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# The Hanshi Reader

...words that matter!

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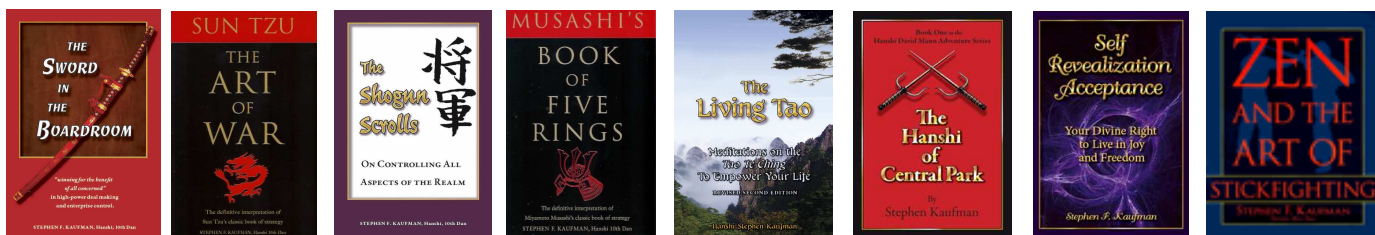
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A weekly sampler of Hanshi Stephen Kaufman's writings.

World-renowned Author, Universally Acknowledged Distinguished Grandmaster and Educator  
A True Founding Father of American Karate – since 1958



*Hanshi Stephen Kaufman*



## **News of Interest for Subscribers to the Hanshi Reader**

### Important Links for Hanshi Stephen Kaufman

<http://www.redroom.com/author/stephen-kaufman-0> Sign up for the RSS feed.

<http://www.youtube.com/user/hanshi422> Leave feedback.

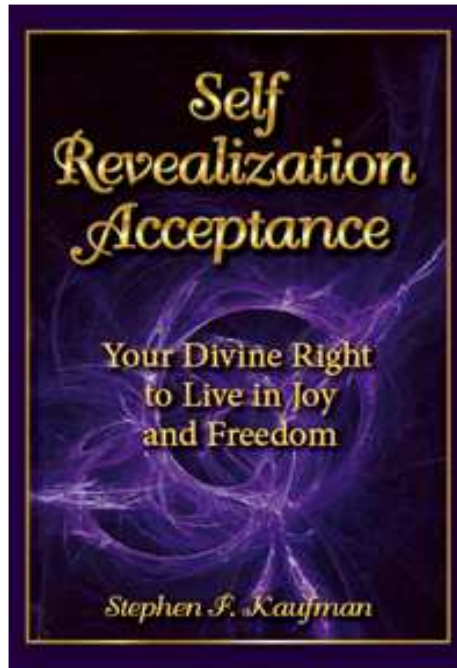
<http://www.sonshi.com/kaufman.html> Great reviews on this one.

<http://www.redroom.com/video/hanshi-stephen-kaufman-in-his-own-words>

**Freedom is its own trap and traps induce creativity – if you let them**

**This Week's Self-Revelization Acceptance**

How to use Self-Revelization Acceptance is explained on the last page of this newsletter.



