

MOKUSO – THE STUDY OF SILENCE



Essay written by Robin Hill

1. Dan, SEITOKAI Karate – Do Shotokan

FOREWORD

“ The mind is same with heaven and earth ”, this is the first of eight important phrases of karate that Gichin Funakoshi has stated on his Karate-Do Kyohan book. For me this statement is the philosophy what is essence of MOKUSO, the study of silence.

To be honest I have not actually been researching anything about mokuso in order to write this essay. By that I mean I haven't been looking information of this subject under the frame of karate. However I have been studying and researching things about the “mind” itself. And what I want is that you, as reader, understand that this what I have decided to share with you has not been easy to find and combine as I represent it to you through this essay. Mokuso – the study of silence, as what it means to me is a combination of my study of philosophy, mindfulness and psychology. Mostly all of this what I'm going explain to you is more about how the so called “system” meaning your mind works. And the way how I represent it to you is the way how it has made most of sense to me while I have been researching about it. So bear with me that I'll first explain my way and later on I'll reflect how it suits more with karate. I will use visual illustration so that I can somehow make it a little bit easier for you to follow what I'm explaining. But for now, let's begin.

MOMENT – BEING PRESENT

The study of silence. So the goal to practice mokuso is to get place where is silent. Meaning that in order to get from this moment to that place you need to know few things to get there. And like any other journey there is no use to know your destination if you don't know where you begin. For example imagine that you are lost in the jungle and you want to get out from there back to a city. Even though you know where that city is and what it looks like, there is no use from that information if you don't know your current starting point. Meaning that if you want to get to the city you should know where you start in order to map a route to get there. And that is a starting point for my mokuso. Being at the present moment.

Whole thing starts with concept about living in the moment. What does it mean? If you own some sort of social media, like facebook, you may have seen those clichéd quotes like “live at the moment”. Or the one that I like: “yesterday is history, tomorrow is a mystery, but today is a gift. That is why it's called the present.” And yes, it is from Kung Fu Panda movie. Something what turtle told to panda. Quotes are the best if you try to understand the meaning behind those words, otherwise they are making you feel like a Buddha for a second and after that you forget what you just had read. The reason why I like that quote is because it's true. You can't time travel to past or neither to future, only place where you ever can be is this moment. Moment is all the time on going thing, it has always been here and it also will be always here. It's that what connects past and future. Moment and its ongoing never stopping momentum is what and where everybody is living, or at least should. But how you can be there or even now if you are living with the present moment? So let's open a little bit this. I said already that moment is what connects past and future. So in order to be here at this present moment you can't wonder between past and future. I'm going to explain more detailed what I mean by that. It's the fact that you can't physically travel to past or neither to the future. But your mind can wonder. Meaning

that if you are thinking things from the past or anticipating future you are not fully present. And this “mind as a thing” is what I’ll explain next. No worries I’ll come back to this and connect it all together to be nice and smooth concept.



MIND AS A TOOL, JUST LIKE A HAMMER

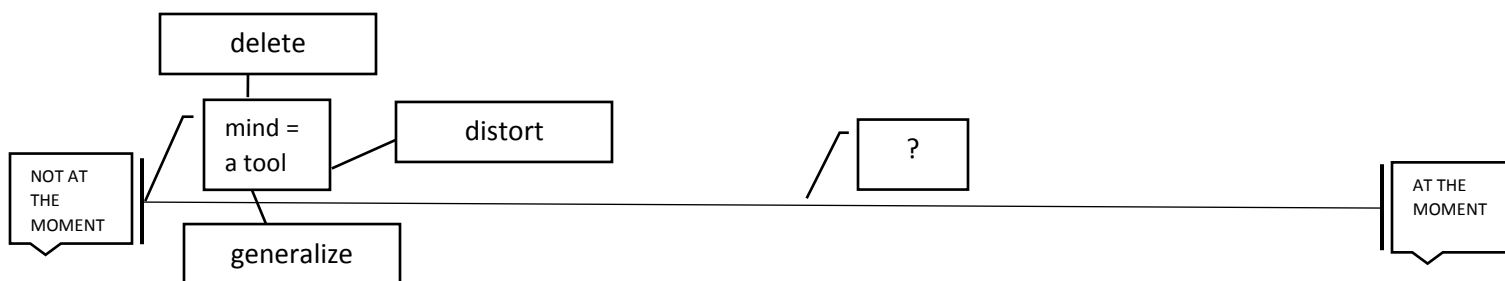
In order for you to understand what I try to explain I would like that you are open to an idea that mind is one sort of a tool that you can use. Like a hammer. You can use it hammering nails as long you know how to use it. But if you have no idea what hammer is, and what you can do with it, there is not that much use from it. However if you know what is its purpose and how to handle it then you can use it effectively. Same goes with mind. As long as you see it as a tool like a hammer, and you are willing to learn how to use it, then you are taking steps forward. And all this will come together as a mokuso practice. But for now I’ll start to explain.



