

Real Life Spiritual Games®

(English version)

Crisis as Chance

take the ultimate challenge

clean up your energy consuming past

say goodbye to your false capacities

re-energize your mind and body

go for a sustainable future

start today

cultivate your selfmanagement

Crisis as Chance

The old Greek word Krisis means chance for change

The Chinese concept for crisis Wei Ji, has two characters: Treat (Wei) en Chance (Ji). The idea is that there is a connection between these two apparent contrasts. A crisis does not only have to be threatening, but also offers new chances and positive changes.

Growing smaller, often a crisis cleans up everything what is not a life and does not have a soul. People, companies and organizations who are willing to go for the necessary changes, often can come out better and stronger. Growing smaller is a self cleaning process we can cooperate with or not.

For many the crisis and the world wide recession forms a serious mental and physical threat. This threat is build by the steering fields of our values, beliefsystems and expectations also defined by the government.

We live by means of values and beliefsystems, they define our targets and we are keen to get certain things in life like, a good education, a good job, a fine family a nice house, status and much, much more. Sounds all good, but what if a economic crisis changes reality into an invisible battlefield, in which everybody loses his or her self confidence little by little.

It is time has to restore your authenticity and cultivate your self-management.

Real Life Spiritual Games are a practical tool to start with.

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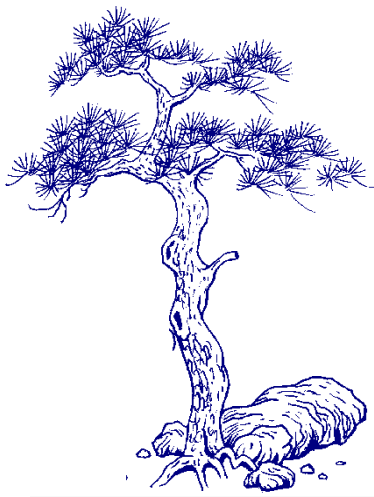
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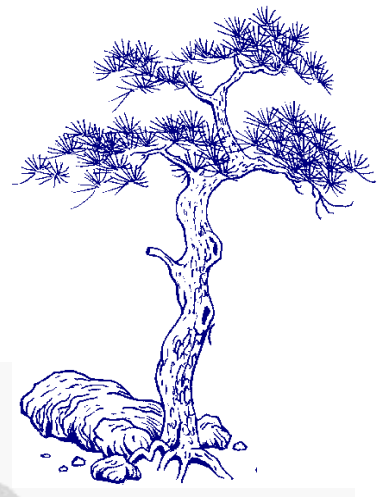
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Real Life Spiritual Games

The Art of Change
Taoist rituals
For Selfmanagement.



Crisis as chance, dealing responsible with your energy

Invisible and indoctrinated values and belief systems dominate our conscious, and are undeniably taken for the only truth. Often they are the root cause for human suffering. Values and belief systems can be selfmanagement restricting and sometimes health undermining. When you choose for crisis as chance, to gain more selfsteering and you are willing to take action, you will boost up your natural energy. Selfmanagement depends on how you deal with your energy in daily life: if you are quiet within yourself, during conversation with people, or when you are working. With every activity you can work on your selfmanagement by nurturing your precious life force. Using your life force in a responsible way means that you are aware of your energy exchange and to use this awareness for cultivating inner strength. When you use inner strength in a responsible way, it will reflect in the world around you. You respect life in all its forms and realize the power of your deeds and words in communication with others.

Selfmanagement depends on how you deal with your energy in daily life

Crisis as chance, is strategic taking action

At every moment in your life there are things that you want to give shape or want to transform. But before any transformation can take place, you have to take action. You can think about changing, but that does not mean that you will ever do it. It is your responsibility to look deep within yourself and face the patterns of your everyday reality, then you need to take strategic action to make the necessary changes into your life. You can do this with meditation and Taoist rituals like Real Life Spiritual Games. Taking strategic action to gain more selfmanagement can be seen as an exciting and inspiring Real Life Spiritual Game.

Crisis as chance, human society is addicted to economic growth

Economic growth can improve life greatly. However, some governments, organizations and businesses see life only as a playground for economic growth, they manipulate our behavior for profit, risking our mental and physical health. We sincerely should ask ourselves the following question: Do we live our own life, or are we lived by others economic interests, and are we more or less totally depending on them? Am I a follower or do I still manage my self? The challenge for who prefers selfsteering and selfmanagement is to figure out, in what strategic games he or she plays an unwanted role. Try to find out how much inner strength, happiness and authenticity it unconsciously cost you. A crisis offers chances for change and underlines the importance that own choice is worth thinking.

