

# The Hanshi Reader

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**... words that matter !**

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**A weekly sampler of Hanshi Stephen Kaufman's writings.**

**World-renowned Author, Universally Acknowledged Distinguished Grandmaster and Educator**

**A True Founding Father of American Karate – since 1958**



*Hanshi Stephen Kaufman*

***I am the universe encompassing all that is or is not. I am NOT my enemy***

## **This Weeks Self-Revealization Acceptance**

How to use a Self-Revealization Acceptance

A Self-Revealization Acceptance is constructed for the simple purpose of bringing a specific result into a practitioner's life. Any of the ideas presented in my weekly example can be structured for your own desires. The use of the numbered line is for you to fill with what it is that you are relating the particular Self-Revealization Acceptance to. You do not necessarily need five. Self-Revealization Acceptance is a philosophical approach to reality facilitation. Your reality and not the reality of someone else. Self-Revealization Acceptance absolutely is for an individual and personal manifestation REGARDLESS of what anyone outside of yourself thinks in relation to what you are accepting for. Feel free to forward any questions or comments.

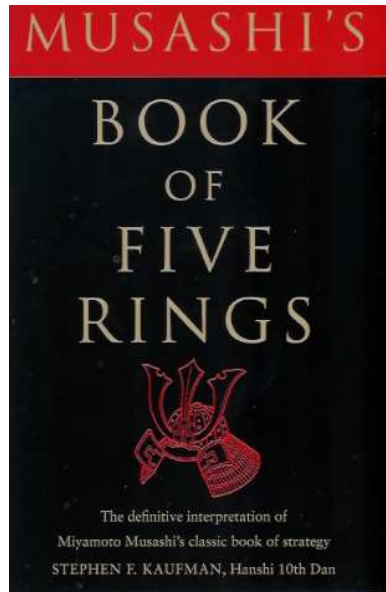
### **I Am Focused and I Stay Focused**

Never before have I felt as complete as I feel right here and right now. I know that I am moving in the direction of my desires and that my desires are moving directly towards me. All that I have thought of in the past about my true wants and desires is now coming to fruition in forms that I may never have even contemplated or thought of. ***The Spirit of the Thing Itself*** of my true desires manifests in totality and completeness without restriction. By my acceptance I permit myself to experience my good bounty without my interfering with it and damaging my own true desires. I refuse to be my own worst enemy and deny any authority to incorrect thinking in the past that has caused me any confusion or doubt in my own belief in myself and my work. I will not succumb to the self-imposed ridicule that may have permeated my existence before this ***Self-Revealization Acceptance***. I immediately realize my focus in the following areas of my life:

- 1 - ,
- 2 - ,
- 3 - ,
- 4 - ,
- 5 - ,

I give utter and total complete thanks to the power of the universe that enables me and empowers me to realize my dreams and live my life by **My Divine Right to Live in Joy and Freedom**. I am eternally grateful for the gift of understanding of myself. I move ahead with my life in complete trust and devotion to the ideal that I have established for myself. I stay focused and have no difficulty in the revealization and earthly manifestation of my dreams. And that is the way it is and shall always be.

*This Week's Excerpt*  
**The Book of Five Rings**  
*The Definitive Interpretation*  
by  
**Hanshi Stephen Kaufman**



ISBN 0-8048-3520-9  
Paperback 170 pgs. \$13.95

## **The Importance of Correct Spiritual and Physical Bearing in Strategy**

From the Book of Water Pages 26-28

The manner in which a warrior carries himself is of the utmost importance both physically and mentally. You are undoubtedly familiar with men who are quiet and strong and seem to be doing nothing. They do not appear to be tense and they do not appear to be in disarray. They simply appear. That is exactly the appearance they strive for. When it is necessary to attack they do so with complete resolve sure of themselves and not overbearing in attitude or with false humility. They attack with one purpose and one purpose only - that of destroying the enemy. They do not take false postures when they prepare for the attack. They simply attack with all their heart and soul.