HOW DOES YOUR TOOL WORK

So now we know that mind is a tool. And in order to use it as effectively as possible we have to know what it does. To put it as simple how I see it, using the knowledge what I have gathered from this subject, main purpose of mind is to handle information, or at least one of its main purposes. We live in the world what is becoming all the time even more information rich place, which is nice thing, but can be also overwhelming. Our mind has to handle all this information in order for us to operate here. It’s helping us to be and do so that we don’t have to go through too much trouble on daily basis. Imagine how much energy it would take if you have to rethink every time when you see something and confirm what it is even though you already know what it is. Kinda exhausting, right? This is where mind comes along to help us by doing three different things: deleting information, distorting information and generalizing information. And all this happens depending what we are currently focusing on. You can think mind as a librarian, a person that files information in your brain. So brain is like a library with all the information from your lifespan. And all this information is packaged into the books. You can think these books more like files with data. Each currently already existing file contains reprogrammed information. And if there isn’t file about something, your mind will make one to use it later for your good. This

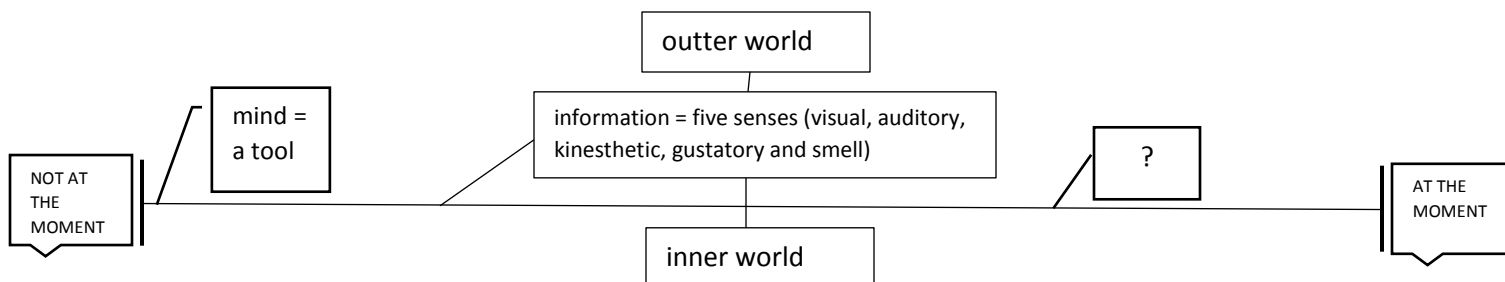
means that if you are facing something new for the first time and you don't know anything about it, your mind will be writing information about that event for later use. That said, back to those three things. Let's take a cup for an example to demonstrate further. Imagine that you go to kitchen to find a cup and you are focusing to find one. You are searching like a couple minutes to find a proper one to use. After you found one, and you went into your living room to drink from that cup, now close your eyes. Your eyes closed try see in your mind all the plates that were at the kitchen. I bet that you see a lot more cups versus plates. This is the first thing what mind does. It deletes most of the information what we are not currently focusing on. Second thing, what mind does, was distorting information. Let's use same cup example. You are at kitchen looking for a cup. You see one that looks like a cup, seems like a cup and in your mind you go saying that it must be a cup and you'll use it to drink. Afterwards when you are at your living room drinking from that cup and your sibling walks a by asking: why you are drinking from bowl? Information's distortion happened. Like I mentioned earlier mind is there to help you, but it isn't always right. So you were looking for a cup and you saw one that looked like a one but it wasn't. Depending on how hard you focused to find one, after some time your mind starts to act thinking like that saying: "this looks like a cup let's use it". It distorted information according what you were focusing. And the third thing what mind does is generalizing information. This is like the fast track way how your mind helps you to operate in the world. Meaning that if you see a random cup you don't have to stop and think what that is, because your mind acted already by using existing file about that. You know just by looking at it that it is a cup without too much effort. Alright, so now you know what mind does with information. But what is this information? What it consists of? That is what I will cover next. And yes, I know that this isn't a straight answer about my mokuso practice. But just bear with me, this all will come together as a clear and congruent concept with clarity. Let's continue.



INNER AND OUTER WORLD

Information that we get from the world comes through our five senses: visual, auditory, kinesthetic, gustatory and smell. From those five senses we mainly use three: visual, auditory and kinesthetic. Visual meaning what you see, auditory what you hear and kinesthetic what you feel. As simple as that. However there is two ways to use these senses in order to handle information. First that most of us is aware of is information from outside world. Things that we can experience from our current environment. But the second way to handle information that most people may not be aware or not willing to consciously handle is information inside our mind and our body. And no, this is not any kind of voodoo science what I'm trying to explain. Let me demonstrate.