Real Life Spiritual Games, are based on millennia old Taoist concepts used by Martial Artists and ancient freethinkers as tools to battle against dominating, barbarous or gunny societies.

Taoist philosophers like, Zhuang tzu, Lao tzu and Zhuge Liang battled against greediness en suppression from the administrative matrix. From antiquity till now the world produced numbers of philosophers and spiritual selfmanagers who dedicated their life to the mental and physical freedom of humanity.

Releasing yourself from any unwanted coercion from a ruling Matrix, is the ultimate challenge for every philosopher, selfmanager and martial artist.

Selfmanagement is the joy of independence

Crisis as chance, what is your free choice?

Selfmanagers are always searching for inner strength and the greatest strength to be re-found is a persons own inner imagination free of all enforced imagination of others in the ruling matrix. A Matrix is a crystallized paradigm, a philosophical and theoretical framework that holds our experience together and creates a coherent picture of reality - a world view.

The mantra for Martial Artists should be: Own choice is worth thinking! But what is still your own choice, and what level of freedom of thinking is permitted? Real Freedom of thought turns out to be subtle and fragile concept.

Playing games with others Self, some peoples favorite daily activity, is not only risky, but also very unethical hobby. As a Warrior you are alert about your acts and deeds and strive with silent strength for metal, physical freedom and selfmanagement.

Industries and governments often operate out of a Matrix, on the edge of mine and thine. Many great thinkers of the past brain-quaked their minds on this subject. Now a days brain-quaking movies like *What the bleep do we know!?* explore new paradigms to refresh our thinking.

The Now, our daily reality is a collection of values and beliefsystems known as the Matrix an imaginary compilation of our combined thinking. How much choice do you really have, if you really want to be free? The ancient Taoists were convinced, that they had only one life, in the Now and that everything happened in the Now. History has brought us all the rules and regulations, the past is gone but the rules stayed. Our modern Now is a modernized version of the our past, history repeats it self in a modern pretend.

"A great many people think they are thinking when they are merely rearranging their prejudices."

David Bohm

The goal is expose and liberate yourself from habits of the mind, so that you are not just replaying tired assumptions and beliefs but thinking new thoughts and creating new neural networks together.

Taoists also had to deal with rules and habits of their social and cultural Now, they strived for total freedom within the system.

A difficult task if you understand that the most important rule of the game is tolerance, your freedom stop where others freedom start, and others freedom stop where yours start.

Often it seems easier to protect and respect the freedom of others, then claiming freedom for your Self. An awareness of being honest to your Self, if your inner peace, freedom or health is taken away by others, is hardly developed.

That is why guarding your Self, showing and protecting your borders is an important element of inner combat science. Self defense is not only a way to inner peace, but also to protect the natural harmony with others we share this world with.

If you are fully aware that you defend your most inner Self, then you also are fully aware, that others do the same. So the key for freedom, and tolerance is that everybody must be able to be him or her Self without any form of coercion.

This consciousness, that billions and billions of different life forms of Self can live in Peace and Harmony together must come from deep within our intuitive awareness.



*Respect for what is differ-
ent by nature
respect Authenticity*





*Beliefsystems you grow up with,
have a very powerful effect on
you*



You are so busy with surviving and keeping the 'peace' with your environment, that you do not get to real living. Surviving is a matter of much effort; real living comes from within and goes with effortless-effort. Effortless-effort is a characteristic of nature.

*If you live in harmony with the basic principles of Life, you get into a talented state, that nowadays we call
FLOW.*

It is the dormant strength (Tao) which lives within you, and never force it self on you, but which is always willing to support you in creating a higher level of existence.

To perceive this dormant strength and to hear the silent force of your inner inspiration, there is a lot of necessary work to do. In essence you have to give up all your conditioning and morphology even your common knowledge to become a harmonic part of the Whole. Life is abundance by nature.

The only variable is our capacity to receive that abundance. This capacity is fully ruled by a variable: who and what your Self thinks to be. What do you consciously and unconsciously belief about your Self? How does that unconsciously lead to Self-sabotage and Self-weakening?

