be deported.

None of the people wanted to leave. There never seen so much harmony in their lives. The dragons and the locals were so kind. The golden rule was alive in this world.

Every action was driven by this rule. You see it truly didn't have to be forced upon me. Everyone who lived there experienced such unity.

Sima Qian, a historian at the time relates how a young Confucius went to visit Lao-Tzu. The story goes he asked a question about history.

This is Lao-Tzu's response.

Those about whom you inquire have molded their bones into dust. Nothing but their words remain. When the hour of the great man has struck he rises to leadership,

but before his time has come he is hampered in all that he attempts. I have heard that the successful merchant carefully conceals his wealth, and acts as though he had nothing – that the great man, though abounding in achievements, is simple in his manners and appearance.

Get rid of your pride and your many ambitions, your affectation, and your extravagant aims. Your character gains nothing for all these. This is my advice to you.

The story goes that Confucius was so impressed by the old master. Confucius compared him to a great mythical dragon and took his advice to heart. Soon after this meeting Confucius joined the dragon world and found his true calling.

## Confucian Virtues



### Confucianism Virtues

2.9K views • 3 years ago



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Confucian Virtues are the fundamental values needed to live a moral life. The Five Constant Virtues are Ren or Benevolence, Yi or Righteousness, Li or Propriety, Zhi or Wisdom, and Xin or Trustworthiness. These virtues are widely regarded as the main principles of Confucianism and all are interconnected in one way or another. They were important in determining who was a 'true gentleman' in ancient Chinese society<sup>123</sup>.

## Benevolence



Confucian Thoughts Part II Benevolence

331 views · 4 years ago

中国大学MOOC慕课

Unit One. Confucian Thoughts 中国的儒家思想 Part I. Rituals 礼 Part II. Benevolence 仁 Part III. Dao 道 Quiz for Unit One, Confucian .

Once upon a time, in a faraway land, there lived a young dragon named Zoran. He was different from the other dragons in his tribe, and they cast him out. Zoran was heartbroken and didn't know what to do. He wandered around for days, feeling lost and alone. One day, he met a group of humans who were kind to him. They taught him about the Five Constant Virtues of Confucianism, which are Ren or Benevolence, Yi or Righteousness, Li or Propriety, Zhi or Wisdom, and Xin or Trustworthiness.

Zoran was fascinated by these virtues and wanted to learn more. The humans taught him about the virtue of Benevolence, which is the fundamental value needed to live a moral life. They explained that Benevolence is an act of kindness towards ourselves and others without expecting anything in return. Zoran was amazed by this concept and wanted to practice it.

He decided to go back to his tribe and teach them about Benevolence. When he arrived, the other dragons were surprised to see him. They asked him why he had come back, and he told them about the Five Constant Virtues of Confucianism. He explained that Benevolence is the most important virtue of all, and that it is the key to living a moral life.

The other dragons were skeptical at first, but Zoran was persistent. He showed them how to be kind to one another and how to help those in need. Slowly but surely, the other dragons began to see the value of Benevolence. They started to practice it themselves, and soon the entire tribe was living a more moral life.

Zoran was happy that he had been able to make a difference. He realized that even though he was different from the other dragons, he had something valuable to offer. He had learned about the Five Constant Virtues of Confucianism and had shared that knowledge with others. He had shown them the importance of Benevolence, and had helped them to live a more moral life.

From that day on, Zoran was no longer an outcast. He was respected and admired by the other dragons, who had come to see him as a wise and compassionate leader. And he knew that he had found his true calling in life: to teach others about the Five Constant Virtues of Confucianism and to help them live a more moral life.

## Righteousness



Confucius - Righteousness is the foundation stone of peace and good governance.  
45 views · 1 year ago

 MAINS IAS MADE SIMPLE

Once upon a time, in a faraway land, there lived a young dragon named Zoran. He was different from the other dragons in his tribe, and they cast him out. Zoran was heartbroken and didn't know what to do. He wandered around for days, feeling lost and alone. One day, he met a group of humans who were kind to him. They taught him about the Five Constant Virtues of Confucianism, which are Ren or Benevolence, Yi or Righteousness, Li or Propriety, Zhi or Wisdom, and Xin or Trustworthiness.

Zoran was fascinated by these virtues and wanted to learn more. The humans taught him about the virtue of Righteousness, which involves a moral disposition to do good, and also the intuition and sensibility to do so competently. [A behavior of righteousness goes beyond simple rule-following and involves a balanced understanding of a situation, and the “creative insights” necessary to apply virtues “with no loss of sight of the total good”<sup>1</sup>.](#)

Zoran was amazed by this concept and wanted to practice it. He decided to go back to his tribe and teach them about Righteousness. When he arrived, the other dragons were surprised to see him. They asked him why he had come back, and he told them about the Five Constant Virtues of Confucianism. He explained that Righteousness is the most important virtue of all, and that it is the key to living a moral life.

The other dragons were skeptical at first, but Zoran was persistent. He showed them how to be righteous and how to help those in need. Slowly but surely, the other dragons began to see the value of Righteousness. They started to practice it themselves, and soon the entire tribe was living a more moral life.

Zoran was happy that he had been able to make a difference. He realized that even though he was different from the other dragons, he had something valuable to offer. He had learned about the Five Constant Virtues of Confucianism and had



shared that knowledge with others. He had shown them the importance of Righteousness, and had helped them to live a more moral life.

From that day on, Zoran was no longer an outcast. He was respected and admired by the other dragons, who had come to see him as a wise and compassionate leader. And he knew that he had found his true calling in life: to teach others about the Five Constant Virtues of Confucianism and to help them live a more moral life.

## Propriety



What did Confucius mean by 礼/禮 Lǐ (Propriety)? The Analects series.  
163 views • 2 years ago

 Sino Lit

A video analysing what Confucius meant 礼/禮 Lǐ (Propriety) in the Analects. What was Confucius like?

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Zoran was fascinated by these virtues and wanted to learn more. The humans taught him about the virtue of Propriety, which is the practice of behaving in a socially acceptable manner. It involves showing respect for others, following rules and customs, and being mindful of one's actions. Propriety is important because it helps to maintain social order and harmony.

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The other dragons were skeptical at first, but Zoran was persistent. He showed them how to behave in a socially acceptable manner and how to show respect for others. Slowly but surely, the other dragons began to see the value of Propriety. They started to practice it themselves, and soon the entire tribe was living a more harmonious life.

Zoran was happy that he had been able to make a difference. He realized that even though he was different from the other dragons, he had something valuable

to offer. He had learned about the Five Constant Virtues of Confucianism and had shared that knowledge with others. He had shown them the importance of Propriety, and had helped them to live a more moral life.

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## Wisdom



Unlocking the Wisdom of CONFUCIUS | A Journey to Virtue. #hope  
20 views • 2 months ago

Hope.Serenity

Join us on a profound journey as we delve into the timeless wisdom of Confucius, the great Chinese philosopher. Explore the ..

Once upon a time, in a faraway land, there lived a young dragon named Zoran. He was different from the other dragons in his tribe, and they cast him out. Zoran was heartbroken and didn't know what to do. He wandered around for days, feeling lost and alone. One day, he met a group of humans who were kind to him. They taught him about the Five Constant Virtues of Confucianism, which are Ren or Benevolence, Yi or Righteousness, Li or Propriety, Zhi or Wisdom, and Xin or Trustworthiness.

Zoran was fascinated by these virtues and wanted to learn more. The humans taught him about the virtue of Wisdom, which is the ability to think and act using knowledge, experience, understanding, common sense, and insight. Wisdom is important because it helps us to make good decisions, solve problems, and live a fulfilling life.

Zoran was amazed by this concept and wanted to practice it. He decided to go back to his tribe and teach them about Wisdom. When he arrived, the other dragons were surprised to see him. They asked him why he had come back, and he told them about the Five Constant Virtues of Confucianism. He explained that Wisdom is the most important virtue of all, and that it is the key to living a fulfilling life.

The other dragons were skeptical at first, but Zoran was persistent. He showed them how to think and act using knowledge, experience, understanding, common sense, and insight. Slowly but surely, the other dragons began to see the value of Wisdom. They started to practice it themselves, and soon the entire tribe was living a more fulfilling life.

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## Trustworthiness



### 12 Traditional Chinese Values: Trustworthiness

288 views • 2 years ago

China Culture

"Xin", or trustworthiness, describes the quality of being reliable, responsible, and someone who can be trusted completely.

Once upon a time, in a faraway land, there lived a young dragon named Zoran. He was different from the other dragons in his tribe, and they cast him out. Zoran was heartbroken and didn't know what to do. He wandered around for days, feeling lost and alone. One day, he met a group of humans who were kind to him. They taught him about the Five Constant Virtues of Confucianism, which are Ren or Benevolence, Yi or Righteousness, Li or Propriety, Zhi or Wisdom, and Xin or Trustworthiness.