**I Hear My Inner Voice**

I listen carefully to the inner urgings that come to me whenever I have a question about anything that needs my full attention. This is my intuition and it instinctively guides me to the right place at the right time. Without fail it is always correct and intelligently motivated to deliver to me my great bounty as an aspect of **My Divine Right to Live in Joy and Freedom**. Should I have any moments of doubt or pain I know that by contacting my true self with my instant **Self-Revelization Acceptance**, I am delivered of any anomalies that could interfere with my clarity of purpose and marvelous ability to define for myself that which I want to experience in my life. Because I trust myself to heed my own counsel I maintain my self in perfect harmony with the infinite of the universe and experience marvelous radiant physical and mental health, assured finances, a continuous flow of creative output, and full-rounded healthy relationships that further enhance my joyous life. I permit nothing to interfere with this attitude and I reinforce it by knowing that the **Spirit of the Thing Itself** will always jump at my demand to deliver to me any corrections that are required for me to delight in the joy of my own being for the benefit of all concerned with myself as the primary recipient of all good. Knowing this as a truth in my life I am further able to give of myself in all directions to those I instinctively and intuitively know are deserving of my merit by listening to the voice within and I am able to immediately determine if someone or something is not worthy of my effort and consciousness. Because of this sublime and perfect acceptance of myself and the world I live in as specifically mine, I am able to develop more realistic considerations and conditions that will continue to permit the **Creative Power** of the universe to express Itself in me, as me, and through me, as a magnificent expression of the intent of joy and freedom. No negative sentiment or manipulative grace can keep me from my knowing that I am the extension of all good that can ever be manifested in my life by my correct and focused thought. I give profound and complete thanks to the **Spirit of the Thing Itself** and the **Creative Power** of the universe for this wonderful truth and reality as I continue to learn to use the amazing power of **Self-Revelization Acceptance**.

# THE HANSHI READER®

## This week's excerpt:

Musashi's Book of Five Rings  
Specifically for Women

### THE LADY OF THE RINGS



Understanding the Beauty of Life  
by a Woman Warrior

by  
Ann Davis and Hanshi Stephen F. Kaufman

## Chapter 1

I sat on the beach watching the gulls soar in and out of the clouds; landing on and near the water's edge as the dogs ran through the sand dunes yelping and barking in their futile attempts to capture the birds. It was now midsummer and the boats had already come into Newport with what we locals called the "boat people" who would captivate the streets and mansions with their incessant curiosity of how the great wealth makers of the 19<sup>th</sup> century had lived.

I could not help but laugh at the frustration that grew more evident by the dogs turning in all directions and being unable to manipulate the flock as it landed. Briefly, the two toy poodles began to chase each other as part of their frustration and I laughed heartily and for a moment considered my own life as an expression of my own confusion in relationships with trying to attain higher levels of my own being in business and with the men I had been with in my life. Being a hard boiled realist, I never permitted myself to fall prey to current trends in what was hip or not. I don't believe in fantasies and only know my life to be singular and without compromise, even when I have had to condescend to the needs of immediate others. As a result I am thought to be cold and callous especially by strangers though outwardly I am a warm and pleasant person.

Bright and charming, when I want to be, I am self-educated and thought of as quite a "handsome" woman; a term that I always felt was antiquated but nonetheless quite explanatory. I have, to the best of my memory, always exhibited all of the good graces of a life of relative grandeur won through the hardships I have had to overcome. My childhood did not provide me with any special favors aside from brains and adequate good looks that have carried me through various relations with men and two failed marriages.

While looking at the dogs in their apparently sincere efforts to catch the birds I thought about the previous evening's bridge game that eventually turned to the age old question of why women had to constantly put up with unanswered questions about relationships in their business and personal lives. The answers to the difficulties they each faced became the normal part of the evening's discussions.

Having become a woman of self-sustenance over the years seemed to make me feel apart from the rest of my friends although each of them felt the same way and the annoyances exhibited by my friends were always the same to the basic questions of why things were so difficult with their husbands and lovers of any persuasion. I thought about Richard, who is a management consultant and though I feel very much in love with him I always wonder why he is unable to commit to me in marriage even though he admits he loves me as well. He doesn't seem able to break out of his self-imposed entrapment in his own little world. We share things together and even enjoy the differences of opinion in matters of the arts, theater, and politics. The five years we have

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been together have been filled with all of the normal and natural deviation that any relationship would necessarily endure. We are always able to quell things when matters do get out of hand. Of course, he would be travelling a great deal of the time and I felt that that should have been enough to draw us closer to each other. Sometimes it does but mostly it doesn't. I am becoming disenchanted with him and wonder if it is time for me to move along. Even if I do "move along" the next relationship would probably go in the same manner. A self-proclaimed destiny? Perhaps, but oh well, such is life and instinctively I know that something better has to exist.