How do you slowly cut your Self off from the abundance of nature, Life itself?

By allowing your mind no own (Self) choice, but leaving the choice largely to others, will result in, that your material form, your body will be shaped by others as well.

That is why it is utmost important to place 'Own choice is worth thinking' high in your selfmanagement banner.

An old Chinese Maxim says:

" If your mind is in the right setting, your life follows suit."

Zhuang tzu said: " Martial Arts do indeed enter Tao, although the Martial Arts are just a small Tao, people can hardly realize, that its academic theory is endless. Of all those who study these arts, only those who have a natural and unaffected mighty spirit and lack the qi of frivolity and arrogance towards worldly affairs, can be compared to the sages and thus are worthy to learn these arts."

Mind-Body combat sciences like Taikiken, Yiquan, etc. are focused on cultivating a natural and unaffected mighty spirit, I think that is where we can make great progress.

The 'spiritual game' of fitness. The next breakthroughs in athletic performance will come not so much from muscle bulk and skeletal strength as from a skilful combination of physical training and the use of such neglected powers of the mind as concentration, meditation, visualization, and inner sensing. Inner work turns our attention to development what we may call inner technologies.

Conditioning, morphology and attention asking memories block a natural unaffected spirit, every form of intuitive perception and spontaneous natural reactions.

There is such a thing as emotional rubbish; it is produced in the factories of the mind. It consists of pain that has long since passed and is no longer useful. It consists of precautions that were important in the past, but serve no purpose in the present.

The selfmanager has memories too, but he learns how to separate the useful from the unnecessary; he disposes of his emotional rubbish.

A companion says: 'But that is part of my history. Why should I eliminate feelings that marked my very existence?'

The selfmanager smiles, but he does not try to feel things that he not longer feels. He is changing and he wants his feelings to keep pace with him.

Crisis as chance, release from the matrix

The most difficult challenge and task in combat science path is to escape from an invisible enforced or voluntary learned awareness Matrix. It seems, that this Matrix simply takes advantage of a sort of mind control already operating in our everyday world. We are told, that what keeps people from taking control of the Matrix world is taking for granted the common sense view of how things behave, such as, if you fall you will get hurt. More generally, what keeps people in line is their tendency to believe what the average person believes, and consequently keep doing (and not doing) what one does and doesn't do. (As in one eats peas with a fork, one doesn't throw food at the floor, and one goes out the door rather than the window.)

Unlearning conformity is not only the hardest and difficult selfmanagement challenge, but also an adventurous voyage to reach your own Self awareness.

Both 'MartriX Real Life Spiritual Games' and 'The MartriX follow TheFeel Method', have integrated the old tested Taoist WUJI method of Intuitive Writing and releasing the past with fire. This WUJI method helps you to renew the mystery of the natural way; the Tao within your Self. With this WUJI method you extremely successfully neutralize your engraved morphology and latent present attention asking memories. Maybe as an experienced Martial artist or selfmanager the question pops up. Why is it so important to be a selfmanager? Because if you want to be your inner master, you must first know, who you really are and for whom you take responsibility. Knowledge over who you really are is the key to the highest league of selfmanagement.

Self-knowledge is hard work on your Self! All false personages must be dissolved or overgrown. That asks tremendous courage. If you know what you are doing however, it is not as difficult as it looks. It requires only a terrific discipline. Only those who have the right self-discipline will make it to the finish. The best form of discipline is self-discipline. That means, to be nobodies follower, but intentionally observe yourself, day after day, without judgment.

It does not mean, that you cannot have a teacher. It means, that what you possibly learn from a teacher, always test from your own experience. You do not take things for granted, also not from me or what you are reading right now. If you perceive something else then the source or the teacher says, be your own authority. Try what you experience as valuable and if it does not fit with your own observation: throw it overboard. Learning, real learning requires passion, the passion to discover yourself. This requires freedom of conditioning, great curiosity, intensity and direct perception and experience. That is real self-discipline, start learning and by working with it!

All false personages must be dissolved or overgrown. That asks tremendous courage.

