

The DRAGON

Newsletter

April #2 2020

The Way of the Dragon---School for health, healing and martial arts

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Greetings from Master Wu

Hello Everyone,

I hope the Storm of April didn't bring too many headaches. A tree fell in my yard where I packed my car. I had moved my car just about 10 minutes prior. I was very fortunate. Everyone is safe. We only lost power for about one minute which delayed our Adult Kung Fu Zoom class for about five minutes. All in all we had a good day. It is sunny outside today! If you do not see the sun with your eyes, "Remove the clouds with your mind to reveal the sun!" The sun is still there whether or not you see it.

As we approach the middle of April 2020 and wind down from Easter celebrations, this special occasion reminded me of the Three Esoteric in Tibetan Qigong traditions that I would like to share with all of you. The Three Esoteric, are the Body, Speech and Mind.

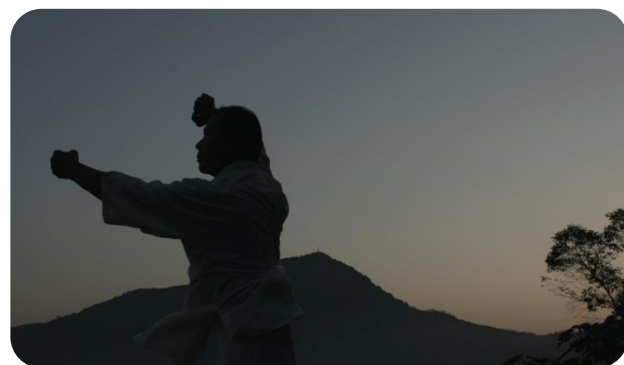
Body:

As we become uncomfortably aware of the dryness caused by the constant washing of our hands, we are also TRAINING to become even more mindful of cleanliness. Like the phrase, "Cleanliness is next to godliness", we are on our way to grandeur. In most high level energy work, it is customary to wash your hands as a sign of respectfulness for the guidance and training that you are about to receive. It is also an indication of your aspiration to cleanse bad influences or illness from your body to become closer to the divine.

I was pleasantly amazed and inspired by the Holy Water at the entrance of my wife's church, that everyone entering and leaving the church would touch the Holy Water and make the sign of the cross on themselves. The traditions, whether it's religious, cultiva-

NEW: Beginning Tai Chi class will start Tuesday, April 14, 2020 at 7:15 PM

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tion of any type, or qigong practices, the gesture of respect and humility is a gateway to the greater awareness and ability that the practitioner is aspiring to achieve. As we wash our hands, let's remind ourselves, "I am grateful to have this wondrous body to achieve noble endeavors."

Speech:

Our words have power. My son, Gabe, is Distance Learning like many of your children. Instructive words are impacting his beautiful brain. Amazing stories of people coming together, helping others are inspiring people in this tragic circumstance. It is even more obvious to me that words are creating either positive or hostile impacts to our world! In The Tibetan Qigong tradition, we rinse our mouth before we begin our classes. I tend to take the occasion to brush my teeth too. We rinse out our mouth to remind ourselves that we are cleansing our speech, because our words have power. We want the power of our speech to have a positive impact both for ourselves and for others, because others are an integral part of each one of us. We are inter-related in so many ways! As we talk, let's all try to, "Say what we mean, mean what we say, and don't say it meanly."

Mind:

Our magnificent mind brought the human race from the Stone Age to the present. Our human ancestors have created remarkable human advancements. Literally, TODAY, many scientists, first responders, and all hospital staff including doctors, nurses, nursing assistants, janitorial and food staff are risking their lives helping humanity. Their courageous minds, their companionate minds, their beautiful minds are propelling them to do their part to save others. They are doing it for all humanity. When this pandemic is behind us, let us not forget their sacrifices and the lessons we have learned.

Our thoughts, our brain waves, can cross all divides. In an instant, our thought can penetrate through earth to the other side of the globe. This is unlike our speech which is often measured and can be different than our true thoughts. Our thoughts are without pretense. Unlike our actions, which can be regulated by a situation and/or the control of others, our thinking is not restricted. It's our true self. Acknowledging this true self, prime and train this true self to be honorable so that our actions and our speech are also honorable. When negative thoughts arise in my mind, I use what a wonderful friend taught me, "CANCEL, CANCEL." Only keep good thoughts and good intentions in your magnificent mind.

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Body

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"CANCEL, CANCEL."