

March 2010 Newsletter

Jizaikan Aiki Ninjutsu

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# ***Jizaikan Newsletter***

**Monthly Newsletter #35 (March 2010)**

What you will find in this issue:

1. Sharing
2. Baggage
3. Life Is A Battle
4. Kancho's Critiques
5. New Members and Promotions
6. Aiki Ninjutsu Book and Dvds!

# March 2010 Newsletter

## Sharing - Thomas Jotoshi Maienza

"The greatest gift is to give people your enlightenment, to **share** it. It has to be the greatest (gift)." - Gautama Siddharta, the founder of Buddhism, 563-483 B.C.

If you had something that could save a life, revitalize someone's crushed spirit, or lift someone from the dark overwhelming depths of depression. Would you share that knowledge with them? Often we become so focused on ourselves that we forget we are surrounded by others. We isolate ourselves physically and emotionally. Everything we do becomes all about "me." We must awaken from our state of sleepwalk living and look at the people who surround us. People everywhere are disconnected and in dire need of what we as students of Jizaikan Aiki Ninjutsu have found. If you discovered the secrets to living happier and healthier lives then share it. Give others a chance to experience a little of what you have.

"Life ends when you stop dreaming, hope ends when you stop believing, love ends when you stop caring, friendship ends when you stop sharing... so share this with whom ever you consider a friend." – Unknown author

There are many noble reasons to share this wonderful experience with others. The benefits are many. Physically, mentally, and spiritually people are improved by developing qualities of confidence, coordination and better concentration just to name a few. Who couldn't use a little improvement in those areas? Aiki Ninjutsu makes us better at everything. If we look at improved concentration, for example, one becomes a better athlete, better employee/employer, better student, and will experience less stress due to being overwhelmed.

From a selfish perspective there are two obvious benefits to having friends, family and co-workers train with us.

1. Accountability is a great way to stay on track and meet your goals. Sharing your training with a friend will increase your odds of success.
2. Having friends, family, neighbors and coworkers who live safer, richer lives guarantees less conflict for you.

We in the Jizaikan have been pleasantly surprised on numerous occasions to hear about how our art and philosophy have literally saved lives. I have heard of people contemplating suicide that when coincidentally listening to one of our audio cds they decided that life might have something more to offer. Life might be worth living. People have used our advanced conflict resolution strategies and tactics to save relationships, heal old wounds and even motivate themselves to make amends to those whom they may have harmed. We know of a Jizaikan student/business man who uses our strategies and tactics for contract negotiation, securing a bright future for the healthcare system in Ohio.

# March 2010 Newsletter

## Sharing (cont.) - Thomas Jotoshi Maienza

Students, of the Jizaikan, have inadvertently stumbled across an endless natural spring of knowledge that transcends time. The art's ancestors with centuries of studying the human mind developed a technology to pass this information down to us. Being a modern day warrior means a life of service and living as a protector. What better way to serve and protect than to empower others by helping them unleash their potential.

Moving towards self-actualization as opposed to self-image actualization and becoming authentically present for others is the Jizai warrior's strength. Knowledge is his weapon. Serenity is his shelter.

"Live your life from your heart. **Share** from your heart. And your story will touch and heal people's souls." - Melody Beattie

Tell everyone you know about the true benefits of your training. Resist the urge to brag about the fighting skills learned. Educate others on the lessons that the kata carry. Keep in mind that the kata are vehicles or examples chosen to demonstrate or create an opportunity for the student to experience and learn valuable life lessons. Training in Aiki Ninjutsu should improve your quality of life, as well as have lasting positive affects on those around you. Someday you may save a life. So, are you going to share it?



## March Special

### 10% off one item!

Limit one per person  
Expires March 31, 2010

# March 2010 Newsletter

## Baggage - Michael Jutoshi Eichenberg



Your present day experiences and opinions are all affected by the things that happened to you over your lifetime. Some of these things may have happened to you decades ago, but were so “important” or “devastating” that they formed you into the person you are today. Without those experiences, you would be someone completely different. Your view of life itself would be drastically altered. This is true for good things and bad things.

Someone who grew up in a loving household where they never wanted for anything and another person who grew up in a household where there was a lot of emotional and physical abuse would have drastically different experiences that would affect them for years or maybe even a lifetime.