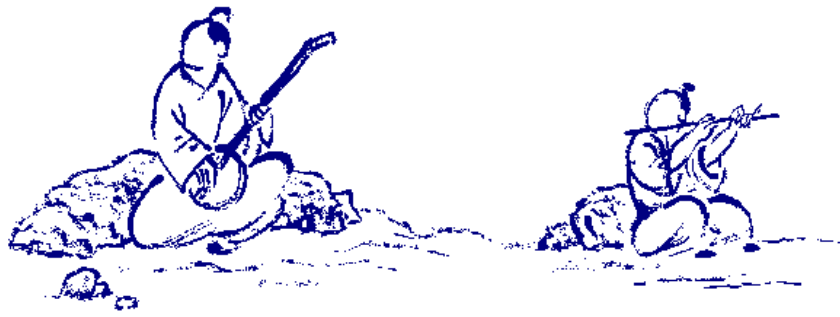
Crisis as chance, your first Brain quake

You don not see the world as it is, but as you are! Your Matrix determines what you are able to see, how you think, and what you do. You do not question its accuracy because you are usually unaware of its existence. A Matrix is like hypnosis!



Everything in your life reflects your belief and for what you stand





*If your mind is in the right
setting,
Life follows suit.*

As a person you react nearly exclusively from your conditioning. You are inwardly divided. You are not complete, not healed. You get lost in your inner inconsistencies. You suppress all sorts of inner conflicts and therefore only can see a split world. The world does not exist. The only thing what exist is your perception of the world which is not objective.

Countless fragments in you fight for domination. Now an influence of your father crops up, then that of your mother, then a role model, then the role of a personage which you have resisted yourself against strongly and by doing that you surely have recorded some patterns in your subconscious. Some fragments are connected to social conditioning, other ones come from collective patterns and conviction. You do everything by habit or because you have learned to do so by Matrix 'osmoses' that it is the way to do it.

You become deluded in your essence by all kinds of untruthfulness and convictions from all kind of sources, particularly authorities and experiences. You become all the time less your SELF and more and more a product in conformity with family circumstances and the social design of the ruling Matrix. The ruling Matrix is ruthless under a veneer of compassion. You do not want to be conditioned by it. If you want to reach the essence of selfmanagement: compassion, comfort, happiness and strength.

An average person has thousands and thousands of similar fragments, all with their own opinions and oddities. The life of an average person is an enormous energy consuming daily task. Sometimes you get tired of your own inner population and genetic terror. Now and then you feel similar to a chameleon.

You wonder: Why in god's name did I say that?

Or you think things like:

I wish I could get rid of the habit, but it is as if there is a strange force inside that let me do these things.

Or: I feel myself so clumsy when someone does pedantic to me.

All fragments. Thousands and thousands. That is not living. That is a fight, a struggle. That is surviving, not living.

That is why you as a prospective master in the selfmanagement have to be free of past and future. You know intuitive, from your totality, what you have to do, you do not have to think about it. That is why you are more awake and quicker. You are a graceful dancer who became dancing itself.

There is no Martial artist on any format who thinks: What do I have to do now? Because it goes all to quick in a real fight. Who wants to be good must get free of the need to think.

You act from TheFeel. TheFeel is infinite much more powerful then the sum of the other five senses and the brain together. Someone who lives by TheFeel, deals with life in a way of synthesis instead of an analytical way. Analysis is always about fragments. Synthesis is about the whole.

What is freedom?

Nothing else then overgrowing the resistance of your personal and collective human conditioning of values and beliefsystems. Who wants to be free, must wake up and that demands much courage. It is however an unknown freedom to judge nothing that appears in your perception. You live without resistance. You can really perceive, really listen.

Lao tzu:

'The Sage lives without resistance and so nobody can resist him.'

Opposite: Who is not free cannot communicate. Who is not free only knows a weak reflection of what real communication is. And that is valid for 95% of us. Most of us do not perceive:

we judge. We express opinions. We reason something away. We justify. We talk and talk, without coming to the point. We compare, consciously and unconsciously, everything with what we already know. We say constantly: that is good and that is wrong, that is this and that is that. Opinions, opinions, opinions. All opinions can be brought back to convictions and is a form of ignorance and insecurity. Becoming free of your past is becoming free of your conditioning.

From your earliest youth, you become imprisoned in a Matrix of all kinds of values and beliefsystems, over what you as a child could not form your own idea. Society molds her subjects patiently for conformism. That is no freedom that is a subtle form of slavery.

Researchers of Stanford University discovered that most of the people are for more then 90% conditioned by convictions which they collected before their 22nd birthday. By then they have opinions and value judgments about everything, that however mainly lead back to the 'early authorities' in life or to their revolt against the same authorities, and in greater measures, to the enormous mass collective convictions of human kind. That is unconscious slavery.

