

Let's forge on together

To my students: I have driven many miles, crossed the Pacific Ocean, climbed the mountains of Shao-lin, just in this lifetime, yet there are many miles to go before I rest with all the souls who have come and gone before me. To be reborn again? To rest forever in eternal bliss? I don't know the answers to those questions. So before those questions are answered, it is incumbent upon me to live my life to the fullest, to achieve harmony whenever possible, to lose my ego, to help all those who cross my path. We all are souls of the universe, simply housed in this lifetime in different shaped boxes, different colored boxes, yet at the center we're all one under the Tao. To live is to breathe, to breathe enables us to show compassion to all sentient beings, to become compassionate is to follow the right path.

I train in the Chinese martial arts to forge my body, to quiet my mind, to reach clarity so that I may pass on the teachings of the ancient Chinese classics to everyone I can. My path is not alone. All those who train in the Chinese discipline of martial arts with the proper attitude have in them the right thought, the proper behavior, the discipline to not only better themselves, but to better others by their example.

We train in Chi-Gung meditation, Yang style Tai-Chi, and Shao-Lin Kung Fu to improve our lives this time around, to pass onto our souls what we have learned so that our souls may eventually be free from rebirth and experience Nirvana or Heaven. We sacrifice our time away from families and other obligations of our Western Society that we're so entrenched in, to mold ourselves into the type of beings that make us proud, kind, strong, and to have more empathy towards others. There simply is no tomorrow. Train hard today. Experience the feeling of "no mind" through total physical exhaustion, experience the stillness of the mind that comes through that exhaustion. Be prepared for everything yet expect nothing in return.

For those of you who sacrifice your time to train with me, I thank you, for as the ancient Chinese proverb goes, "Without students, there would be no need for a teacher." From my inner most existence, I thank you. Train, train, train, until the Daddy takes the T-Bird away.

Yours in the Martial Way,

Sifu Frank Versagi

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