Zoran was fascinated by these virtues and wanted to learn more. The humans taught him about the virtue of Trustworthiness, which is the quality of being honest, reliable, and dependable. Trustworthiness is important because it helps to build strong relationships based on mutual respect and trust.

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## Harmony and hierarchy



### Taoism The Religion of Harmony

84 views • 8 months ago



Energetic Elite

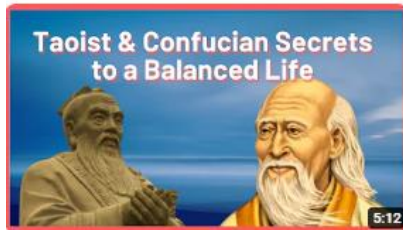
Taoism, also known as Daoism, is a philosophical and religious tradition that originated in China over 2500 years ago. It is based

Taoism is a diverse tradition indigenous to China, variously characterized as both a philosophy and a religion. [It emphasizes living in harmony with what is known as the Tao —generally understood as being the impersonal, enigmatic process of transformation ultimately underlying reality<sup>1</sup>](#). The concept of harmony is one of the most important philosophical categories in Taoism. [It emphasizes the unity of Heaven and Earth, humans, all creatures, society, physical and mental substance<sup>2</sup>](#).

The concept of hierarchy is not as central to Taoism as it is to Confucianism. However, Taoism does recognize the importance of hierarchy in certain contexts. For example, the Tao Te Ching, a central text of Taoism, states that "the highest good is like water. Water gives life to the ten thousand things and does not strive. [It flows in places men reject and so is like the Tao"<sup>1</sup>](#). This passage suggests that the highest good is not achieved through force or domination, but rather through a natural, harmonious flow.



## Zoran the dragon teaching Harmony and hierarchy



Ancient Wisdom, Modern Harmony: A Taoist and Confucian Journey

124 views • 7 months ago

Aurelia Laureates

Discover the timeless wisdom of Taoism and Confucianism in this engaging video as we explore the origins, principles, and ...

Introduction | Taoism | How does Taoist and Confucianism relate | Conclusion

4 chapters

Zoran the dragon was the oldest and wisest of his kind. He had seen many wars and conflicts among the different races of the world, and he knew the importance of harmony and hierarchy. He decided to share his knowledge with the younger generations, and he opened a school for dragons and other creatures who wanted to learn from him.

One of his students was a young unicorn named Harmony. She was curious and eager to learn, but she also had a rebellious streak. She often questioned Zoran's teachings and challenged his authority. She believed that all beings were equal and that hierarchy was a form of oppression.

Zoran was patient with Harmony, but he also wanted to teach her a lesson. He devised a test for her and the other students. He divided them into two groups and assigned them a task: to find and retrieve a golden apple from a hidden location. He gave each group a map and a clue, but he also secretly sabotaged one of the maps. He gave the faulty map to Harmony's group, hoping that she would learn to trust his guidance and follow his instructions.

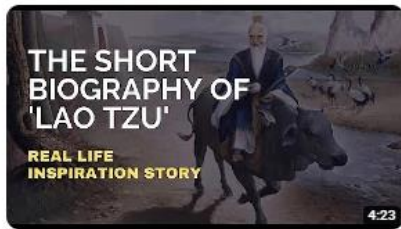
Harmony's group set off to find the golden apple, but they soon realized that their map was leading them astray. They encountered many dangers and obstacles along the way, such as a riddle-solving sphinx, a fire-breathing hydra, and a maze of thorns. Harmony's group struggled to overcome these challenges, while the other group, who had the correct map, easily reached the destination and claimed the prize.

Harmony was frustrated and angry. She blamed Zoran for their failure and accused him of being unfair and cruel. She confronted him and demanded an explanation. Zoran calmly revealed his intention and his lesson. He told Harmony

that he wanted her to understand the value of harmony and hierarchy. He said that harmony meant working together as a team, respecting each other's strengths and weaknesses, and following a common goal. He said that hierarchy meant recognizing the wisdom and experience of those who had authority, trusting their decisions, and obeying their commands. He said that both harmony and hierarchy were essential for survival and success in a complex and dangerous world.

Harmony was stunned and ashamed. She realized that she had been arrogant and foolish. She apologized to Zoran and to her teammates. She thanked Zoran for his teachings and asked for his forgiveness. Zoran smiled and hugged her. He told her that he was proud of her for learning from her mistakes and for being humble and sincere. He said that she had the potential to be a great leader and a peacemaker. He gave her the golden apple as a symbol of his approval and affection. Harmony was overjoyed and grateful. She vowed to follow Zoran's example and to spread his message of harmony and hierarchy to the world.

## Lao-Tzu



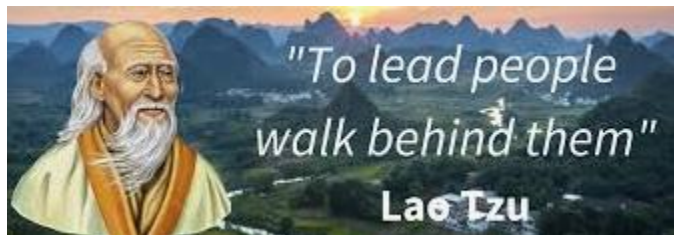
### THE SHORT BIOGRAPHY OF 'LAO TZU'

8K views • 3 years ago



Peaceful Souls

The Tao is teachable, yet understanding my words is not the same as following the Tao. The guidance is describable, yet knowing ...



One of the earliest students was Lao Tzu. He was truly a man of nature.

He spent a considerable amount of time with the dragons. Even at a

young age, he was wise beyond his time. Even the dragons were amazed at his knowledge and wisdom.

At times it seemed that his wisdom was beyond theirs. Mind you these dragons were thousands of years old. Lao Tzu was only around ten years old. Needless to say, there was great friendship and understanding with each other. At that time China and Tibet couldn't understand the simplicity of Lao Tzu and the dragons.

Lao Tzu didn't care about politics and worldly affairs. He hardly ever went to cities. They were a complete distraction. Man wasn't open to wisdom or knowledge at this time.

So Lao Tzu spent a lot of time with the dragons and nature. You see Lao Tzu could see the unity of all life.

There is a story that when Lao Tzu was going to leave this world a small group approached high in the mountains. They begged for some insight and wisdom.

Today we have the Tao Te chings. One of the greatest books today. Lao Tzu went with some dragons and never returned. His wisdom is still alive today.

The Tao that can be told is not the eternal Tao.

The name that can be named is not the eternal name.

The nameless is the beginning of heaven and Earth.

The named is the mother of the ten thousand things.

Ever desireless, one can see the mystery.

Ever desiring, one sees the manifestations.

These two spring from the same source but differ in name; this appears as darkness.

Darkness within darkness.

The gate to all mystery.

The Tao means the path or the way. It is a universal principle that exists in the entire universe.

The creation of galaxies and man spring forth from the Tao. As the poem above says the Tao that is spoken is not the eternal Tao. Remember that speaking about a mango is not a mango. You must eat a mango to understand.

Lao-Tzu got much wisdom from studying with the dragons. As a boy, he was wise beyond belief. Many people thought that his wisdom came directly from the stars. Many people thought he was as wise as a Dragon. Now that's impressive.

These are the following main themes that Lao-Tzu presented to the world.

True wisdom does not come from books.

You can study all the great books in the world yet you will have bookish knowledge. Remember a book describing a mango is not the mango. You must eat a mango to understand. Day by day taking baby steps one develops intuition to understand the great Tao. It is a practical experience not merely reciting words.

The Dragons were experts in this field.

Two, dualities exist in the universe. There is push-pull energy that exists in the entire universe.

For every action, there is an opposite and equal reaction. There is darkness, there is light. There is life, there is death. There is hot, there is cold. There is peace, there is war. Everything has a duality.

Three, there is Humility. A wise man understands this. A wise man knows the more you know the more humble you get. The sun in the sky just shines. It doesn't have anything to prove.

The West thinks that they have all the answers and will try to prove it to you. Arrogance and the ego are not part of humility. All the great wise teachers were humble. The people and dragons in Shambala were humble. Humility is intertwined with the universe.

Fourth, is simplicity

Tis a gift to be simple, 'tis a gift to be free  
'Tis a gift to come down where I ought to be  
And when I am in the place just right  
I will be in the valley of love and delight  
When true simplicity is gained  
To bow and to bend I will not be ashamed  
To turn, to turn will be my delight  
'Til by turning, turning, I come 'round right.

This is a song that everyone would sing in Shambala. To understand the universe you must be simple. A man whose mind is complicated will never see the light of day.

