Warrior

勇士

Yong (Brave) Shi (Scholar)

By Stephen Elliott
Narration by Cecily Corazón

The warrior stands tall, the top of the head reaching for the sky, feet planted squarely, the body becoming an instrument of celestial harmony.

The warrior is brave, but the warrior's bravery is based in knowledge. Research, study, practice, and contemplation is the work, rest is the balance.

The Warrior has the determination to understand the inner workings of that which exists between Heaven and Earth, between the positive and the negative.

With head lifted, the warrior breathes, slowly, deeply, rhythmically, as breathing is the means by which we can truely stand erect, against the will of Earth.

Erect means on-the-line between zenith and nadir, the body becoming an instrument strung between Heaven and Earth – this is the real mystery.

The mind of the warrior is still, even, aware, purposeful, free of fear, concerned with reality, not with appearance.

Breathing is the source of this inner stillness, silence over which Heaven's melody may be perceived: creation, beauty, simplicity, unity...reality.

To stand tall and to breathe – Tao's gift to the warrior. It empowers the mind and frees the hands to create. It is our inheritance and our destiny.

Copyright 2017 COHERENCE LLC