A small man can beat a much larger man and one man can beat many men in a fight. You should permit your wisdom to develop by constantly striving to perfect yourself with your own art and by understanding the arts of others. When you understand yourself and you understand the enemy you cannot be defeated. Be aware at all times of what is right and wrong among men. Do not permit yourself to be intimidated by the size of the enemy. Do not be fooled by your own misunderstanding of what your purpose is. To do so is wrong thinking and means that you are not studying the principles of my Way properly.

There is no difference in spirit on or off the battlefield. The warrior sees all of life as the battlefield. Do not lose heart if appearances of the enemy are overwhelming. You must commit yourself to constant study in order to develop the perfection in your soul evident through demeanor of spirit.

## **How you should stand in Combat Readiness**

I always stress form and balance. If you are lax in your stances and positioning then you will be unable to function effectively through your technique. Focus your concentration on only one thing - making the 'hit'. Slightly narrow your eyes and ever so subtly flare your nostrils. Always fight with your spine erect and without bend. Keep your shoulders relaxed and lowered. Tighten your abdominal muscles and root yourself into the

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ground. Make yourself bigger in your mind than you are in a manner of intimidating the enemy. Slowly work your way into the enemy until you are ready to strike. Then do so with utmost conviction, quickness and power. Keep your weapons ready at all times. You should practice the proper stances and movements prior to using any fighting technique and in this manner establish your own sense of being through your particular art. How often have you witnessed so-called experts with no form or balance? You see them as clods with no style or grace. Think this through and consider how you yourself wish to be seen should the time come for you to move. Think about being seen only by yourself and not through the eyes of others.

Why would you want to appear as one thing and be another? If you are a warrior then you are a warrior and if you are not a warrior then you are not a warrior. The Way of the warrior is the Way of the warrior. To be a warrior, look like a warrior and stand like a warrior. Do not be false to yourself.

## Looking at the Enemy

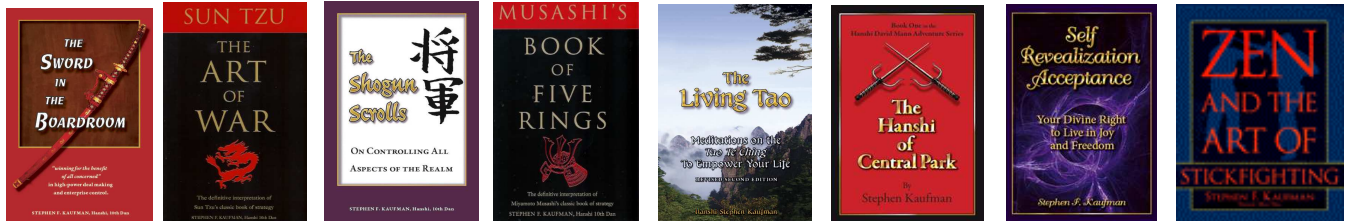
Look at the enemy as if you are looking through him without appearing obvious. Perception and sight are two important principles my strategy. Perception relies on intuition. This is developed through practice. Sight is based on the physical ability to use the eyes. Understand the difference and sameness in perception and sight. One must consider the possibility of losing that facility in a mortal combat.

Learn to see things far away and close up. This applies in the same manner as the attitudes towards stance and positioning. Do not prejudge a view because of what you think things should appear to be, but look at all things equally and in that way you will be able to discern what can hurt you compared to that which cannot.

Peripheral vision is of the utmost importance. It is a skill that is developed over a period of time in training. This is a stern discipline. It should be used in everyday life as well. I must insist upon training for excellence in the craft of the warrior. Steadfastness of purpose is above all the essential requisite for understanding yourself in relation to the Universe. If you do not you will be easily led into false securities and therefore become easy to beat. Force yourself to insist on your own self the skills needed to be the warrior that you define yourself to be. Remember, as you submit to the 'Spirit of the Thing Itself, the Spirit of the Thing Itself will submit itself to you.

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***Art of the Zen Swordmaster***

***Zen Fairy Tales***

***Kata of Hebi-Ryu – Theory, Analysis, and Practice***

***Mastering Okinawan Sai***

***The Hanshi's Guide to Real and Practical Self-defense***

***The Hanshi in Brussels – Book 2 in the Hanshi David Mann series***

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