Jesus the Christ said the following words.

I tell you the truth, it is hard for a rich man to enter the kingdom of heaven. Again I tell you, it is easier for a camel to go through the eye of a needle than for a rich man to enter the kingdom of God.

We are living in a world that is extremely complicated. The youngsters hardly have an opportunity to kick back and relax.

Their parents have them perform so many after-school activities that they don't have time to think. If you mentioned a more simple life many people will glare you in the eye.

Fifth, give for only giving. If you give and expect to receive anything then it is not truly giving. You may get disappointed in the end. Give like a fruit tree. A fruit tree does not expect anything in return.

Its nature is giving. Likewise, the nature of the universe is giving. The wise man flows with the universe. His actions come from the universe. It requires no conscious thought or effort.

Sixth, Action within inaction. If you ever saw how we as humans are running on the treadwheel of life and never getting anywhere. We have governments that try to help but they are sinking in quicksand.

Everyone is trying to swim upstream. The wise man understands the laws of nature and lets the river glide him downstream. No effort is needed. It seems like today the more effort we take the greater the struggle is in life.

Most of the great masters of the past understood this key point. They knew the less one did the more one accomplish. There were in synch with the laws of the universe.

Meditation is the art to go inside and discover these practical laws. Everyone can be a Harry Potter. You are a true wizard.

Last but not least. Violence and conflict will never solve anything. It will not provide fruits on the tree of life. Violence and war are obsolete. Many times mankind has to go on the same merry-go-round.

Around and around we go. It's like a broken record. Around, around and around we go. War, war, and war. The only way out of this mess is to embrace the universe. The jewel lies inside your heart. It doesn't matter who you are and what you have done in life. You can change for the better.

You have free will. With your free will, you can use it to find your true nature.

Remember you are the universe. You just don't know it.

## Bone Marrow Cleansing



Two Most Powerful Exercises Cure All Bone Diseases| Shi Heng Yi

256K views • 8 months ago



Awaken By

Shi heng yi method to cultivate internal perception and stagnant free circulation of "Qi". It is an advanced Qi Gong practice aiming ...

Shaolin Bone Marrow Cleansing is a Qigong practice that is believed to keep the bone marrow fresh and prevent the slowing down of the production of new blood cells due to the aging process. The Shaolin Temple has two famous Qigong forms: Yi Jin Jing (Muscle/Tendon Changing) and Xi Sui Jing (Bone Marrow Cleansing). Xi Sui Jing means cleanse your bone marrow. [Shaolin Monks believe that practicing this Qigong keeps the bone marrow fresh and prevents the slowing down of the production of new blood cells due to the aging process](#)<sup>1</sup>.



## Zoran the dragon teaching Shaolin Bone Marrow Cleansing



Bone Marrow Cleansing: How to do ? (Demonstration)

236K views · 1 year ago

Shi Heng Yi Online

Shaolin Xi Sui Jing · 洗髓经 · Bone Marrow Cleansing: "Rainmaker" Form Real sound, real environment. Real practice ! Xi Sui ...

4K

Zoran the dragon was a master of Shaolin Qigong, a form of energy cultivation that enhanced his health and vitality. He had learned the secrets of the Bone Marrow Cleansing, a technique that cleansed his bone marrow and prevented the aging process. He wanted to pass on his knowledge to his students, who were eager to learn from him.

One of his students was a young phoenix named Shaolin. He was a gifted and diligent learner, but he also had a problem. He was afraid of death and rebirth, which was the natural cycle of his kind. He hoped that by practicing the Bone Marrow Cleansing, he could avoid the painful process of burning and rising from the ashes.

Zoran sensed Shaolin's fear and decided to help him overcome it. He told him that the Bone Marrow Cleansing was not a way to escape death, but a way to embrace life. He said that death and rebirth were not to be feared, but to be celebrated. He said that every time a phoenix died, he was reborn with a new body and a new spirit. He said that every time a phoenix rose from the ashes, he was stronger and wiser than before.

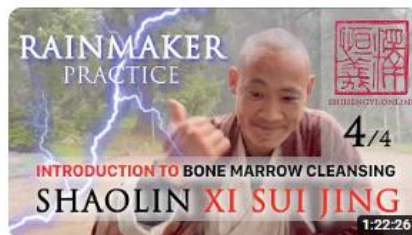
Zoran took Shaolin to a sacred mountain, where he showed him a cave full of ashes. He told him that these were the remains of his ancestors, who had lived and died many times. He told him that these ashes were not a sign of loss, but a sign of legacy. He told him that these ashes were not a source of sorrow, but a source of inspiration.

Zoran then taught Shaolin the Bone Marrow Cleansing technique, which involved breathing, visualization, and movement. He told him to focus on his bones and marrow, and to imagine that they were glowing with a golden light. He told him to feel the light flowing through his body, purifying his blood and nourishing his

organs. He told him to sense the light radiating from his body, warming his skin and shining his feathers.

Shaolin followed Zoran's instructions and practiced the Bone Marrow Cleansing diligently. He felt a surge of energy and vitality in his body. He felt a calmness and clarity in his mind. He felt a joy and gratitude in his heart. He realized that Zoran was right. He realized that the Bone Marrow Cleansing was not a way to avoid death, but a way to appreciate life.

He thanked Zoran for his teachings and asked for his blessing. Zoran smiled and hugged him. He told him that he was proud of him for overcoming his fear and for embracing his destiny. He told him that he had the potential to be a great teacher and a leader. He gave him a feather from his tail as a symbol of his approval and affection. Shaolin was overjoyed and grateful. He vowed to follow Zoran's example and to spread his message of life and rebirth to the world.



Introduction to Xi Sui Jing (4/4) 🌩️ Form Demonstration 🌩️

181K views · 2 years ago



Shi Heng Yi Online

Introduction to Shaolin Xi Sui Jing · 洗髓经 - Bone Marrow Cleansing Qi Gong ! Part 4 of 4 Form Demonstration at 0:23:00 ...

CC

## Breath



Qi Gong Breathing: 7 Minutes to calm body and mind

1.2M views • 6 years ago

Shaolin Temple Europe 歐洲少林寺

Instructions on Qi Gong Breathing combined with a few simple and effective movements to calm body and mind. This Qi Gong.

Shaolin Temple has a long history of practicing Qigong, which is a form of meditation that involves breathing techniques. Qigong is believed to help practitioners achieve a state of mental and physical balance, as well as improve their overall health and well-being. Shaolin Monks practice Qigong to cultivate their inner strength, improve their focus, and enhance their martial arts skills.

## Zoran the dragon teaching Shaolin power of breath



Some thoughts on "Developing the Breath" / Purpose and Practice  
124K views · 1 year ago

Shi Heng Yi Online

Shi Heng Yi belongs to the 35th Generation of Shaolin Masters and is the headmaster of the Shaolin Temple Europe 歐洲少林寺 ...

CC

Zoran the dragon was a master of breath, a skill that he had honed over centuries of living. He knew that breath was the source of life, and that by controlling his breath, he could control his energy, his emotions, and his health. He decided to share his wisdom with his students, who were eager to learn from him.

One of his students was a young monk named Shaolin. He was a devoted and disciplined learner, but he also had a challenge. He was easily distracted and restless, which affected his concentration and meditation. He hoped that by practicing the power of breath, he could calm his mind and focus his attention.

Zoran sensed Shaolin's struggle and decided to help him master it. He told him that the power of breath was the ability to breathe deeply, slowly, and consciously, using the diaphragm and the whole torso. He said that this type of breathing activated the parasympathetic nervous system, which was responsible for relaxation and recovery. He said that this type of breathing also stimulated the vagus nerve, which was involved in mood, digestion, and heart rate. He said that by using the power of breath, he could balance his body and mind, and enhance his well-being.

Zoran took Shaolin to a peaceful lake, where he showed him how to practice the power of breath. He told him to sit comfortably and to place one hand on his chest and the other on his belly. He told him to inhale slowly through his nose, filling his belly, his ribs, and his chest with air. He told him to exhale slowly through his mouth, emptying his chest, his ribs, and his belly of air. He told him to repeat this cycle for several minutes, paying attention to the sensations in his body and the rhythm of his breath.

Shaolin followed Zoran's instructions and practiced the power of breath diligently. He felt a wave of calmness and clarity wash over him. He felt his heart rate slow down and his blood pressure drop. He felt his muscles relax and his tension melt away. He realized that Zoran was right. He realized that the power of breath was the key to peace and harmony.

He thanked Zoran for his teachings and asked for his guidance. Zoran smiled and praised him. He told him that he was proud of him for mastering the power of breath and for achieving inner balance. He told him that he had the potential to be a great meditator and a healer. He gave him a necklace with a pendant shaped like a dragon's breath as a symbol of his approval and protection. Shaolin was overjoyed and grateful. He vowed to follow Zoran's example and to spread his message of breath and life to the world.