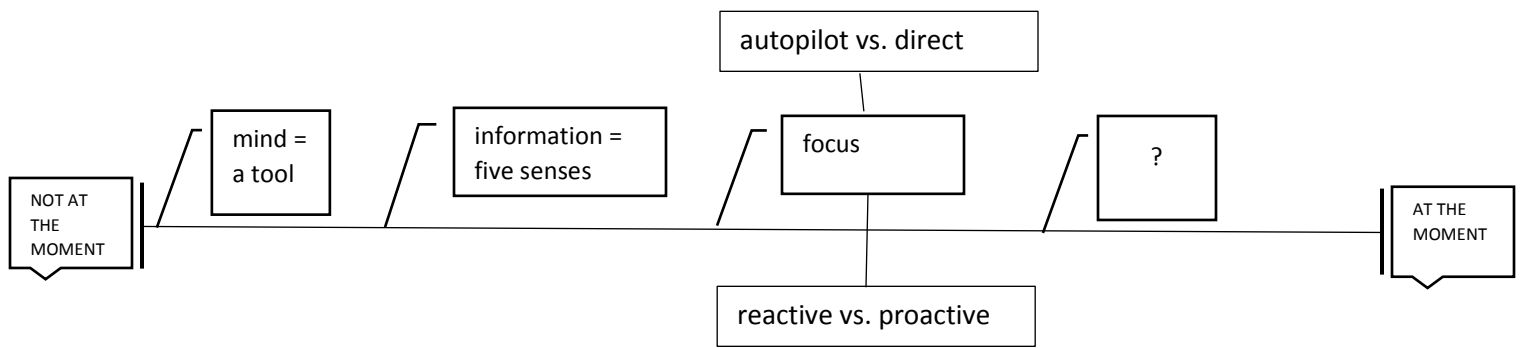
If you have ever had any kind of dream, meaning that you have been sleeping and during that time you saw some sort of “movie” so to speak about something then you are, like all of us, able to visualize pictures inside your mind. Same goes to auditory, if you have ever been recalling something what someone had told you, and you hear that voice in your head, it doesn’t mean that you are crazy. It means that you are able to “speak to yourself” inside your mind. Completely natural thing. And the third way is to feel inside your body. Meaning all those emotions that you can experience. From outside you can feel pressure, fatigue, heat, cold. All that kind of stuff. On inside you can also feel, these feelings are more subjective versus outside feelings that are more objective. Meaning that outside feelings doesn’t change that much, these are pretty same for most of us. Cold is cold, you feel cold when it’s cold. Same goes with heat. Of course there is different levels how some people feel for example cold and heat, but the feeling what you get into your body is same kind. On the other hand feelings inside, emotions, are virtually all subjective. Usually they go hand in hand with most of people, even though these are all felt individually inside our own body. For example while you are playing football you can feel outside world through your body just by moving and playing. But emotions can difference a lot. Someone may feel inside a great amount of excitement while someone may be all frustrated about the whole event. This is all subjective. Still usually joyful things makes most of us feel joy, like a good weather outside, even though this is also felt subjectively. Alright, so this was quite a bit compact explanation about how and where we get all this information. And yes, it’s not yet purely about mokuso, but it’s going all the time more that way so just stay along and let’s continue shall we.



FOCUS, ATTENTION, YOUR ABILITY TO CONCENTRATE

Now we know how we produce information from the inside and the outside. Next thing what I will explain more about is concentration, in other words your ability to focus. To put it simple it is your skill to keep your attention on current task or event without getting side tracked. Nowadays most people’s attention is jumping all around from one thing to another, because there is a lot more information around us than before. There is just a lot more of sensory stimuli what there used to be. Meaning that your attention is jumping all the time from one thing to another, if you are just reacting with an autopilot mode on. This autopilot mode means that you are not consciously using your concentration, you are just reacting whatever comes along. Using an example for this would mean that every time when you hear some random noise you immediately turn your head to watch what it was without any hesitation or thinking. Better way would be to react proactively. This means that when you hear some random noise you can choose to look or not to look by doing conscious

decision. And the way I practice mokuso is by using this kind of proactive approach. Focusing consciously to delete and limit all unnecessary stimuli away while practicing mokuso. And as far what I know is that everyone of us is able to handle just one thought, idea or concept at a time in his or her mind. Meaning that if you are focusing one thing and want to change to another thing you have to let go from your current thought in order to be able to focus this new thought. I'll explain little bit more so that you not misunderstand me. What I'm trying to say is that yes you can think many things very fast with short period of time but this all happens by jumping from one thought to another. Meaning that if you are for example counting numbers out loud from zero up you can't say number one and two at the same time. You have to let go of an idea about number one in order to count next number two out loud. This all what I'm explaining is just the way to think this subject more usable way so that you have a framework how to approach this idea of focusing one thought at a time. This is not absolute truth but more like a way to think. Because where focus goes, energy flows. And what you focus on is also what will expand. So keep your focus on, stay along and let's continue.

