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# The Hanshi Reader

*A weekly sampler of Hanshi Stephen Kaufman's writings. ... words that matter!*

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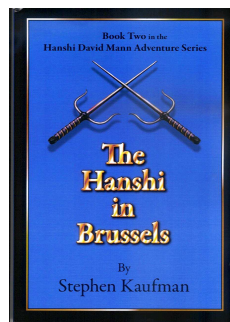
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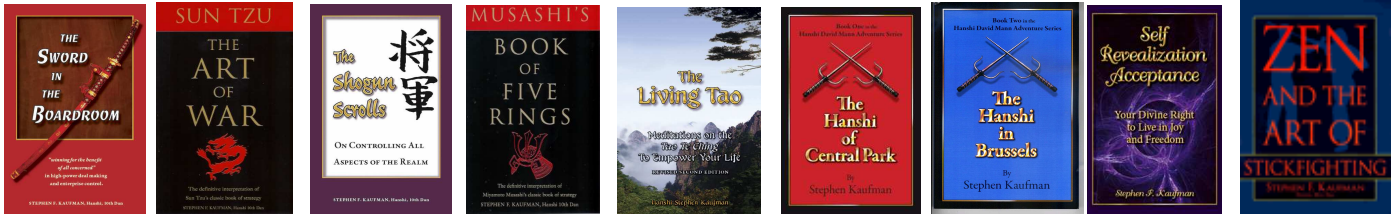
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From the *Hanshi's Book of Apothegms*

**Everyone has “stuff” to deal with in their life. If you don't have “stuff” in your life, then you don't eat. If you don't eat – you're dead! ©SFK**

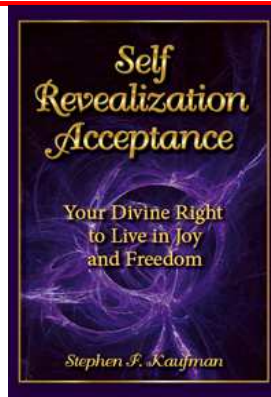
# THE HANSHI READER®



## Getting the most out of a Self-Revelization Acceptance

The prescribed method for getting permanent value from the weekly Self-Revelization Acceptance is to listen to it a few times. They are not that long and will not take that much of your time. Once you have the idea that is being presented you should print out the copy on the newsletter and read it while making various changes to it that will enhance your own life experiences. When you read about a particular situation that you want to correct, put in your own words and you will make the Self-Revelization Acceptance your very own. As an example, the words such as changing a situation could also be defined as the cessation of smoking, the refusal to ingest junk food, a new vision of you as healthy and without any physical problems, etc. You are always invited to email me with your ideas for a specific Self-Revelization Acceptance such as the one you will listen to now.

## This Week's Self-Revelization Acceptance



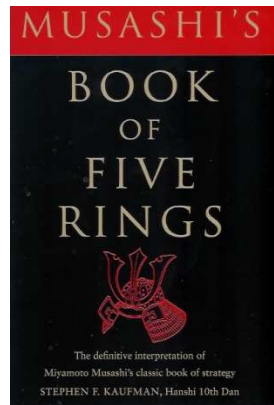
### I Prevail

Never before have I been as focused and ready to accept the deliverance of my desires as I am now. In all forms of productive abundance and bounty, I envision all of my endeavors and accomplishments becoming fruitful. I see my future with an undistorted view, readily extending my vision for my own particular needs as defined by **My Divine Right to Live in Joy and Freedom**. Knowing and accepting this reality as my own **Self-Revelization Acceptance**, I give of myself with complete ease and grace to all those who come into my life **for the benefit of all concerned** knowing that they are prepared to share with me their deepest dreams and desires. Free to be at peace with myself, I have no doubts in knowing that ALL good comes to me as a direct extension of the Creative Power of the universe. Knowing that the more I give of myself the more I enable myself to receive and accept and impart as my abundant and great bounty. Knowing this as truth, the cycle continues without interruption. Any lack, limitation and loss that I have experienced in my life previous to this moment are now completely eradicated and denied any authority to interfere with my desires. I do not deny conditions that I have permitted to restrict my enjoyment and success but consider them to be erroneous extensions of limited thought that no long function in me, as me, or through me. I rid myself of all limiting conditions on every plane; physical, mental, emotional, and spiritual. By the power of this word that I prescribe for myself, all negative conditions are instantly replaced with complete acceptance of lavishness, lotsness, and limitlessness of my desires to enhance my life. I refuse to permit any other manner of thinking or activity into my life and I will repeat this **Self-Revelization Acceptance** as often as I must in order for my inner true self to come to terms with the reality of these words as I accept them in wholeness. The **Spirit of the Thing Itself** of my desires is at this very instant delivering to me the living reality of the ideas I present to myself for my own good. For the incredible ability to design the reality of the life I want to live, and the people I want to be with, and the gifts I claim for myself, I give complete and unconditional thanks to the **Spirit of the Thing Itself** and the Creative Power of the universe without any hesitation and with complete and total humility. And so I prosper.

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This week's excerpt

## THE BOOK OF FIVE RINGS



from **THE WATER BOOK**

(Editor's Note: It should be understood by all readers that *The Book of Five Rings* is not primarily a book on how to kill people. It is an invaluable tool to empower individuals to come to terms with their own greatness and as such surpasses the mediocrity of the weak-minded. In the forthcoming revised edition I will address these matters succinctly.)

In the Book of Water the entire strategy of my Two-Sword school is revealed. You should think each thing through completely and not simply gloss over the words. It is important to understand what you are reading and studying. Should you approach a concept that you do not understand then it is foolish, if you are making the warrior way your life style. When I say that language is limited in certain respects it should be understood that information may be evident but knowledge is not necessarily obvious. There are 'hidden' meanings - not to be confused with non-understandable things - that must be thought through constantly until there is an understanding. When you reread this book you will then see another level of understanding come to light. In fact, each time you pick the book up to study again, you will interpret the teachings differently. This does not mean that your previous understanding was wrong. It means that you are proceeding to ask the 'spirit of the thing' to reveal itself on a higher level.

While it appears that the rules of strategy are explained here in single combat fights you should also think on a larger plane to understand battles containing many men. There is no limit to the ability of a man when he understands the strategic principles of an art. They may then be translated according to need to be useful in other situations.

It is important for you to make sure you understand what you are reading. When you study strategy and even grasp meanings only slightly wrong you will eventually be far off course. When you understand what I am telling you then apply what you have learned to your everyday life.

Imitation is the surest form of flattery and failure. I am not interested that you can talk about my ideas. I am more interested if you apply them to your life. If you do not then essentially you are not in accord with your own mind. This does not apply to those of you who read merely for enjoyment but to those who strive to be warriors. Study to absorb my teachings into your heart.

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

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

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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 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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### **Links of Interest**

***Author's Red Room blog***

<http://www.redroom.com/author/stephen-kaufman-0>

***Video presentations for Hanshi's books***

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

***The 'Infamous' Art of War interview***

<http://www.sonshi.com/kaufman.html>

***Hanshi Kaufman "In His Own Words***

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***Peggy Thompson's Photography***

<http://www.youtube.com/user/northwestshutterbug>

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