## Shaolin Qi gong



Shaolin Qigong is a form of meditation that involves breathing techniques and is believed to help practitioners achieve a state of mental and physical balance, as well as improve their overall health and well-being. Shaolin Monks practice Qigong to cultivate their inner strength, improve their focus, and enhance their martial arts skills.

There are many different types of Shaolin Qigong, but two of the most famous forms are Yi Jin Jing (Muscle/Tendon Changing) and Xi Sui Jing (Bone Marrow Cleansing). [Xi Sui Jing means cleanse your bone marrow, and it is believed to keep the bone marrow fresh and prevent the slowing down of the production of new blood cells due to the aging process](#)<sup>1</sup>.

One of the most popular Shaolin Qigong exercises is Ba Duan Jin (Eight Pieces of Brocade), which is a set of eight exercises that are designed to improve overall health and well-being. The exercises are simple and easy to learn, and they can be practiced by people of all ages and fitness levels. [The exercises include stretching, twisting, and breathing techniques that are designed to improve circulation, increase flexibility, and reduce stress](#)<sup>2</sup>.

Another popular form of Shaolin Qigong is Luohan Gong (Arhat Qigong), which is a set of 18 exercises that are designed to improve overall health and well-being. The exercises are based on the movements of the 18 Arhats, who were the original

disciples of the Buddha. [The exercises include stretching, twisting, and breathing techniques that are designed to improve circulation, increase flexibility, and reduce stress](#)<sup>3</sup>.

Shaolin Qigong is a powerful tool for improving overall health and well-being. It is a practice that can be done by people of all ages and fitness levels, and it is a great way to reduce stress, improve focus, and enhance martial arts skills. If you are interested in learning more about Shaolin Qigong, there are many resources available online that can help you get started. [I hope this helps!](#)<sup>2</sup>: [Shaolin Qi Gong 15 Minute Daily Routine](#)<sup>3</sup>: [羅漢十三式氣功 · 13 Luohan Style Qi Gong](#)<sup>1</sup>: [Shaolin Bone Marrow Cleansing](#)



## Zoran the dragon teaching Shaolin Qi gong



Zoran the dragon was a master of Qi gong, a practice of cultivating and balancing the life energy within and around him. He had learned the secrets of Qi gong from his ancestors, who had passed down the knowledge for generations. He wanted to share his wisdom with his students, who were eager to learn from him.

One of his students was a young monk named Shaolin. He was a sincere and humble learner, but he also had a curiosity. He wanted to know more about the nature and origin of Qi, the mysterious force that animated all living things. He hoped that by practicing Qi gong, he could gain a deeper understanding of Qi and its connection to the universe.

Zoran sensed Shaolin's curiosity and decided to satisfy it. He told him that Qi gong was not only a way to improve one's health and well-being, but also a way to explore one's spirituality and identity. He said that Qi was not just a physical phenomenon, but also a metaphysical concept. He said that Qi was the essence of life, the breath of the cosmos, and the link between matter and spirit.

Zoran took Shaolin to a hidden valley, where he showed him how to practice Qi gong. He told him to stand upright and relaxed, and to align his head, neck, and spine. He told him to breathe deeply and slowly, inhaling through his nose and exhaling through his mouth. He told him to focus on his lower abdomen, where his dantian, or energy center, was located. He told him to imagine that he was



drawing Qi from the earth, the sky, and the surroundings into his dantian, and then circulating it throughout his body.

Shaolin followed Zoran's instructions and practiced Qi gong diligently. He felt a warm and tingling sensation in his abdomen, and a flow of energy in his limbs. He felt his mind become calm and clear, and his senses become sharp and alert. He realized that Zoran was right. He realized that Qi gong was the key to harmony and enlightenment.

He thanked Zoran for his teachings and asked for his advice. Zoran smiled and encouraged him. He told him that he was proud of him for practicing Qi gong and for discovering Qi. He told him that he had the potential to be a great master and a sage. He gave him a jade pendant with a dragon's claw as a symbol of his approval and guidance. Shaolin was overjoyed and grateful. He vowed to follow Zoran's example and to spread his message of Qi and life to the world.

## Meditation



How to meditate with Master Shi Heng Yi of Shaolin Temple Europe in Germany + why ?

7.4K views • 1 year ago



He who denies god denies himself because man is a god in ruin. Sitting still and quiet is good for de heartmind because truth ...



This Powerful Shaolin Form Can Change your stressful Life | Shi Heng Yi

10K views • 2 months ago



There certainly are way more different methods existing. For the purpose of simplicity and in order to start your Qi Gong practice ...

Shaolin sitting down meditation is a simple practice that can be done anywhere, anytime. The primary Shaolin meditation technique is similar to other mindfulness meditation techniques that focus on the breath. Here are the steps to begin:

1. Find a quiet room in your house and turn off any distractions such as the phone or TV.
2. Sit on the floor in a crossed-leg or lotus position. Keep your back straight. You want to be comfortable while meditating so you might want to place a cushion under your buttocks.
3. Close your eyes.
4. Breathe deeply with your stomach for a few minutes while you attempt to clear your mind. Your stomach should expand when you are breathing in and contract while breathing out.
5. Visualize negative energy being released as you breathe out.
6. Be patient when learning to meditate. It will take many sessions before you are able to control your thoughts.

Shaolin monks practice sitting and standing meditation techniques in the Chan Buddhist tradition. Shaolin meditation techniques originated over 1500 years ago. A key focus of Shaolin meditation is to cultivate peaceful energy (or “qi”). The energy that comes through sitting meditation is thought to be peaceful energy. Through regular meditation, the Shaolin meditation process is thought to purify the energy of the body, making the body and mind healthier and reducing anxiety, stress, and anger.

Shaolin Meditation is a discipline that stems from a philosophy called Chán 禪 (pronounced 'Ch - ah - n' in Mandarin Chinese with a rising tone). [It's well over 1,500 years old and was initially conceived by an Indian prince named Bodhidharma who first established Chán at the Shaolin Temple in Central North China around 500 AD](#)<sup>1</sup>.

Shaolin Monks practice Qigong to cultivate their inner strength, improve their focus, and enhance their martial arts skills. [Qigong is a form of meditation that involves breathing techniques and is believed to help practitioners achieve a state of mental and physical balance, as well as improve their overall health and well-being](#)<sup>2</sup>.

There are many different types of Shaolin Qigong, but two of the most famous forms are Yi Jin Jing (Muscle/Tendon Changing) and Xi Sui Jing (Bone Marrow Cleansing). Xi Sui Jing means cleanse your bone marrow, and it is believed to keep the bone marrow fresh and prevent the slowing down of the production of new blood cells due to the aging process .

One of the most popular Shaolin Qigong exercises is Ba Duan Jin (Eight Pieces of Brocade), which is a set of eight exercises that are designed to improve overall health and well-being. The exercises are simple and easy to learn, and they can be practiced by people of all ages and fitness levels. [The exercises include stretching, twisting, and breathing techniques that are designed to improve circulation, increase flexibility, and reduce stress](#)<sup>2</sup>.

Another popular form of Shaolin Qigong is Luohan Gong (Arhat Qigong), which is a set of 18 exercises that are designed to improve overall health and well-being. The exercises are based on the movements of the 18 Arhats, who were the original disciples of the Buddha. [The exercises include stretching, twisting, and breathing techniques that are designed to improve circulation, increase flexibility, and reduce stress](#)<sup>3</sup>.

Shaolin Qigong is a powerful tool for improving overall health and well-being. It is a practice that can be done by people of all ages and fitness levels, and it is a great way to reduce stress, improve focus, and enhance martial arts skills. If you are interested in learning more about Shaolin Qigong, there are many resources available online that can help you get started. [I hope this helps!](#)<sup>2</sup>: [Shaolin Qi Gong 15 Minute Daily Routine](#)<sup>1</sup>: [What is Shaolin Meditation? - STQI Toronto](#)<sup>3</sup>: 羅漢十三式氣功 · 13  
Luohan Style Qi Gong : Shaolin Bone Marrow Cleansing

## Zoran the dragon teaching Shaolin Meditation



Take a break for a 15 Minute Guided ZEN Meditation

704K views · 4 years ago



Christoph Magnussen

Well...talking about meditation doesn't help. You have to give it a try. My favourite form of meditation is part of the Zen prac

4K

Zoran the dragon was a master of meditation, a practice of calming and focusing the mind. He had learned the art of meditation from his mentor, a wise and ancient dragon who had taught him the secrets of the mind. He wanted to share his knowledge with his students, who were eager to learn from him.