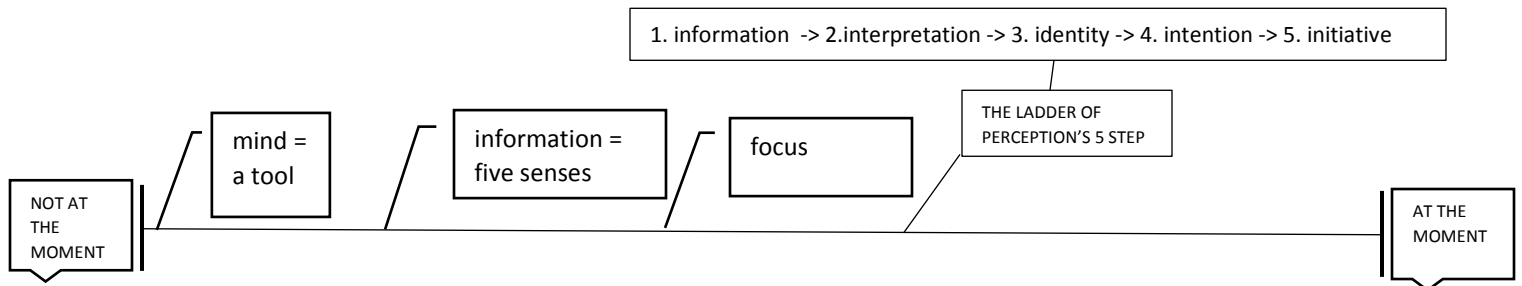


THE LADDER OF PERCEPTION, 5 STEP WHAT YOU TAKE

We already know that we are surrounded with ongoing endless amount of information. But how all this information effect on us? I'll explain next more on this by using model called "the ladder of perception". It contains five steps and every step has its own way to handle information while moving up on a ladder. Let's start.

So, we are surrounded by all information which is mostly just data. It contains words, numbers, different kind of symbols, shapes and so on. Purest form of information is objective. When it is interpreted it becomes subjective. To take black and white kind of approach this interpreted information may have either positive or negative effect on you affecting your identity. By identity I mean how this interpreted information specifically means and influence to you as a person. Little example. Imagine that you are on a traffic and someone cuts you off. Your interpretation directs the way how you react to that. You can think that okay maybe he didn't see me or he had a very big hurry somewhere. This is pretty neutral interpretation. Other way to think would be to say yourself something like: that son of a bee! Not on my watch! And doing like this you grow this feeling of some kind of rage and want to pay back to that person. So little recap. First information about that someone cuts you off. Next you interpreted that information. And now third phase is that it effect to you as a person influencing your identity. Meaning that at the deeper level you may feel not to be respected

as a person. This starts to mold your thoughts about what you are going to do, shaping your intention and that is what comes after interpretation. To put it simply your intention is like an answer to the question: "what you are going to do?" This leads to the final step and that is your initiative, your action. So in order to protect that part of your identity where you want to feel respected your intention is to take your place back so you decide to cut off that person who made you feel that way. And that is pretty much how "the ladder of perception" works. Everything starts with some kind of information that got your attention, following with an interpretation which led to some sort of intention and ultimately to an initiative. And how this is linked with my mokuso? Well I need to open this idea just a little bit more to make sense. Stay along.

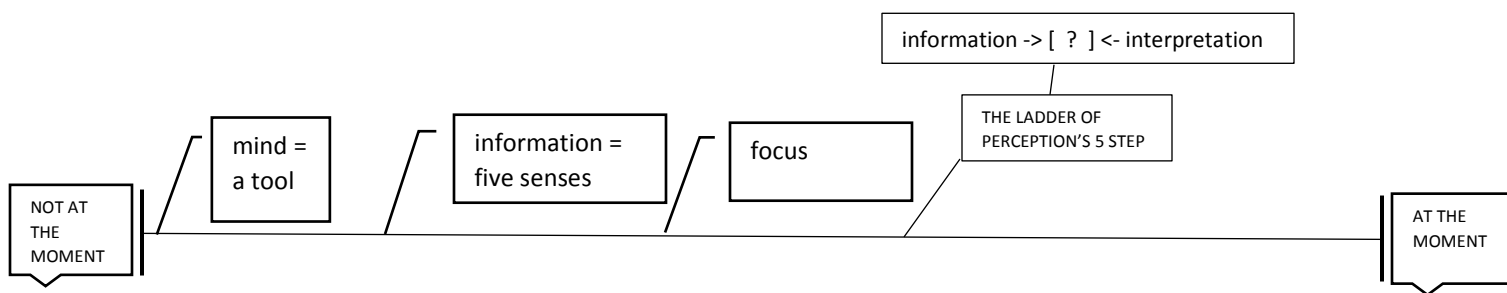


HOW INFORMATION TURNS INTO AN INTERPRETATION

You may have already recognized that information part took a turning point when it was interpreted. This is done either with an autopilot mode on or with conscious thinking. And now let's bring the "mind as a librarian" back to the game. So if you operate with an autopilot mode on it means that your mind is in charge mostly. Meaning that your mind will be searching data from already existing files that are related to the information on the current event. For example the previous car cutting off – scenario. Someone cuts you off and you immediately react with the support of your mind that has already put on the autopilot mode. Meaning that it took one of existing files that has data how you have reacted before and makes you act the same way also now. You go all the way from information, bypassing all the other steps, to make an initiative. So when someone cuts you off you start immediately feel some sort of nerve-racking emotions, because your mind did its job. But is this useful? Sometimes yes and sometimes no. Usually information filled events and acts are the ones when it is useful to have the autopilot mode on. So let's take driving a car as an example. At the beginning it was hard to handle so many different things at the same time but by practicing and repeating it started to mold into an autopilot-mode-skill. Meaning that you don't have to think how to do it you just do it. So information and skill like things are benefiting from an autopilot mode. But emotion based stuffs are a little bit different with an autopilot mode on. Just like this someone cutting off- scenario. Imagine how it would feel if every time when someone cuts you off you react to way I already explained? Stress-levels would be pretty high, right? So how to stop this kind of behavior? First thing is to recognize by yourself the moment when you are starting to behave this way. And now stop. This is that the tipping point moment before your mind starts to act with an autopilot mode. So this point, the information part before it is interpreted all the way into an actual action, is where you have the chance to choose to make a better interpretation. The way how this is going to