And it is very painful. That is why most people do not want to have anything to do with awakening. They prefer the apparent comfort of the Matrix.

Crisis as chance, Taoist rituals for cleaning and health:

Rooting is back to the future! The question is how deep the Rabbit Hole do you want to go?

Deep within us lives a stranger, someone unknown, our other I, our forgotten I, a stranger who sees our origin via the never exposed roots of our energy.

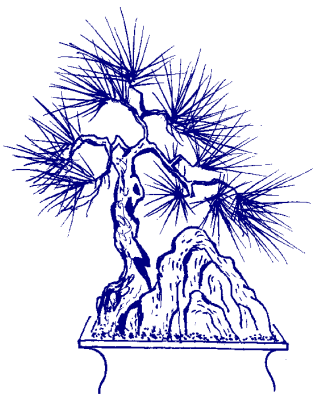
Our other I sees everything in the light of its natural connection because that is the way it serves the purpose of your own inner view. Do not choose, let everything be chosen by your natural connection.

Go deeply inside by your roots. The clue is that you enter a state of permanent solidarity with your inner body, and if you feel this integration all the time. Then your life will change and deepen rapidly. The more awareness you can focus on your inner body, the higher the vibrating frequency will become, something like light that gets brighter when you add electricity by turning the light control up. At a higher energy level, negativity has no grip on you anymore, and you start to attract new circumstances which are reflections of your higher frequency. If you keep you attention as much as possible in your body, you will get firmly-rooted in the Now. You will not loose your Self anymore in the outside world.

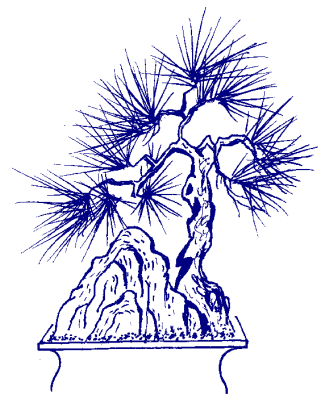
Thoughts and emotions, fears and desires can still be there, but they do not overrule you any longer. Keeping your roots healthy is your basis for an unhindered grow to the Now. The experience proves that if you not voluntary think about life, you will be forced by life to do it. In hospitals you find many people who suddenly had to think deeply about life. Out of prudent avoidance you often could do that much earlier.

Crisis as chance, natural intuition is the master of awareness.

If you strive for manners, you polish your nature and fade away your feelings; you eyes can desire something, but they are constrained by measures; you heart can be crazy about something, but you are restricted by 'your' manners. Your behavior is reserved and restricted, humble and submissive; fat meat you do not eat, and good wine you do not drink.



Becoming free from opinions, is becoming free from the past, is becoming free from your conditioning





"People from different cultures don't see the world different, but think different about what they see."

Outwardly you are restricted in your attitude, inwardly you are worried about your virtues, and so you suppress the harmony between yin and yang and hinder your natural feelings of life itself. Therefore you will stay a sad person for your whole life. Why? Because you forbid yourself what you desire, without trying to get into the roots of the how and why of your desire. You avoid that what you enjoy, without trying to find out what you enjoy. Manners, hinder feelings and block desires; by disheartening yourself with sense of duty, even if your feelings and your heart are choked and oppressed, and suffers your body and from hunger and thirst. You keep forcing yourself with the thought of necessity, so you never can live your natural life. Manners cannot take your desires away, but they can suppress them. Even if you make everyone so scared for punishment that they do not dare to steal, how can you compare that with taking care that people do not have one single desire to steal? If you use hot water to keep the kettle from boiling, it will only make it to boil more, if you understand the nature of the matter you just remove the fire.

Crisis as chance, an ancient path to Self mastery

This method improves directly your feeling of self respect and selfmanagement, since you are doing it all by your self and for your self, you create a written picture of your inner life, you expose your situation to clear out all the noise. The WUJI intuitive writing method is an extremely effective tool to release the unwanted past with 'fire', you formulate your deepest emotions in to words and write them down on paper.

Crisis as chance, strengthening the immune system

A physical advantage is, that your immune system gets much stronger if your body is only occupied by your self. The more awareness you bring into your body, the stronger your immune system becomes. It is like every cell becomes present and enjoys itself. Your body loves your attention, that is why it is such a powerful tool for Self healing.