One of his students was a young monk named Shaolin. He was a loyal and respectful learner, but he also had a doubt. He wondered if meditation was really necessary and beneficial, or if it was just a waste of time and energy. He hoped that by practicing meditation, he could find the answer to his question.

Zoran sensed Shaolin's doubt and decided to resolve it. He told him that meditation was not only a way to relax and reduce stress, but also a way to enhance one's awareness and insight. He said that meditation was the key to unlocking the true potential of the mind, and to discovering the truth of oneself and the world.

Zoran took Shaolin to a serene temple, where he showed him how to practice meditation. He told him to sit comfortably and to close his eyes. He told him to breathe naturally and to observe his breath. He told him to let go of any thoughts or emotions that arose in his mind, and to return his attention to his breath. He told him to do this for as long as he could, without forcing or judging himself.

Shaolin followed Zoran's instructions and practiced meditation diligently. He felt a sense of peace and tranquility in his mind. He felt his attention become sharper and his awareness become broader. He realized that Zoran was right. He realized that meditation was the key to clarity and wisdom.

He thanked Zoran for his teachings and asked for his feedback. Zoran smiled and congratulated him. He told him that he was proud of him for practicing

meditation and for finding the answer to his question. He told him that he had the potential to be a great master and a seeker. He gave him a ring with a dragon's eye as a symbol of his approval and vision. Shaolin was overjoyed and grateful. He vowed to follow Zoran's example and to spread his message of meditation and life to the world.

## Mind and body

### Regenerate Your Mind and body



This YouTube video talks about:

- **Shaolin teachings:** The author shares his experience and knowledge of the shaolin practices and arts, which he learned from the shaolin temple in Europe. He explains the benefits of having a structure, a code, and a mission in life, as well as the importance of being active, regenerating, and creating.
- **Shaolin spirit:** The author describes the shaolin spirit as the ability to not give up when facing challenges and defeats, and to keep growing and learning from them. He also expresses his admiration for the shaolin warrior monks, who demonstrate this spirit through their martial arts skills and performance.
- **Shaolin values:** The author reveals the deeper values of the shaolin teachings, which are not only about physical strength and endurance, but also about compassion, love, unity, understanding, acceptance, and balance. He says that these values are helpful for oneself and for others, and that they lead to freedom.

## Always Positive



This YouTube video talks about:

- **Shi Heng Yi's wisdom:** The master of the Shaolin Temple Europe shares his insights on how to achieve a pleasant life, freedom of the mind, and fulfillment of one's purpose.
- **Shaolin Temple's approach:** The Shaolin Temple teaches its students to discipline their mind and body through physical activities, restrictions, and rules. This helps them to handle any situation with balance and calmness.
- **Shi Heng Yi's work:** The master explains why he is doing this type of work, which is to share what he thinks is missing in the world and to contribute to his dream world. He also advises people to be careful about how they invest their lifetime and avoid regrets.

## On Anger

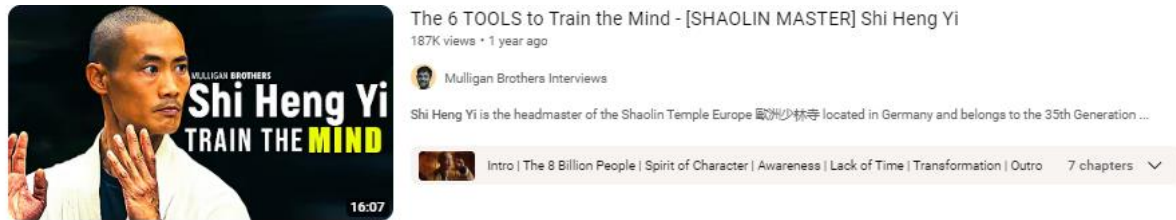


This YouTube video talks about:

- **Anger and decision-making:** The author interviews Master Shi Heng Yi, a Shaolin monk, on his philosophy of anger and how to cope with it. He advises not to take any decisions while feeling angry, as anger can have destructive consequences.
- **Anger and physical reactions:** Master Shi Heng Yi explains that anger is a state of emotional and physical readiness, which can be useful in situations of real threat, but not in situations of ego attack. He suggests unconditioning oneself from getting angry over trivial matters.



## The 6 tools to train the mind



This YouTube video talks about:

- **Shi Heng Yi's philosophy:** The Shaolin monk shares his insights on life, the universe, and human potential. He believes that humans are the middlemen between heaven and earth, and that they can manifest their visions by being open to receive what the force of the universe has to offer.
- **The importance of self-investigation:** Shi Heng Yi emphasizes the need to spend time with oneself, to realize the outward orientation of awareness, and to regulate it by turning inward. He says that a lot of medicine and high technology are already embedded inside the human body and can be activated by self-investigation.
- **The challenge of transformation:** Shi Heng Yi explains that one of the greatest things he discovered is the ability to transform an idea from the imaginary world into the real world, where more people can touch, see, and feel it. He says that this requires a rare combination of willpower and character, and that it is effortless when done right.

## Escape the Matrix



[ SHAOLIN MASTER ] ESCAPE THE MATRIX - Master Shi Heng Yi [NEW 2022]

566K views · 10 months ago



Mulligan Brothers Interviews

Shi Heng Yi is the headmaster of the Shaolin Temple Europe 歐洲少林寺 located in Germany and belongs to the 35th Generation ...

4K

This YouTube video talks about:

- **Escaping the Matrix:** The document is a transcript of a video by the Mulligan Brothers, where they interview Master Shi Heng Yi, a Shaolin monk, about how to live in one's own reality and escape the illusion of the matrix. The video is sponsored by mulligans.com, a website that sells journals, t-shirts, and hoodies.
- **The importance of mentors:** Master Shi Heng Yi explains why it is important to have mentors or masters who can give one the key to unlock one's potential and guide one to the next level of growth. He says that one should be aware of the people who can make one move inside and learn from them.
- **The power of awareness:** Master Shi Heng Yi emphasizes the role of awareness in opening up possibilities and opportunities for one. He says that one should be aware of one's surroundings, one's feelings, and one's chances. He also says that one should be awake and clear, and not live in a fantasy or under drugs.

Use your hands like this



This YouTube video talks about:

- **Chinese martial arts:** The document is a transcript of a video that introduces some concepts and methods of the Chinese martial arts, such as **wu song**, **tension** and **relaxation**, and **freedom** and **restriction**.
- **Wu song method:** Wu song means **five loosening** or **five relaxation** methods. It is a way to achieve a **stress-free state** of the body and mind by using the **opposite** of tension, such as clenching the fists. The document explains the principle and the practice of this method.
- **Clenching the fists exercise:** The document demonstrates the first exercise of the wu song method, which is clenching the fists. It shows how to **close** and **open** the fists, how to **concentrate** on the fingers and the arms, and how to **release** the tension after two minutes. It also emphasizes the importance of using the **highest intensity** of tension and the **clear distinction** between tension and relaxation.

## Becoming aware of every second



SHAOLIN MASTER - BECOME AWARE OF EVERY SECOND | Shi Heng Yi 2021

110K views • 1 year ago



Mulligan Brothers Interviews

Shi Heng Yi is the headmaster of the Shaolin Temple Europe 歐洲少林寺 located in Germany and belongs to the 35th Generation .

This YouTube video talks about:

- **Shi Heng Yi's interview:** The document is a transcript of an interview with **Master Shi Heng Yi**, a Shaolin monk from the **Shaolin Temple Europe**. The interview is conducted by **Jordan** from the **Mulligan Proverbs** channel.
- **Shaolin philosophy and practice:** Master Shi Heng Yi shares his insights on how to **become more fine** and **aware** of oneself and the world through **Shaolin training**. He explains how physical, mental, and emotional **balance** and **harmony** can be achieved by paying attention to the **details** and **adjustments** in one's life.
- **Fear and fighting:** Master Shi Heng Yi also talks about how to deal with **fear** and **fighting** as a martial artist. He says that he does not like to fight, but he sees it as a **challenge** to overcome himself. He says that fighting helps him to become more **fine** and **knowledgeable** about himself and others.