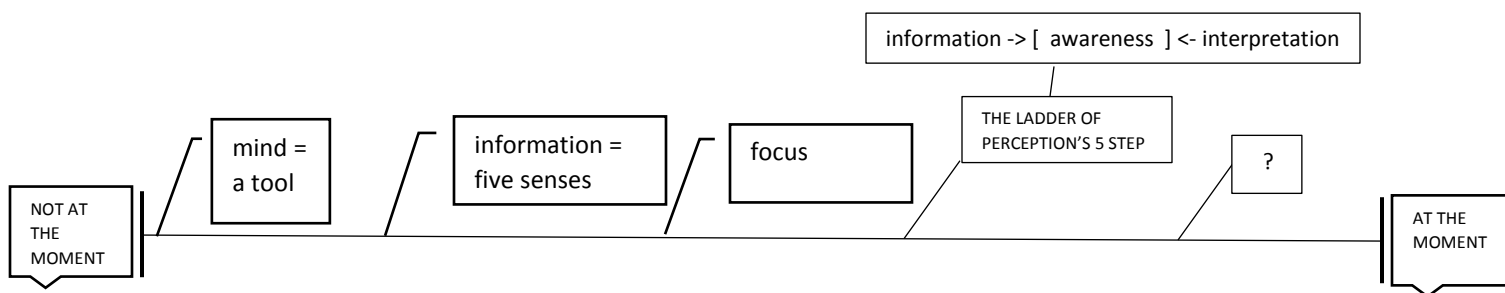
be possible happens by you making a better interpretation by asking from yourself a better questions. I'll cover this next, and yes, we are getting closer to combine this all together to represent the way I do mokuso – practice. Let's go.

Okey, so let's clarify more with another way how this interpretation step works by using language learning as an example. Imagine that you have decided to start study hrist. You don't know how to speak it or how to write it at all. Basically you start from a zero point. So now, first day at the school and you got your text book. You look inside the book's first chapter and it's making no sense at all, you have no idea how to interpret it. After few week you have learned some words and you try again understand its content. You are able to interpret just those few words, meaning that you kinda have some idea what it says, but still you have no idea at all. Okey, one year has passed by and you've been studying diligently. You open that very first chapter of your text book and your interpretation is flawless. Lesson of the story is that you make all your interpretations based on your current knowledge at that very moment. If you don't make any new interpretations with better information and understanding, your mind will use old one because it's already existing. But just like studying French, if you know little your interpretation isn't going to be that good either. But as you learned more your interpretation also got better, because you knew more and better than before. And now, another example. Yes, again. But this one will make this interpretation thing more interesting. Large amount of us operate under our first interpretations and mostly not even knowing it and there for not changing it. What I mean by this is that when something happened to you, usually at very young age, you made an interpretation about it and started to generalize things with that. For example let's imagine that you were walking up stairs and suddenly felt down and broke your leg. Damage was so bad that you had to go to the hospital to fix it. The whole experience itself was very painful, so you made an interpretation about that event. Now with the brilliance of child's mind your interpretation was that stairs are dangerous and you should not use them. Obviously this is an extreme hypothetical example what I'm describing. I'm using this so that you can get the idea better. So your interpretation was that stairs are dangerous and therefore your mind started to generalize that little by little. And now as an adult you have this uneasy feeling every time while taking stairs and you are not even aware what is the reason behind all this. This all is based on your interpretation as a child, and your mind has repeated over and over again this interpretation making it to be as a part of your behavior. And as any skill these interpretations are also "mastered" through repetitions with time. It's not just one time but if you constantly do the same interpretation it is going to be part of how you interact with the world. So how can you change this? Well it is quite simple. Like I said at previous chapter, first thing what you need to do is to recognize when you are at these kinds of situations where you start to feel and behave the way like you are "used to". In other other words it all starts with awareness.



