

The Martial Arts spirit within the Budo

The peace and wisdom attained through the enlightenment of Buddha offers excellent guidance for the student of Budo. For Buddha had observed that war and violence were not the correct action, but it was all so wrong to be in poor physical health, lacking the ability to defend oneself. The Budo is the self-cultivation of awareness and the promotion of virtuous conduct.

The Budo embraces honor, peace and states as its directive to avoid confrontation. The Art of Budo has strong spiritual tradition of developing one's mind, spirit and body.

Historically Budo has been practiced in conjunction with the spiritual art of Buddhism. However, not every Budo student will receive the awakening of enlightenment. For the student whom lacks the spiritual and moral resolve will not discover the awaking of the Buddha spirit. The Buddhist nature of spirit can not be defined nor gained by verbalizations, power, or wealth. Once the student of Budo consciousness/ego understands this, it can begin the awakening of emptiness which will lead to the path and the discovery of buddha, free moral choice. During this discovery the Budo student becomes aware of one's chi "energy" in every fiber of his being.

Buddha has always emphasized the importance of the development one's 'chi'. 'Chi' exercises are used to strengthen/enhance one's body and spirit. The exercises were also practiced to achieve harmony between the mental and physical spirit. It is through this disciplined training that the Budo student discovers the peace and power of emptiness. Ultimately hoping to achieve the enlightenment, the aura of peace and harmony.

It is student's restraint over excess, and the pursuit of simplicity that creates an awareness of the Buddhism's spirit within the Budo. The beauty of everyday life, for the Budo student who has reach enlightenment, is that daily experiences are now transformation into training lesson of the virtues of Buddha. Understanding the enlightenment of Buddhism in everyday affairs helps the Budo student to live every moment in a peaceful way. This liberation allows the student's spiritual nature the understanding of peace. This liberation teaches the student to view the larger picture of one's life, thus gaining a greater understanding of one's surroundings:

Honor, benevolence, honesty, respect, peace, love, and living a virtuous life are the most essential aspects of the liberation. Removing the spirituality of Buddha from Budo can only lead to violence. It is the union of the inner spirit and the development of the physical body that separates an enlightened person from the unknowing. The union also helps the student discover one's inner peace and self control. So enlightenment helps to clarify the spiritual nature of both resistance and violence. While providing the spirit with the means to pursue harmony, and enabling the body to protect one's self.

The spiritual nature, the essences, of the Budo is peace, harmony with one's surroundings, and the avoidance of confrontation. However, if one can not avoid the impending violence of an opponent, the preferred response is to stop the action with redirection of the aggression.

Ego in the Budo Student

Releasing oneself from ego is a guiding principal of the Budo Arts..

One must learn, not let one's ego guide their spiritual thoughts.

The student must learn to avoid ego's vanity, by emptying one's mind.

The paradox with the above statements are: as ones tries to loose one's ego, the ego now becomes the present activity of one's conscious spirit (ego). It is the dog that chases its tail. As the dog circles around and around, it can see that it has nearly caught it (the tail), but is unable to understand why it can not reach it.

Ego to emptiness: is the state in which the motivations of selfish intentions have been forgotten. Buddha teaches us that the desire for attachments is the cause of our suffering. Ones who disregards attachments, gains greater emptiness, once the ego enters the realm of emptiness, one will gain enlightenment.

The absence of conscious mind 'mushin' refers to the state of the Budo spirit when the individual is no longer aware of his physical or spiritual acts.

This state is considered to be free movement, as if to appear without conscious effort. In this spiritual state the subconscious, the conscious and the spirit move in unison, as if without thought. The movement is instinctive and immediate. In this Buddhist state the Budo student can observe the realm of one's surrounds with little to no effort, enabling him to evaluate, defend or evade.

Buddha's enlightenment arrives once the student's ego has been emptied from one's conscious. This is the pinnacle of enlightenment when the body and spirit (subconscious) become one with conscious (ego). A student will devote years of training to emptying his mind, after much fatigue and frustration, his mind gives up, and emptiness occurs. And enlightenment spontaneously appears.