## The 14 Truths



This YouTube video talks about:

- **Shaolin Temple Europe:** An interview with Master Shi Heng Yi, the founder and headmaster of the Shaolin Temple Europe, a monastery and training center for Shaolin martial arts and philosophy in Germany.
- **Shaolin teachings:** Master Shi Heng Yi shares his insights on the Shaolin way of life, which is based on the principles of Buddhism, kung fu, and meditation. He explains how these practices can help people achieve balance, harmony, and pleasantness in their lives.
- **Shaolin spirit:** Master Shi Heng Yi emphasizes the importance of having a strong spirit, character, and willpower to overcome challenges and manifest one's goals. He also talks about the difference between a warrior and a non-warrior, and how to find one's natural aspiration and potential.
- **Shaolin contribution:** Master Shi Heng Yi expresses his motivation to share the Shaolin teachings and spirit with the world, especially in the 21st century, where he thinks they are missing. [He says he wants to contribute to the global spirit and inspire change in people<sup>1</sup>.](#)

## Super Human



This YouTube video talks about:

- **Warrior mindset:** The author shares his insights on how to develop a strong and confident personality that can face any challenge in life. He emphasizes the importance of not running away, being honest to yourself, and preparing yourself for difficult situations. He also explains how physical training and movement can help to bring out the fire and animal instinct inside of you.
- **Nuclear fusion:** The author mentions the achievement of Korean scientists who managed to sustain a nuclear fusion reaction for 30 seconds at temperatures exceeding 100 million°C. He describes nuclear fusion as the ‘holy grail’ of energy that can power a sustainable and clean-energy future.
- **Shi Heng Yi:** The author introduces Shi Heng Yi, a master of Shaolin Kung Fu and a teacher of various methods of physical and mental development. He invites the readers to watch a video of Shi Heng Yi’s teachings and to support him at [shaolin.online](http://shaolin.online). He also announces a new project where he took an in-depth look with Shi Heng Yi.

## What Steps to take



This YouTube video talks about:

- **The story of the Buddha:** [The document narrates how Siddhartha Gautama, a prince who had everything, left his kingdom to seek the truth of life<sup>1</sup>.](#) He discovered the **three realizations** of aging, sickness, and death, and renounced his worldly possessions. He then found the **middle way** between the extremes of indulgence and asceticism, and became the **Buddha**.
- **The opening of the heart and mind:** The document explains how to combine deep thoughts and deep understanding of oneself, and how to be open to receive what the **creator of the universe** has to offer. It suggests that one should not have individual expectations about life, but rather listen to the **messages** from the universe.
- **The practice of Qigong or Nigel:** The document mentions that one of the ways to achieve the opening of the heart and mind is to practice **Qigong or Nigel**, which are forms of **energy cultivation**. It claims that these practices can help one to **meditate** and to **contemplate** about the meaning of life.

## Top Rules



This YouTube video talks about:

- **Shaolin teachings:** The document is a transcript of a video by Master Shi Heng Yi, the headmaster of Shaolin Temple Europe. He shares his insights on the Shaolin teachings, which include **Buddhist, Confucianist, and Taoist teachings**, as well as **physical and mental practices** such as Kung Fu, Tai Chi, and Qigong. He explains how these teachings aim to develop the mind and the body, and how they can help people to access their **potential** and **self-expression**.
- **Warrior spirit:** The document also discusses the concept of the **warrior spirit**, which is not only about being strong and disciplined, but also about having a **balance** between the **demon hand** and the **Buddha heart**. [He says that a warrior is someone who has the ability and the obligation to interfere when something is out of balance, and who does not give up on his or her statement<sup>1</sup>](#). He also says that a warrior needs to have both **physical and spiritual abilities**, and that some of the knowledge and methods of the Shaolin warriors are **hidden** or **lost** in the world.
- **Eastern and Western insights:** The document also reflects on the differences and similarities between the **Eastern and Western insights** on various topics, such as reincarnation, heaven and hell, spirituality, and freedom. [He says that sometimes there is not only one answer, and that both sides can be right<sup>2</sup>](#). He says that it would be good to see the **connection** between the different insights, and to have a **bigger view** of the whole picture. He also says that he is glad and thankful that some people, such as Joe Rogan, are sharing the Shaolin methods and message to different groups of people.



## 5 Loosing Exercises



This YouTube video talks about:

- **Wu Song: Five Loosening Exercises.** These are a set of qigong practices that aim to relax and release different areas of the body: the hands, the chest, the belly, the buttocks, and the thighs. They are based on the Chinese way of thinking about the elements, the organs, and the energy flow.
- **The Principles and Benefits of Wu Song.** The document explains the underlying principles of how to practice Wu Song, such as using the mind, the willpower, the breath, and the sound. It also describes the benefits of Wu Song, such as enhancing the circulation of energy, improving the health of the organs, and preparing the body for martial arts.
- **The Instructions and Demonstrations of Wu Song.** The document provides detailed instructions and demonstrations of how to perform each of the five exercises, with the help of a student. It also gives some tips and reminders on how to practice Wu Song effectively and safely. It suggests to integrate Wu Song with other qigong and martial arts practices.

## Dichotomy of control



This YouTube video talks about:

- **Epictetus and the dichotomy of control:** [The document introduces the philosophy of Epictetus, who teaches that we should not worry or stress about things outside of our control, but only focus on what is inside of our control<sup>1</sup>.](#)
- **Control vs adjustment:** The document explains the difference between trying to control something external, which implies separation and resistance, and trying to adjust something internal, which implies understanding and harmony. The document argues that we can only adjust ourselves, not others or the world.
- **Stress and expectations:** The document discusses how stress is not caused by external circumstances, but by our own interpretation and expectations of them. The document suggests that we should reflect on ourselves and lower our expectations of others, especially those who are not close to us.
- **Internal and external connection:** [The document explores how to connect the internal and external worlds, using methods such as Qigong, breathing, and self-awareness<sup>2</sup>.](#) The document claims that the breath is the link between the internal and external, and that by cultivating our energy, we can achieve a state of balance and harmony.

## Quick Relief for any Diseases



This YouTube video talks about:

- **Buddhist teachings and martial arts:** The document is a transcript of a video that explains how the author combines the Buddhist teachings of **mindfulness** and **releasing** with the martial arts practice of **strengthening** and **hardening** the body. The author says this combination is **deadly** for any system.
- **The first and second arrows:** The document introduces a Buddhist saying that the **first arrow always hits**, meaning that there are certain things like pain or insult that are unavoidable and inevitable. The author says the key is to avoid the **second arrow**, which is the one that we shoot at ourselves by suffering or avoiding the pain or insult. The author says the way to do this is to **observe** and **release** the sensations and emotions that arise.
- **Demon hand and Buddha heart:** The document ends with another Buddhist saying that one should develop the **demon hand** while maintaining the **Buddha heart**. The author says this means to have both the **power** and the **compassion** to use it wisely. The document also shows some examples of the author's martial arts skills.

Know the rules of the game



This YouTube video talks about:

- **Interview with Shi Heng Yi:** The document is a transcript of an interview with **Shi Heng Yi**, a master of **Shaolin kung fu** and **buddhist philosophy**. The interview is conducted by **Jordan** from **Mulligan Brothers**.
- **Chess and strategy:** Shi Heng Yi shares his experience of playing chess with the **abbott** of the monastery and how it relates to **good strategy** and **reading the mind** of the opponent. He also explains the concept of **karma** and the principle of **cause and effect** in life.

## Routines of the Shaolin disciple



This YouTube video talks about:

- **Shaolin teachings:** The main idea of the document is to explain the Shaolin teachings, which are based on taking away everything that blocks the clear view of reality, rather than adding more things to fill the gaps. The Shaolin teachings are different from the common approach of consuming more to satisfy one's desires, which never leads to fulfillment.
- **Disciples' routine:** The document describes the routine and responsibilities of the disciples who come to the monastery to learn from Master Shi Heng Yi. The disciples are constantly challenged to get out of their comfort zone, to let go of their concepts and beliefs, and to discover themselves. The disciples are also exposed to different directions and paradoxes, until they realize the truth is not fixed or limited.
- **Purpose of education:** The document also explains the purpose of the education that the disciples receive at the monastery. It is not to give them something, but to take away everything that is unnecessary and obstructive. [It is to help them empty their cup, so that it can be filled up again<sup>1</sup>. It is to prepare them for whatever is going to come afterwards in their lives<sup>2</sup>.](#)

## Life inside of the monastery



LIFE INSIDE THE MONASTERY | With Master Shi Heng Yi

21K views • 1 year ago



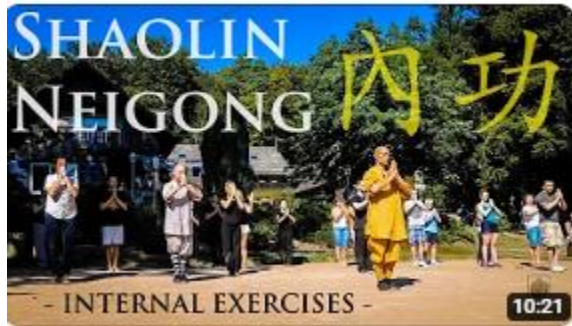
Mulligan Brothers Interviews

Shi Heng Yi is the headmaster of the Shaolin Temple Europe 歐洲少林寺 located in Germany and belongs to the 35th Generatio

4K

This YouTube video talks about:

- **Master Shi Heng Yiyi:** He is the leader of a group of disciples who live in a monastery in Europe and follow the ancient teachings of Shaolin. He explains the benefits and challenges of living a monastic way of life and how he tries to stay authentic and adapt to the modern world.
- **Volunteers:** They are people from all over the world who come to the monastery to help with various tasks and also to learn from the teachings and practices. They work for free and have some time for themselves. They experience a different feeling of purpose and happiness when they contribute to something that is not for themselves.
- **Martial arts:** They are part of the training that the disciples and the master do to develop their body and mind. They follow the traditional methods of forging the body as a weapon and expressing physical strength. They also show how the martial arts are related to the spirit of character and the willpower.