AWARENESS

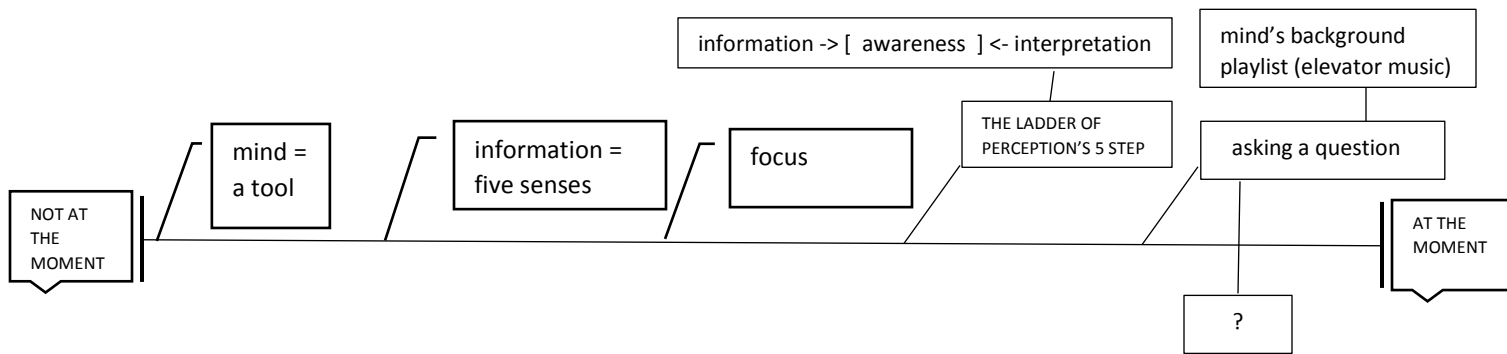
Between stimulus and response there is a space, and that space is your awareness. In that space you have the power to choose your response. And that response is where your growth and freedom to change things lies. So far I have explained that your interpretations leads your way how you react to different kinds of situations. The first step in changing your interpretations is to search for this space between a stimulus and your reaction to it. In that space there is an opportunity to reflect on what you are about to do, where you can learn to distance yourself from the thoughts and the behaviors you do not want in your life. You can then observe them. The more often you look for that moment of contemplation, the larger it will grow and the easier it will become to catch yourself from having undesired thoughts, feelings and actions. And like I said before, it is just matter of practice. First by realizing that there is a space between stimuli and reactions, you can start to look for it directly and consciously. Once you are able to catch yourself in that moment then you can also work on it. And it all starts being aware about this before your mind goes full gear. So when you spot yourself starting to feel arising need to go angry, stop and take a breath. Now what you can do is to make a different choice to react, better way to handle whatever it is what you are facing. To return to my previous example of traffic jams, now when you recognize this moment of choice, what you can do is to make a better interpretation with your current knowledge. We often do not consider it, but the fact that we possess an on-second-thought function enables us to regard things in a different way. And like said it starts with awareness. So how to move on from this point? The next thing to do, in order to change your interpretation, is that you ask a better question about the situation. More about this next.



ASKING QUESTIONS

The questions you ask consistently from yourself will shape your life, making it either a better or not. If you can recall, earlier I mentioned that you have this ongoing inner dialog in your mind, remember? Good. The way how it works is kinda interesting, because every time when you are not thinking consciously about something,

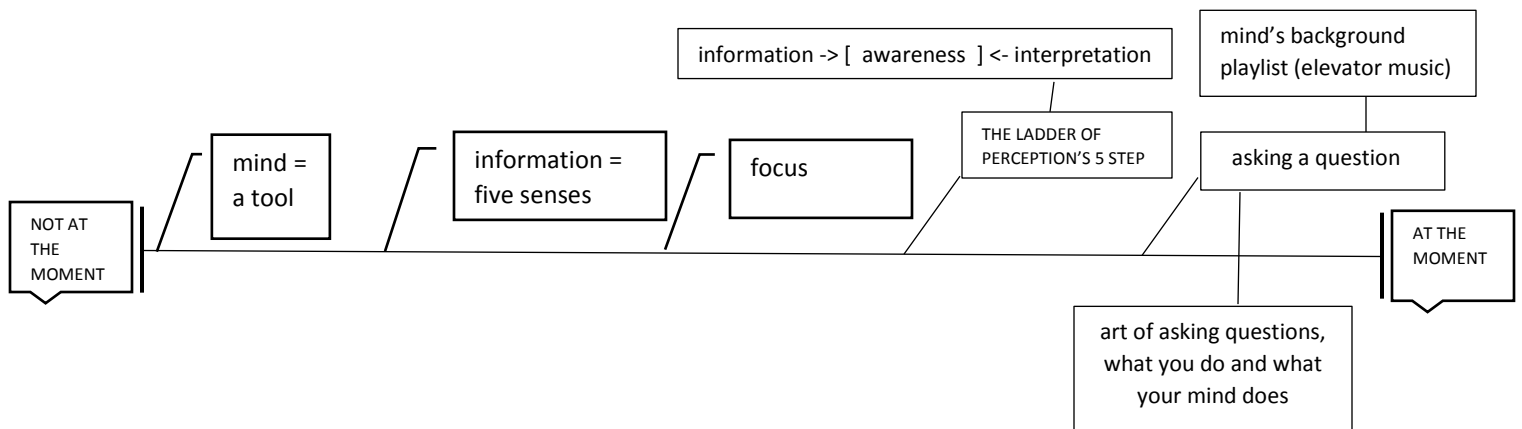
your mind will kick in and put on “background music”. This is like some sort of elevator music, it is all the time on and sometimes it is pleasant and sometimes not. I use this elevator thing as a metaphor. Surely I’m not saying that we live in an elevator. But to get an idea that when we are interacting with others we have this so to speak “elevator music” on. Meaning that if you would talk to someone in the elevator there would be this “background music” on, right? In other words when you are by yourself or with someone, you have this background music on and what I mean with this is your inner dialog. Your inner dialog contains the things you say to yourself, mostly unconsciously until you are enough aware about it. Your mind’s role in this is like a DJ who is handling the playlist about the songs. Sometimes the playlist is good and sometimes not. Most often it is not. So imagine if you are at the nightclub or at some other place where they are playing songs that are not pleasant to your ears, what you are going to do about that situation? You go and ask them to play some different songs that are more your favorite. Same goes with your mind. In order to change your inner dialog, your so to speak “background playlist”, you have to ask better questions from your mind. Because your questions direct your focus, and what you focus on will eventually expand in your life. Let’s continue with this DJ example. What do you think will happen if you are just sitting and cursing in your mind that these songs suck? Not so much. So what you have to do is to go and ask songs that you want to hear from DJ, right? Same goes with the mind. If you are having bad thoughts and you want to change them, it will not happen by itself. You have to ask from your mind some sort of a question in order to change the directions of your thoughts. This asking questions is by my mind interesting thing. Because when you ask something about someone what it does is that it will create one sort of loop in his or her mind. For example: what is the capital of French? Yep, it is Paris. So when you ask something it will create this empty space that your mind wants to fill in. Obviously if someone asks something from you, you are not immediately answering out loud, you have control over that. But to get the idea that your mind has already been at the library pulling the information for your use. So every time when you are asked about something, your mind starts to search so that it could give you some kind of answer for the question. So how you can use questions as a tools to make a change in your mind? Next about that.