The WUJI writing ritual works in all fields of self-recapturing and self healing, thus also for work, career and at a more intimate expression of life like love.

Crisis as chance, how does the ritual works?

The road to Now, by releasing the past with fire.

When in ancient China people got weakened or sick, they often went to see a Taoist master who urged them to self regeneration and self healing as follows.

How to write the Cleaning Formulas:

Preparation for writing the formulas: Take several paper sheets, a pen or pencil, find a quiet and comfortable place to think and write, and start the cleaning job.

- Promise of improvement: you ponder or meditate over your life and write down on three sheets of paper three identical lists with all conditioning, convictions, weaknesses in short terms down and also the 'mistakes' which you made in your life or still make.
- And you declare in written words that you feel sorry for your behavior and promise yourself ceremonious that you are willing to correct these conditioning, convictions, weaknesses and mistakes.

You promise yourself not to repeat your weaknesses and mistakes, otherwise you punish your Self in the long run with unhappiness, sickness and even death.

- This is the most severe form of promise, for lighter weaknesses and mistakes or if you are not so sure about your character decide then what punishment you can inflict on yourself. Avoid with incorruptible promises to repeat your behavior.

Crisis as chance, delete health consuming qualities.

- Some examples of exhausting or weakening behavior are: smoking, excessive alcohol consumption, drugs, gambling, sexual exhausting, desire to please, being submissive, work addiction, bad or unlimited eating and other health and life threatening habits.
- After this you write down all your fears, grief addictions, and known sources of depression, you request them in writing to leave your bodies and different levels of awareness.
- The next step is that you write on the sheets of paper that you give all the energy of others back which you carry within you or around you to the rightful owners.
- After that you write down that you want all the energy back which others wrongfully took away from you and keep captive.
- Check everything you have written down carefully and verify if the entries touch the essence of your feelings and deepest emotions.
- If you are convinced that this, for the moment is the best you can get on paper, you are ready for the great energy regulating / transformation.

Crisis as chance, it is time to say goodbye to your bad habits and weaknesses!

How to do this?

- one form must be burnt and send to heaven by fire,
- one form must be buried in the earth,
- one form must be sunk in the river.

In ancient and even in most modern cultures this are still the traditional and ritual ways (cremating, burying, and a seaman's grave) of say farewell to a deceased, also known as someone who went out of time, out of the Now.

Burning, burying and sinking are deeply interwoven in our inner feelings and emotions as a farewell ritual for something we definitive part from in the physical form.

Therefore the WUJI cleaning ritual works so effective, you ponder over your life, and actively say goodbye to memories which went out of time and matters that consume you energetically.

If you feel that the original ancient trinity method is too much work, or if you are not in the circumstances to perform the ritual safely, then you can reduce the ritual to Release the past with fire.

Ritually burning your past is the strongest form and it also works very good on its own.



it often needs a lot of courage and persistence to be honest about your self and your own truth.