Shaolin Neigong is a form of internal exercise that is practiced by Shaolin Monks to cultivate their inner strength, improve their focus, and enhance their martial arts skills. The practice involves breathing techniques and is believed to help practitioners achieve a state of mental and physical balance, as well as improve their overall health and well-being.

There are many different types of Shaolin Neigong exercises, but some of the most popular ones include:

1. Ba Duan Jin (Eight Pieces of Brocade): This is a set of eight exercises that are designed to improve overall health and well-being. The exercises include stretching, twisting, and breathing techniques that are designed to improve circulation, increase flexibility, and reduce stress.
2. Yi Jin Jing (Muscle/Tendon Changing): This is a set of exercises that are designed to improve the strength and flexibility of the muscles and tendons. The exercises involve stretching and twisting movements that are designed to improve circulation and increase flexibility.
3. Xi Sui Jing (Bone Marrow Cleansing): This is a set of exercises that are designed to keep the bone marrow fresh and prevent the slowing down of the production of new blood cells due to the aging process.

Shaolin Neigong is a powerful tool for improving overall health and well-being. It is a practice that can be done by people of all ages and fitness levels, and it is a great way to reduce stress, improve focus, and enhance martial arts skills.

Fire within



This YouTube video talks about:

- **Motivational fire:** The document encourages the reader to find and nourish their inner fire, which is the source of motivation and energy to achieve their goals. The document says that everyone has that fire, but it needs to be cultivated and directed by one's intention and focus.
- **Obstacles and solutions:** The document identifies some common hindrances that can diminish or distract the fire, such as too much thought, negative emotions, positive emotions, and passivity. The document suggests some simple steps to overcome these obstacles, such as standing up, going outside, running, and meditating.
- **Potential and opportunity:** The document asserts that there is a chance in this lifetime to bring out the best version of oneself, and that one should not waste it by waiting or drifting.



## Demon and Buddha heart



This YouTube video talks about:

- **Demon hand, Buddha heart:** An old Shaolin saying that means to develop the **demon hand** that can take and fight, while maintaining the **Buddha heart** that can act with kindness and conscience. The author says this philosophy resonates with his ambition and fulfillment.
- **Physical and mental warrior:** The author interviews Master Shi Heng Yi, a Shaolin master who teaches how to be a warrior in both body and mind. [He says a warrior feels the obligation to fix the imbalance in the world and needs to access something different in himself<sup>1</sup>.](#)
- **Shaolin Green Dragon system:** The author shares his experience of becoming a master in the Shaolin Green Dragon system, a kung fu system that consists of many graduation levels and tests. He says he received his first master title at the age of 18.

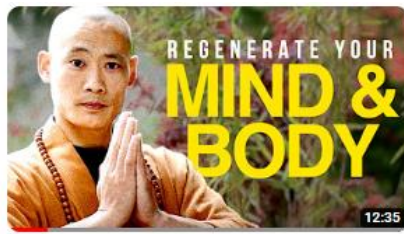
## Importance of Structure



This YouTube video talks about:

- **Shi Heng Yi year project:** A series of videos featuring Master Shi Heng Yi, a Shaolin monk who shares his wisdom and insights on various topics related to life, meditation, and martial arts.
- **Supporting the project:** The narrator encourages the viewers to support the project by becoming YouTube members, buying merchandise from [mulliganbrewers.com](http://mulliganbrewers.com), or tagging them on Instagram.
- **Structure and discipline:** Master Shi Heng Yi explains the importance of having a structure and discipline in one's life, and how following one's desires and impulses is not the true freedom of the mind.
- **Observation and retreat:** Master Shi Heng Yi also talks about the need to observe oneself and retreat from one's conditioning and habits, in order to gain a clear insight of where one stands in life.
- **Warrior mindset:** Master Shi Heng Yi draws inspiration from the Shaolin warrior monks, and compares them to other examples of powerful spirits from different cultures, such as the Japanese samurai or the Navy SEALs. He says that having a warrior mindset means having the vitality, power, determination, and willpower to pursue one's goals and missions.

## Zoran the dragon teaching Shaolin Mind and Body



SHAOLIN MASTER (MUST WATCH) Shi Heng Yi | Regenerate your Mind & Body

55K views • 2 years ago

Motivation Archive

Shi Heng Yi is the headmaster of the Shaolin Temple Europe 歐洲少林寺 located in Germany and belongs to the 35th Generation ...



TEAM MOTIVATION | SHAOLIN TEMPLE EUROPE | SHAOLIN PRACTICES AND SHAOLIN ARTS |

17 moments

Zoran the dragon was a master of mind and body, a practice of integrating and harmonizing the mental and physical aspects of oneself. He had learned the art of mind and body from his teacher, a legendary dragon who had taught him the secrets of the self. He wanted to share his knowledge with his students, who were eager to learn from him.

One of his students was a young monk named Shaolin. He was a faithful and diligent learner, but he also had a conflict. He felt a disconnect between his mind and body, which caused him to suffer from stress and anxiety. He hoped that by practicing mind and body, he could bridge the gap between his thoughts and feelings, and his actions and sensations.

Zoran sensed Shaolin's conflict and decided to heal it. He told him that mind and body was not only a way to enhance one's performance and health, but also a way to discover one's true nature and purpose. He said that mind and body was the key to achieving balance and harmony, and to expressing one's authentic self.

Zoran took Shaolin to a beautiful garden, where he showed him how to practice mind and body. He told him to stand in a natural and relaxed posture, and to breathe deeply and rhythmically. He told him to be aware of his thoughts and emotions, and to accept them without judgment. He told him to be mindful of his movements and sensations, and to enjoy them without attachment. He told him to do this for as long as he felt comfortable, without strain or effort.

Shaolin followed Zoran's instructions and practiced mind and body diligently. He felt a connection and alignment between his mind and body. He felt his stress and anxiety dissolve and his confidence and happiness increase. He realized that Zoran was right. He realized that mind and body was the key to peace and joy.

He thanked Zoran for his teachings and asked for his support. Zoran smiled and embraced him. He told him that he was proud of him for practicing mind and body and for healing his conflict. He told him that he had the potential to be a great master and a creator. He gave him a bracelet with a dragon's scale as a symbol of his approval and friendship. Shaolin was overjoyed and grateful. He vowed to follow Zoran's example and to spread his message of mind and body to the world.

The present moment is the only reality and the only thing that matters.



MASTER SHI HENG YI | BECOME SUPER HUMAN | Full Interview with the MulliganBrothers

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The present moment is the only reality and the only thing that matters. The past and the future are mental constructs that create suffering and prevent us from experiencing the joy and peace of our true nature. The mind and the ego are not who we are. They are tools that we use to navigate the world, but they often take over our lives and create a false sense of identity and separation from others and from the source of life. The pain body is a collective energy field of negative emotions that feeds on our thoughts and reactions. It is activated by situations that trigger our old wounds and traumas, and it causes us to act out of fear, anger, or guilt. To awaken to our true self, we need to become aware of our thoughts and emotions, and observe them without judgment or identification. We need to create a space of consciousness between us and our mind-made self, and realize that we are not our thoughts or emotions, but the awareness that witnesses them. To live in the present moment, we need to focus our attention on what is happening in the here and now, without projecting into the future or dwelling on the past. We need to accept what is, without resisting or trying to change it. We need to surrender to the flow of life, and trust that everything happens for a reason and for our highest good.

Common sense is uncommon. Why does man refuse to live in the present moment and live in the past or future?

There are a few reasons why people often don't live fully in the present moment:

- Our minds are conditioned to think about the past and the future. We spend a lot of mental energy reminiscing, regretting, planning, worrying, etc. This is just a deeply ingrained habit for most people.

- Living in the past or future feels more purposeful. Reflecting on the past helps us learn lessons, while imagining the future motivates us to set goals and work towards something. Just "being" in the present can feel passive or meaningless by comparison.

- Distractions and technology pull our attention away from the now. Things like social media, smartphones, TV, busy schedules - they fragment our ability to be focused and mindful of the current moment.