How long do we hold onto things that happened in the past? Do we live the rest of our lives based on events that we had no control over? Many adults have been victims of abuses that happened to them when they were kids. They have lived twice as long after the events as they had when the abuses occurred, but they cannot seem to let them go. They have a hard time remembering the fun times that happened on a daily basis and have relinquished their childhoods to ten horrible days. How does one break the cycle of their thoughts and actions?

If I knew the answer to that I would be a multi-billionaire! Everyone has issues. There is not one person on the planet that has had a perfect life. The answer to living a happy life is to stop living in the past. Stop carrying the heavy load of baggage that was forced on you so long ago. Who controls you? You do. You are the only person who can decide that you will no longer allow others to control you over things they did years ago. The sad part is that most of the things that have caused you so much pain over the years have been forgotten by the person who did them. They moved on, not knowing that their words or actions had such a devastating effect on you.

On the other side, know that your words and actions can become baggage for others. What you might say as a joke or do out of anger can completely change someone for life. Be sure to use our Code of Mindful Action and “Avoid violent, disturbing and unduly critical speech” and “Avoid causing alienation, doubt, and division among others.”

You must make a conscious decision to work on you. Use the secrets that you learn in our Aiki Ninjutsu techniques to give you the technology to help you take control of your life and not just for a fight which may never happen. You have so much to offer the world and that will all be wasted if you allow your subconscious to sabotage your happiness because you insist on carrying those heavy bags around for the rest of your life. Take a deep breath and then set the bags down. They have been on your back for years and you may not want to look at them, but take the time to examine them. See that they have been made heavier by the emotional weight you have attached to them. They may be really

# March 2010 Newsletter

## Baggage (cont.) - Michael Jutoshi Eichenberg

ugly bags. Ones nobody should ever be made to carry, but realize that they are just that, baggage. They can be put down. They have helped make you into the great person you are, even if they are "mean and nasty." Without them, you might not be training in an art that encourages you to make a difference in your life and the lives of those around you. Consciously decide that you are taking control of you and that you are going to live in the present moment and enjoy all that your life has to offer. You can create new memories that will be much lighter and more enjoyable to carry.

You have persevered and shown that you are a strong person. I am so proud to be a part of your life and to have you in mine. Let's change the world by starting with ourselves.

# March 2010 Newsletter

## Life Is A Battle - David Dinius

We left early that Friday morning from Kansas City, driving eight hours to the annual Shugyo being held this year in Naperville. Kalon and CJ were in the front seat, and I was thankfully stretched out in the back.

It was somewhere around the biggest cornfield in Iowa, on Highway 80, that a very official looking "Department of Transportation" truck blocking the Interstate, diverted us onto a narrow back country road.

Although pretty comical, it was kind of a cheap trick because upon finding our way back to the highway (via good fortune, gas-station directions, and 10 miles of "Deliverance" jokes) we discovered a two hour traffic jam ahead of us.

After some time had past, it seemed the wait had gotten the better of many of those on the waiting side, and they were beginning to cut-back across the median.

About forty five minutes into the traffic jam there was a family of about four or five older women and children, their Lincoln continental was stuck in the wet grassy median. They were about 100 feet ahead of us, and having ample time to observe them, I noticed that although we had moved 20-ft in 10-min no one ahead of us had gotten out to help. Strange it seemed, and yet sadly predicable, how unlikely it is for people to give up something as insignificant as their place-in-line to lend a hand to a stranger, not to mention put themselves in physical danger for one.

Reflecting on this silently as we crept ahead, I thought to myself – "What separates those who are willing to help from those who don't." The obvious answer – Attitude! "Ok, so what attitude does the person who helps have – abundance, confidence, self-reliance, benevolence, protector. Then the person who doesn't help would likely have the opposite – scarcity, selfish, irresolute.

What about me....?"

As we moved a few car lengths closer I could feel the pressure, the urge, to take action. "Kalon" I said "You ready to get out and push?" I said with a chuckle, getting out of the car.

Kalon and I started pushing, .....nothing! I'll admit that I felt a little silly, the two of us busting our tails trying to push this massive car up a muddy hill, but a weird thing happened, the more we pushed the more people started pulling over and getting out of their cars to help. It was truly amazing... Shugyo had started early!

To say life is a battlefield is more than just a metaphor – we struggle to succeed, struggle to overcome obstacles – including each other. Even without being particularly competitive or success-oriented, we all have a method by which we measure our personal success, judge which victories are truly meaningful to us, and decide at what price we want it.