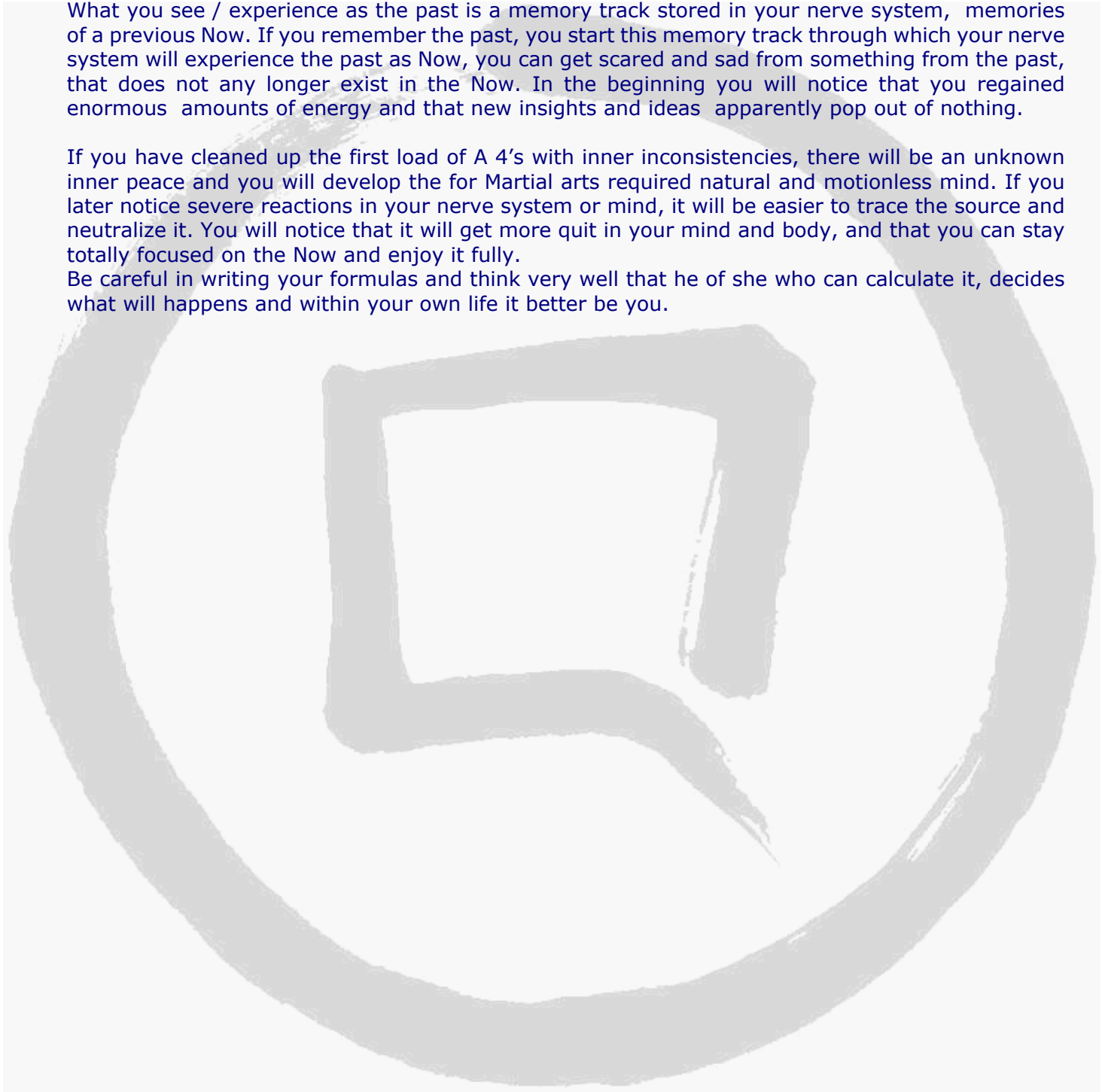
NOTE! In some Taoist trends they even stress that it is very important to clear the weaknesses and mistakes of the last nine generations. This to clean your family karma, or your family tracks with all morphology, in which you quietly follow your past. For the real freedom fighters under you this is surely worth giving it a good thought.

But it is important that you first clean up the Now and your direct vicinity, then you slowly go back in your own past and that of previous generations that still lie dormant within you.

What you see / experience as the past is a memory track stored in your nerve system, memories of a previous Now. If you remember the past, you start this memory track through which your nerve system will experience the past as Now, you can get scared and sad from something from the past, that does not any longer exist in the Now. In the beginning you will notice that you regained enormous amounts of energy and that new insights and ideas apparently pop out of nothing.

If you have cleaned up the first load of A 4's with inner inconsistencies, there will be an unknown inner peace and you will develop the for Martial arts required natural and motionless mind. If you later notice severe reactions in your nerve system or mind, it will be easier to trace the source and neutralize it. You will notice that it will get more quit in your mind and body, and that you can stay totally focused on the Now and enjoy it fully.

Be careful in writing your formulas and think very well that he of she who can calculate it, decides what will happens and within your own life it better be you.



Warning 1.

Be careful with the use of fire, use only fire on places which are suitable and safe to burn something without damaging your surroundings. Taking responsibility for your action is the first step to self mastery, so once more be careful.

Warning 2.

If you change, this can have interfering influence on your surroundings! Be well aware that family constellations and friend constellations, but also social constellations are often in a fragile equilibrium based on habits! If you are going to change yourself radical, others in the constellation automatically have to choose new position and that can be very surprising in both directions.

Own choice is worth thinking, the MartriX organisation can not be hold responsible, for any future changes in your personal life and/or in your relationship with others.

It is your free will and your free choice to change your Self or not.

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