

Energy and Egami KarateDo

Enzo Cellini, December 30, 2020



In Egami KarateDo there are two dimensions to explore:

- that of the body, through its movements, rhythm and learning of techniques
- the mental one, through openness, emptiness and calm.

It is a challenging and fascinating journey and our goal is to be able to combine these two dimensions into a single one: body/mind, to improve our physical and mental health and above all to create the conditions that will allow us to go further, to access the "Energy" dimension and explore it. Familiarizing ourselves with the energy world will allow us to improve the knowledge of ourselves and our nature in order to live in harmony with the laws of the earth and the universe.

Without going into detail, science tells us that the universe is made up largely of energy and only 4% is composed of visible matter. This naturally also applies to everything else, including us human beings,as we are children of the cosmos.

We are not aware of it, but we are immersed in an ocean of energy and we are energy ourselves, yet we completely ignore it. We are like fish that cannot swim and like birds that cannot fly: we risk playing a game the rules of which we do not know.

Albert Einstein said:

"We see, hear, speak, but we don't know what energy makes us see, hear, speak and think. And what's worse, we don't care. Yet we are that energy. This is the apotheosis of human ignorance."

It would be appropriate, indeed essential for everyone and especially for us who practice Egami KarateDo, to deepen our knowledge of the energy we have inside and the way in which it relates and interacts with that which surrounds us.

The human body is made up of about 50-100 thousand billion cells that breathe, live and vibrate in intense energetic activity. Our body is an extraordinary energy power plant made up of an infinity of cells that continuously regenerate themselves, forming new ones.

Our behaviors are the faithful representation of the energy state we are in at any given moment and this state constantly dialogues with the environment and with the energy of all living beings: people, animals and plants. Like any organism, we reproduce, grow and develop, we adapt to the environment, respond to stimuli and transform energy. The reality we live in is governed by the energy interaction we have with the environment. The reality that we see flowing around us evolves continuously and is influenced and altered by the harmonic or conflictual relationship we have with ourselves.

To undertake a path of awareness towards a deep understanding of energy is our task as Egami KarateDo practitioners, because it is only through the exploration of this dimension that we can gradually focus on true reality and be able to "feel" in the bud the things that happen to us and, owing to this, face them at the right time and in the right way. During this investigation, appearances will gradually take on less and less importance and the energy dynamics that generate and anticipate them will begin to take shape and guide us in our actions, making them more appropriate and more effective. We shall begin to act more and more on what we feel and perceive, and less and less on what we see.

In traditional martial arts, "feeling" and "perceiving" is more important than seeing, because what we see has already happened and the resulting reaction will always come too late.

Egami Sensei's "toate" is considered the highest level technique in traditional Japanese martial arts, analogous to "kizeme" in kendo. Toate is a natural energetic phenomenon, which does not arise from the need to defend oneself, but from the need to agree. This phenomenon occurs when one's energy is harmoniously combined with that of the other: "irimi". The term irimi is often interpreted generically as "entering" physically, that is, advancing towards the other with the correct "sen no sen" timing. The term "irimi" actually represents something deeper: in fact it means "to enter energetically" in contact with the other, penetrate his energetic sphere, connect to become the other "DE". In this condition, the "I" and "the other" become one (jitta ittai), a single energetic entity; and whoever of the two tries to move against, breaking this equilibrium, will be barred: it is like trying to move against the gusts of bora wind blowing at 150 km/h; it is impossible. We can move together with it, but not against it.

Egami Sensei has said: "**hostility towards others returns to those who generate it.**"

Toate has been defined by Egami Sensei as "*Shinkuu-tsuki*": empty fist, empty thrust, (Kase Sensei has defined it: "touching without touching", but it can also be interpreted as: "energy pressure", "to penetrate energy", fusion of energy).

Egami Sensei, speaking of the "toate", has said that the phenomenon itself is not important: what matters when it happens is what you feel; and he has also stressed that everyone can experience it.

Our mind is constantly engaged in recognizing and decoding visual, sound and tactile signals and our reactions are therefore mainly determined by what we see, hear and touch. This is an attitude that almost completely excludes our innate ability to perceive.

Our mind is so used to focusing and processing the external, material aspects, that it almost completely ignores everything concerning the world of perceptions; in these conditions we are not tuned to the energetic interaction with others and how people influence each other and how events actually arise.

In reality, our energetic state continually stimulates others and conditions their behavior towards us; it is precisely through our energetic state that we positively or negatively predispose toward us those we interact with. We should get used to evaluating the attitudes that others have towards us, always asking ourselves why and how our energy, our state of mind has affected their behavior.

In our specific case of Egami KarateDo practitioners, if we want to learn truly effective techniques and be able to influence our aggressor to the point of inducing him to give up the fight, it is necessary to regain possession of that original "world of perceptions" and of those sensitivities that we have almost completely lost, but that we can recover.

The ability to communicate energetically is part of us, it is our nature, because it belongs to our animal sphere; it is an innate ability that we have abandoned over the years during growth, to more and more anxiously pursue an "inferior reality": the world of appearances, unfortunately very often deceptive.

It is time to consciously regain possession of the energetic dimension and reactivate it through a process of "reopening". In this course of action the mind will help us to gradually "reposition" our attention on the "true reality", on the world of perceptions and will guide us towards overcoming the numerous obstacles that we unconsciously impose on ourselves.

Energy is the link that binds individuals to each other and to all things. We cannot stop at what we see because it is only a small part of the truth that provides partial and insufficient information to interpret the true reality, it is only the tip of the iceberg, the leaves of the tree, the surface of the sea, the sky but not the universe, the smile but not the pain behind it, the tears but not the joy that generated them.

Facing a fight or any extreme difficulty based only on the external aspects is very risky, because we do not have the awareness of the energy state that generated the behaviors and led us to the fight. The ability to

perceive the energy flow in progress will allow us to act at the right time by applying the appropriate techniques with maximum effectiveness. This means playing a game of which we know the rules.

The dimension I am looking for is one through which I will be able to transfer to others my energy, consciously and unfiltered, and to receive it from others without internal or external interference. Perceiving the flow of energy in and around us is like discovering the secret of life with amazement and savoring its generous beauty, which has always been there next to and around us, but only through intimate balance it is possible for us to begin to see it in all things and in all people.

The journey toward Heiho is an exercise in freedom, which makes our every breath truly liberating, changes us profoundly and opens up new horizons in front of us, freeing us from fears, tensions, anxieties and inner conflicts. It is a journey that everyone can undertake and that will help us to understand more and more "why" we practice Egami KarateDo with so much passion and commitment, where we want to go and what we want from life.

Up to now we have understood "what" we do, someone has also understood "how" we are doing it, but few know "why" they do it. Inside that "why" there are the dreams of each of us: and to make dreams come true and shine, we have to wake up.