We did eventually succeed in getting the car unstuck, and it's a victory I think was worth more than I paid for it. I got a chance to reaffirm my faith in myself, and hopefully passed on something of value to my fellowman. And if you're reading this... thank you, family in the red Lincoln continental.

# March 2010 Newsletter

## Kancho's Movie Critiques

This month seemed to be a horror / thriller month at the movies. The funny thing is that the old fashioned B horror movie turned out to be the most fun!



### Wolfman – 2 1/2 shuriken

This movie starring Benecio Del Toro and Anthony Hopkins had a great look to it but just felt flat. There was some great special effects as far as werewolf transformations but the story was not scary. I think it would be a good dvd rental.



### Shutter Island – 3 shuriken

This movie starring Leonardo DiCaprio and directed by Martin Scorsese was a good gothic thriller. It was a movie that kept you thinking and stayed one step ahead of the viewer. The ending will have you discussing the movie with your friends for the real meaning. I highly recommend this movie.



### The Crazies - 3 1/2 shuriken

This was one of the best “zombie” or biological disaster movies I have seen in a long time. The movie's stars including Timothy Olyphant take this B movie to a terrifying place. There is a lot of gore but it is rewarded with a ton of suspense. This movie will weird you out for hours after you see it!

# March 2010 Newsletter

## Welcome To The Jizaikan Family!

Welcome to all of you who have joined the Jizaikan organization and a **HUGE** congratulations to everyone who earned their next rank belt!

### New Students

#### Warrior's Edge

Ashley Arl  
Cole Arl  
Damian Ciesielski  
Kelli Jansen  
Daniel Jones  
Michelle Mobley  
Adam Moore  
Karan Nagender  
Pooja Nagender  
Nicholas Rausch  
Gabe Reike