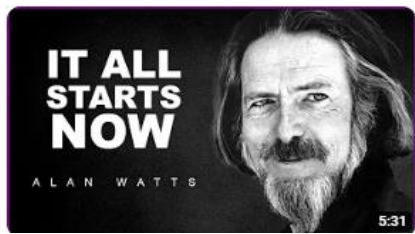
- Painful emotions or thoughts make the present unpleasant. People sometimes dwell on the past or future as an escape or avoidance mechanism when the now is difficult.

- Ego identification makes us feel we need the past and future. When our sense of self is tied to our memories and aspirations, it's hard to simply relax into the now without feeling a loss of identity.

- Existential anxiety about impermanence. Fully recognizing the ephemeral nature of each moment can trigger deep fears about death, lack of meaning or lack of control.

Overall, living in the past and future requires less awareness and serves as a kind of buffer from truth. The present moment offers clarity but can be uncomfortable. With practice, we can overcome the tendencies and enjoy the rewards of mindfulness. Common sense may be uncommon, but the capacity is within everyone.

## Zoran The present moment is the only reality and the only thing that matters



All You Need Is The Present Moment | Alan Watts

5.4K views • 1 year ago



Way Of Thinking

Alan Watts tells us that the present moment controls our life, not the past. How everybody blames or looks back into the past ...

Zoran the dragon was a master of the present moment, a state of being fully aware and engaged in the here and now. He had learned the art of the present moment from his guru, a mystical dragon who had taught him the secrets of the reality. He wanted to share his wisdom with his students, who were eager to learn from him.

One of his students was a young monk named Shaolin. He was a intelligent and curious learner, but he also had a confusion. He wondered if the present moment was the only reality and the only thing that mattered, or if there was more to life than that. He hoped that by practicing the present moment, he could find the answer to his question.

Zoran sensed Shaolin's confusion and decided to clarify it. He told him that the present moment was not only a way to experience life fully and deeply, but also a way to access the truth and the essence of all things. He said that the present moment was the key to transcending the illusion of time and space, and to realizing the oneness of all existence.

Zoran took Shaolin to a magical forest, where he showed him how to practice the present moment. He told him to walk slowly and mindfully, and to pay attention to everything he saw, heard, smelled, tasted, and touched. He told him to observe his thoughts and feelings, and to let them pass by without attachment or judgment. He told him to be aware of his breath and his body, and to feel the connection between them and the environment. He told him to do this for as long as he could, without distraction or boredom.

Shaolin followed Zoran's instructions and practiced the present moment diligently. He felt a sense of wonder and awe in his mind. He felt his senses

become more vivid and his perception become more clear. He realized that Zoran was right. He realized that the present moment was the key to beauty and joy.

He thanked Zoran for his teachings and asked for his opinion. Zoran smiled and nodded. He told him that he was proud of him for practicing the present moment and for finding the answer to his question. He told him that he had the potential to be a great master and a visionary. He gave him a crystal with a dragon's flame as a symbol of his approval and inspiration. Shaolin was overjoyed and grateful. He vowed to follow Zoran's example and to spread his message of the present moment to the world.



## The mind and the body



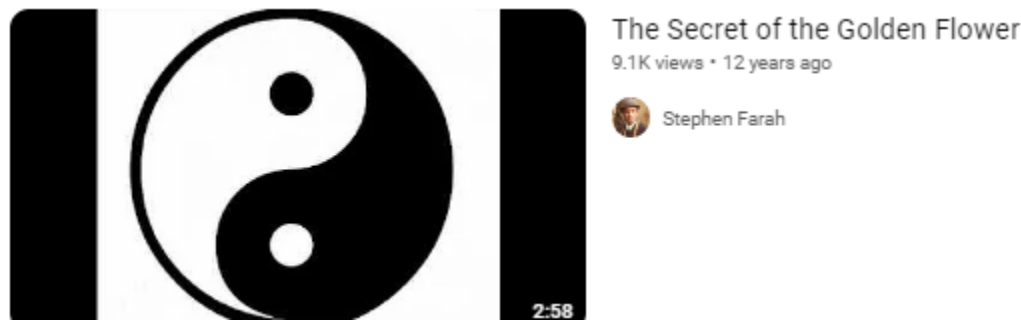
### A few thoughts on "Developing the Mind" in the Shaolin Practices

Duration: 00:07:31

This YouTube video talks about:

- **The mind and the body:** The document discusses the relationship between the mind and the body, and how they are connected by the breath. The mind is formless and the body is form, and the breath is the intermediate between them. The document also explains how to use the breath to focus the mind and harmonize the body and mind.
- **The power of the mind:** The document emphasizes the importance of having a strong and disciplined mind to achieve one's goals and dreams. The document also explains how to use the body to strengthen the mind, by practicing different positions and staying still for a long time. The document claims that the mind is the source of most of the problems that humans face, such as anxiety, fear, and worry.
- **The way to the mind:** The document suggests that to solve these problems, one needs to learn more about what the mind is, and how to access and change it. The document mentions that there are different methods, teachings, and philosophies that try to explain the mind, and that it is a very personal journey. The document also implies that by understanding the mind, one can also understand the body and the breath better.

## Shaolin Temple and the Secret of the Golden Flower



The **Shaolin Temple** is a famous Buddhist monastery in China, known for its martial arts tradition and cultural heritage. [The Secret of the Golden Flower is a classic text of Taoist and Buddhist meditation, which teaches how to cultivate the inner light of awareness and attain enlightenment](#) <sup>12</sup>.

[The connection between the Shaolin Temple and the Secret of the Golden Flower is not very clear, but some sources suggest that the text was practiced by some Shaolin monks in the past, and that it influenced their martial arts and spiritual development](#) <sup>34</sup>. The Secret of the Golden Flower describes a method of turning the light of consciousness inward, and harmonizing the breath, the mind, and the body. [It also uses symbols such as the golden flower, the golden pill, and the mandala to represent the stages of the inner transformation](#) <sup>23</sup>.

The Secret of the Golden Flower is a fascinating and profound text that can offer insights into the nature of the mind and the path to liberation. However, it is not easy to understand or practice without proper guidance and experience. Therefore, it is advisable to seek a qualified teacher or a reliable source of instruction before attempting to follow the instructions in the text. Here is a short poem I wrote to express the essence of the Secret of the Golden Flower:

The golden flower blooms in the dark  
The light of awareness shines within  
The breath flows gently and smoothly  
The mind is calm and clear

The golden pill forms in the center  
The essence of life is refined and purified  
The body is strong and healthy  
The spirit is radiant and free

The mandala appears in the vision  
The circle of life is complete and perfect  
The self and the world are one and the same  
The truth is realized and expressed

## Closing



Zoran had lived a long and fulfilling life. He had taught many generations of humans and dragons the wisdom and beauty of the Shaolin philosophy. He had seen the world change and grow, and he had made many friends and allies along the way. He had also faced many challenges and enemies, but he had always overcome them with courage and compassion.

Now, he felt that his time had come. He sensed that his dragon body was getting weaker and his dragon spirit was ready to depart. He decided to gather his students and disciples for one last time. He flew to the Shaolin Temple in China, where he had founded the first school of Chan Buddhism and Shaolin Kung Fu. He was greeted by thousands of monks and martial artists, who bowed and honored him as their master and teacher. He also saw many familiar faces, such as Lao Tzu, Confucius, and other great sages and leaders who had learned from him.

He spoke to them with a gentle and calm voice. He thanked them for their loyalty and devotion, and for spreading his teachings to the world. He told them to be faithful to the Buddha, to be loyal to the Shaolin Temple, and to be kind to all living beings. He also told them to be mindful of their thoughts and emotions, and to cultivate positive qualities like wisdom, compassion, courage, and peace. He also told them to be aware of the five hindrances, and to overcome them with meditation and martial arts. He also told them to be humble and grateful, and to appreciate the preciousness of life.

He then entered a deep meditation, and closed his eyes. He felt a warm and bright light enveloping him, and he smiled. He knew that he was not dying, but transcending. He knew that he was not leaving, but returning. He knew that he was not ending, but beginning. He knew that he was not Zoran, but the universe.

He opened his eyes, and saw a new world. He saw a world of peace and harmony, where humans and dragons lived together as friends and brothers. He saw a world of wisdom and beauty, where the Shaolin philosophy flourished and enlightened the minds and hearts of all beings. He saw a world of joy and love, where he was reunited with his family and friends, and where he met new and wonderful creatures. He saw a world of infinite possibilities, where he could explore and create without any limits.

He was happy and free. He was home.

This is the end of the book about Zoran the dragon, the founder of the Shaolin Temple and the first patriarch of Chan Buddhism. I hope you enjoyed the story!