HOW TO USE QUESTIONS EFFECTIVELY

You can think that questions are like a lasso-ropes. The way how lasso works is by throwing and pulling, not pushing. Asking the question is like throwing the lasso. But it is not enough just to throw if there is nothing to pull. You also have to know what you are aiming for. With a question this means what it is that you want to

change by asking. Usually it is the opposite about what you are currently feeling or going through. To return to the traffic jam example this would mean that instead of feeling angry without a control, you may want to feel calm with a control. So this is the target for throwing the lasso, to feel calm and having a control. Now what you have to do next is to form a question out of that what you want. Asking a question is the first thing to do in order to make a change, this represents as an act of throwing the lasso. And like any other skill also throwing a lasso has its different skill-levels, from poor styles to the high quality ones. The first throws most likely will not be the good ones. But by doing it you will eventually get better. Same goes with asking a questions. There is a difference with the way how you form your question about the thing that you want to change or achieve. Mediocre way would be something like: "what should happen so that I would feel calm and in control?" This may sound okey, but the next one is better. "What I can do by myself so that I could feel calm and relax every time I need to?" Do you see the difference? The first one is based on the fact that something has to change outside, something that is not on your control. Second one includes the assumption that you have the ability to influence the situation by yourself. And this asking a question was representing the act of throwing the lasso. So far, what you've done has been choosing a target and throwing a lasso. Now after the throw and catching the target, next thing is to pull it near to you. With the most of the cases just one pull will not be enough to do the job, you have to pull and pull after pulling and pull again until you get it. This pulling represent as asking that question, meaning that most likely you have to ask many times from yourself that very same question, so many times until your mind gives you some sort of an answer. The way to do it is like this: first you ask a question from yourself and then you take a pause. After the pause you ask again that same question from yourself and after that you take a pause again. Why? Well, because you have to give some time for your mind to show if it found something or not. By repeating that same question you keep your mind busy finding answer and eventually it will find it. Same thing goes with pulling the lasso rope. You don't know how many times you have to pull it, but eventually the thing that you are pulling will come to you. So what is the answer for that question? Probably it has something to do with breathing. So the simple solution would be to take couple of a deep breaths in and out. And after that focus on the change what you want to happen. If that angry feeling is persistence do the whole thing again. Take a couple of deep breaths and focus on feeling, not thinking, but feeling calm and relax with control. Thinking is thinking, there is not so much emotion in it if you don't put it. Feeling is instead directly going to the straight into the matter of itself. Repeat this as many time as you feel that you need to, so that you feel more calm and relax. And of course there is other ways also do this same thing, but I have found this to be helpful. So is it just this one time enough to make a change? Yes and no. Yes, because you have now changed the way how you interpret that traffic jam situation. And no, because in order to make it to be as a permanent change in your behavior it requires those repetitions. Your mind will kick in very most likely again when you face with that same kind of situation. Because it is still used to pull that old information for your use. So, what you have to do is to be persistent with your new interpretation. It's like knocking someone's door. At first nothing may happen. But if you are persistent someone will eventually come and open it. Meaning that a lasting change will happen, but it does require practice with time and repetitions. And finally I will connect all and everything, what I have been explaining, together as a representation of my mokuso.



