

Expansion and open-mindedness

This particular mental condition that we seek with so much insistence and with so much commitment belongs to our original dimension, in which we were born and of which unfortunately, gradually, we have almost completely lost awareness. The good news is that through targeted training we can regain possession of that missing piece, necessary to reunify and harmonize the mind with the body in order to go beyond: consciously access our original energetic dimension of human beings.

Ours is a recovery action that consists in eliminating the encrustations of the mind that have gradually formed over time and that today they interfere negatively affecting our life, disturbing the way we interact with reality and with others.

As Egami Karatedo practitioners, we feel the need to free the mind from these obstacles, leaving it free to go far and expand to infinity. A closed and withdrawn mind does not allow that natural flow of vital energy that we need to live in a natural and healthy way and which our techniques and our actions need to become truly effective.

The effectiveness we seek is based on the ability to interact with difficulties and with our aggressor, without fear, without prejudice, without tension and therefore without the need to defend ourselves, becoming aggressive ourselves.

The need to defend oneself arises from the need to face a situation perceived as a real danger, as well as from the fear of not being able to deal with it successfully remaining unharmed. However, it should be considered that a certain type of aggression can be perceived and experienced by some as an "extreme danger" and by others not.

The difference lies in the ability to remain calm, with the mind imperturbable and immovable; only these conditions of extreme lucidity will make the reaction adequate and the techniques and movements extremely effective.

Many years ago I read a sentence that I liked very much: "***to win a real fight a tsuki is enough***", but today I prefer to say: "***to win a real fight it is enough not to be there where they want to hit us***".

Of course, winning a real fight with just one tsuki is a remarkable achievement; but winning it by making yourself uncatchable is an even greater result: first of all because it is extremely "destabilizing" for the aggressor and also because it shows that to win we no longer need to hit and dominate the enemy, but we are in a position to try an agreement and move with him to win together.

Of these two ways of reacting to aggression, both of the highest level, we can see that in the first case the need to strike arises because in front of us we see a danger and an enemy from which to defend ourselves: this depends on an unresolved question and is not other than the reflection of the enemy we have inside and with whom we are in constant conflict. The second type of reaction instead arises from the need to welcome the aggressor and synchronize and move with him: this is possible only when we have finally reconciled with ourselves and have therefore reached an inner agreement.

When we live a harmonious relationship with ourselves, we very much like the well-being that this provides us and we naturally try to reproduce it also in relationships with others, especially

in the face of difficulties and in the most extreme situations, thus creating further well-being: and as Egami sensei says, **".... we leave the world of conflict and enter a world of harmony"**... .this is heiho.

This particular dimension of being places us in front of an aggression in a new way: we no longer need to strike, there is no reason, simply because in front of us we do not perceive an enemy, but a person with great difficulties, whom we want to take care of without causing him further inconvenience; just as we have already successfully experienced seeking harmony with ourselves.

Basically what will make the difference will no longer be the physical technique, but our energetic dimension that we are able to establish before the action. The animal side of human beings constantly dialogues with reality and with others through energy; and it is precisely our energy that others will unconsciously perceive and that will determine their behavior and their reactions towards us.

When the person attacked feels the need to defend himself, he emits and communicates his energetic state of tension to the aggressor and the aggressor perceives his hostility and consequently this will further increase his aggression. When, on the other hand, the attacked person does not feel the need to defend himself because he is not afraid, the aggressor does not feel hostility. Instead he perceives in the attacked an inexplicable but determined mood and an unexpectedly welcoming energy: this will surprise him unprepared, destabilizing him and in this short space of time his aggression will decrease. This energetic dimension will not mortify the aggressor, but will offer him an open way out towards a possible dignified and honorable agreement, which he will hardly refuse.

Egami Karatedo teaches us that the highest level defense technique is the one that creates the energetic conditions for which the attacker gives up the attack. In the discipline we initially learn the physical technique, to then arrive at the mastery of the energy technique. Physical technique is for us the indispensable tool through which we learn to "touch" the partner's body and to transfer the effectiveness of the technique itself to the various points of his body like a beneficial massage to dissolve tensions. The energy technique, on the other hand, anticipates and guides the physical technique and has the function of "touching" the soul before transferring the physical technique. **("The tsuki will have to go through the body and penetrate the soul." Shigeru Egami)**

In the path of Egami Karatedo there are no facilitated practitioners, physically stronger adult men are not at an advantage over the weaker men, or women, young people, or the elderly. In this fascinating journey through life, all those who train intensely to make the body soft and flexible, to express the techniques freely and completely through natural and harmonious movements, will be able to successfully progress.

The highest level can be reached by those who are also so curious as to want to explore the energetic dimension and the hidden abilities of their mind to discover the strength of gentle energy to win together. "Winning together" has a more noble flavor than "winning against"; winning together creates mutual well-being and contributes to improving people's lives and their coexistence in social relationships.

Enzo Cellini, July 14, 2021