I smiled at the bright hot sun and looked at my watch realizing that it was now past noon and it was time to get ready for work; I own a restaurant and have to get the kitchen prepped for the afternoon high tea and dinner. I built the business from scratch and as a result of my eclectic interests have turned it into a serious destination dining place and have recently been awarded a 5 star rating from a prominent gourmet association and I am quite proud of my accomplishment. Reservations are never a problem for me because I am able to keep things under control by myself never having to rely on any outside help. I have paid for my success in many ways including my emotions and health.

Never one to ask for help where help did not seem to be without great cost to me, there have been many times that I have come close to failure but I would dig into my psyche and with sheer determination, save my pride and joy. Now as I think about it I wonder why I couldn't maintain a relationship and always felt I was in competition with anyone I was involved with. Or they succumbed to their inadequacies relative to me.

There has to be someone who could understand me and be sympathetic to my ideals. I simply will not stand for anything else. In my mind and heart I know I am right. What was that idea I read in a book about independent women? Something about never relinquishing your hold on your own life? Ok, I'm good at that but why is there always the idea that something was missing?

Calling the dogs I walked towards my car. I wasn't in a rush knowing my routine and knowing exactly what had to be done and how my staff was expected to function and behave. The routine had become a set of actions totally without feeling. The lack of passion that was developing was starting to take hold of my whole life. My children have long since left the nest and even with Richard, I feel alone and sometimes go to the extreme of feeling alienated from everything. Even sex has become too matter of fact and though he empties himself inside of me, and I am sure he is faithful; I sense that he isn't really concerned with my needs. He has become mechanical and I have begun to lose respect for him.

I dropped the dogs off at home and busied myself by jumping into a delicious bubble bath for a few minutes before dressing for the afternoon and evening. The stereo was playing soft jazz and as I was preparing to leave, the phone rang and Marisa, one of my wait staff whined into the phone saying that Garcia, the line cook had called saying he wouldn't be in because he had gotten hurt during his karate workout. "Fuck," I said in no uncertain terms. "Ok, I'll be right down," and hung up the phone angrily. Now I would have to be line cook as well as hostess. Why was there always idiotic bullshit to have to deal with?

Garcia is a fairly reliable worker even though he does have periodic bouts with the bottle, but he always does his job. Well, almost always. Tonight is the last night of the week so I will have at least two days to recuperate from the Saturday night madness. Tomorrow, I promise myself, I will get into the car and take a long drive maybe to Cape Cod. Richard won't be home this week and I actually relish the time I can have to myself. We'll speak on the phone and swear eternal love to each other but somehow I don't get the thrill that it had originally given me when he did swear his love.

The night was without incident and when I closed at 1 a.m. I took one last look around room and the kitchen. Reaching for the light switch in the kitchen I noticed a book, the Book of Five Rings by Musashi. That had to be one of Garcia's. A Book of Five Rings - The Classic Manual of Strategy for Warriors. Offhandedly I thought that if Garcia was reading that then he probably shouldn't have gotten hurt during his practice. I picked it up and quickly thumbed through it stopping to briefly read subtitles called "attitudes of attack/no-attack," "becoming the enemy," "nine principles of strategy," and other strange looking subjects. Typical macho bullshit, I thought and roughly put it back on the pile of junk in the corner.

Locking the restaurant, I walked towards the car, carefully looking in both directions as I approached it. Locking the doors to the car I revved up the motor, and put the car in gear, but suddenly stopped, for no apparent reason and I went back into the restaurant and retrieved the Book of Five Rings. I didn't know it then, but the Fates had changed my life.

# THE HANSHI READER®

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## **How to use 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. When the ideas of relationships, creativity, love, and finances are addressed you should use your own definitions to enhance the positive acceptance of an ever-growing good in your life. REMEMBER, **Self-Revealization Acceptances** are **NOT** affirmations. They are based on your positive acceptance of the good you want to experience in your life and therefore only YOUR words and YOUR authority activate the ***Spirit of the Thing Itself***. **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 you think in relation to what you are accepting for. Fill the blanks with your own ideas and feel free to forward any questions or comments.

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