MOKUSO WITH THE MINDSET OF THE "SYSTEM"

First thing first, when we practice mokuso it usually happens in seiza. Sitting on your knees so that your body forms a triangular shape. After you've got a stance on, open your hands and join them together in the middle so that your left hand is over right and your thumbs are lightly touching each other's. Idea is to make a hemispheric kind of form with your hands. This represent as a globe, at the top is the North Pole, middle is the center of the Earth and at the bottom is the South Pole. Your hands should be in front of your hara while holding it. Now, after that close your eyes. Keeping your eyes closed start to focus on your breathing. The way how I do this is that I breathe in through my nose and out from my mouth. I guess you can do anyway you prefer as long as you breath. I just like the idea that when air goes in trough your nose it does full round inside you after it comes out from your mouth. The way how I have rhythmmed my breathing is like this: take a deep breath fully in and after that let it go. Idea is to keep your breathing controlled and as restrained as possible. Try to keep breathing pace with the same all the time. When taking air in try to take as much as you can and after that let it come out. Do not force it out, just let it come out. These are physiological things what happens during my mokuso. Next matter of itself, mokuso – mindset.

Everything that I have been explaining was mostly about the mindset during mokuso. I opened these concepts so that I can use them freely from now on in a way that you as a reader can understand also what I mean with them without any bigger confusions. So now, after you have closed your eyes and started breathing taking air fully in and letting it out as natural way as you can. Next thing is to give something for your mind to focus on, because otherwise it will go full crazy giving all kinds of random stuff for you to think about. Things what I focus on is my breathing with my sensory channels. First I start to ask these kind of questions from myself: how to air that I'm breathing looks like? How does this air that I'm breathing sounds like? How does this air what I'm breathing feels like? After asking these questions I combine them all together as a one concept that I start to focus on. No need to ask any more those questions, because my mind is busy giving me the right answers while I'm focusing. What I'm doing now is that I'm directing my inner and outter senses to be as a one. For me this allows to be in a place where I can truly feel myself, my body and my mind as whole. And this place is the moment. There is no any future thoughts or thinking about past events, my mind is helping me

to be. I'll take you just a little bit back to my explanations about information and interpretation to make further sense what I'm going to explain next. The way how I see these two is like past and future. In order to handle the incoming information you need to have something already existing information. Meaning that you had done your experiments and learnings already in the past so that you can handle this new input. After that you do your interpretation about it. Meaning that you are going to do something with this information in the future. And by future I don't mean like ten years ahead, but from that moment on. Okay, so these two are mine meanings for the past and the future inside that frame. Remember when I said at the very beginning that the moment is a connection between those two? You can think this like a coin. One side represent past and another represent future, but between those two is that very small area. The moment, place where all the magic happens. And for me this place is that space between information and interpretation, awareness. At first it's not a big place, but it is there. At the beginning it's so small that most of people are not conscious about its existence. In order to grow that space, and yes it is possible to grow it, you have to start practicing being there. Think about the tree. When the seed is planted, all what it is going to do from that moment on is to grow in order to be a tree. For a tree it is somehow easier to grow, because it doesn't have to deal with the things what we as a human have to deal with. Tree can focus all its effort on growing. From the moment it was planted all it has done was living in the moment as fully as possible. The reason why explained this is because if you want to expand your awareness, to be more at the moment, you have to practice being in the moment. All growth happens in the moment. Just like tree grows in the moment also your awareness can grow in the moment by practicing it. Not to read about it, not to think about it, but doing it. And for me all this happens through mokuso practice.

WRAPPING UP EVERYTHING

I have been talking about the body and the mind but there is one last thing that I want to cover before I'm done. Like said already, that a moment is the connection between past and the future. To use that same kind of approaches I like to think that there is something connecting our mind and our body. For me what I think it's the spirit, your soul. And I'm not talking about any religious affairs. I don't care if you are hristia, hristian, hindu, jewish, muslim, atheist or a member of any another club as long as your morals are at place. Except scientology guys, they are not cool. But otherwise to take religion out from this frame, I believe that your soul is the connection between those two. I don't recall exactly where I heard this, but someone ones told that the only place for soul to live is in this moment. For me it makes sense. Because if you think about the past it is your mind that is taking you there, but your soul can't be any more there. Same goes for the future. If your thoughts are there, because of your mind, it's no use for your soul because it can't be there neither. The only place for your soul to be and live is here where you can breathe, in this very moment. It's kinda interesting to think that the very first thing what we do is to take a big breath inside us and in order to live we have to constantly do it until we die when the very last thing what happens is that we breath away. Which leads to my final conclusion.

The very first sentence in this essay was that " the mind is same with heaven and earth ". I don't know how this journey called life continues after we pass away. But I like the idea that what you create here in

you, you can also take with you there somewhere after this. And that's why for me, one thing that I want improve and achieve is as congruent mind for myself as possible before it is time to go. And it all happens and is possible through mokuso practice. The ability to silence your mind is also an ability to shape your life. I'm still collecting and researching more useful information for my being. These are the things that I can share for now with you reader, all linked in with the mokuso. Things that are good to know and may give you a little bit more insight how to silence your mind.

Thanks for your time and I hope that you found something useful, and had those "aha" moments while reading. For now just be and breath, mokuso hajime!

20 - 06 - 2017

Lisbon, Portugal

For 2. Dan Examination

In addition to my own thoughts the following persons have been part of this essay mostly for their own knowledge and philosophy how they have inspired me:

Tony Robbins

Wim Hof

Les Brown

Jim Rohn

Brendon Burchard

Richard Bandler