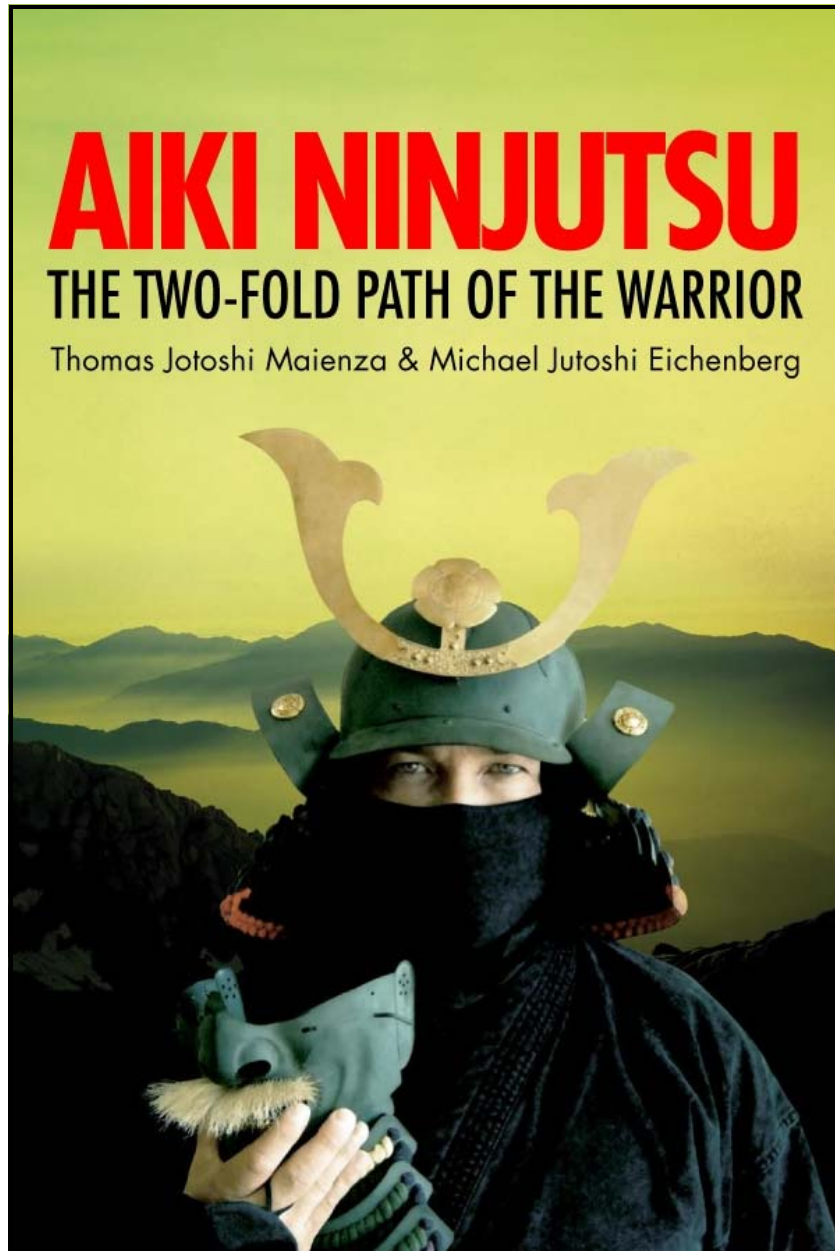
### Promotions

#### Warrior's Edge

Max Carey – Camo/Yellow  
Elia Houston – Camo/Yellow  
Tim Zangler – Camo/Yellow  
Brayden Lowe – Camo/Orange  
Dylan Reher – Camo/Yellow  
Sam McBroom – Camo/Orange  
Raphael Viton – Camo/Orange  
Amelia Mendrys – Camo/Purple  
Ashlen Roberts – Camo/Purple  
Brandon Valha – Camo/Green  
Rosy Viton – Camo/Green  
Cassandra Heine – Blue  
Karen Roberts – Brown

March 2010 Newsletter

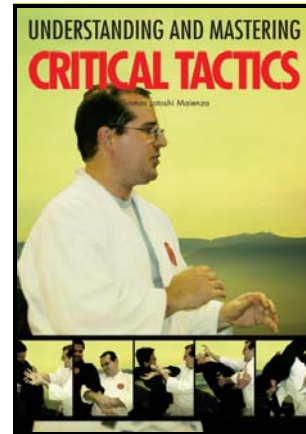
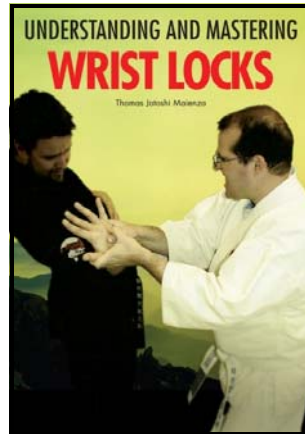
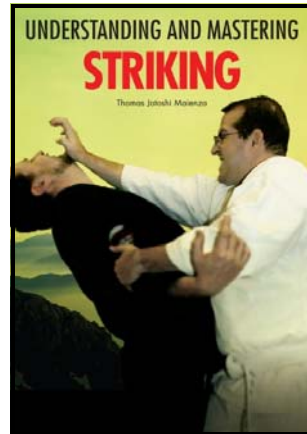
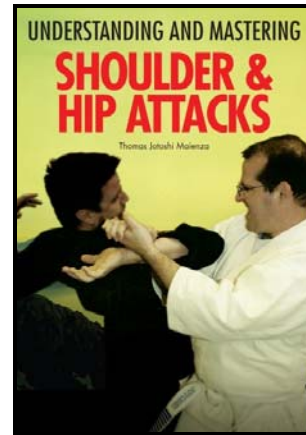
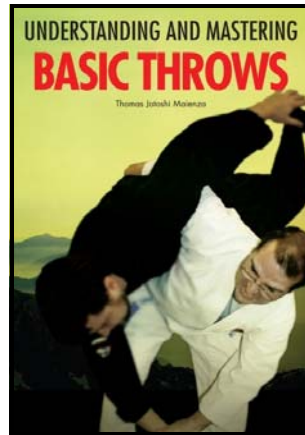
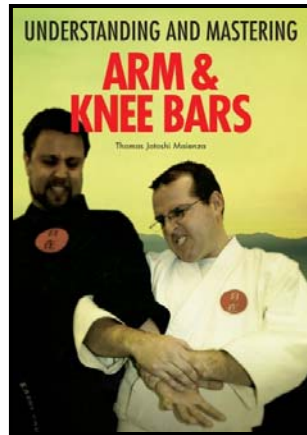
**Aiki Ninjutsu Book Is Now Available!**



**Only \$24.99  
In the pro-shop today!**

# March 2010 Newsletter

## NEW Understanding & Mastering DVD Series



**Take Your Training to the Next Level!**

**Learn How to Master These Incredible Techniques  
From the Founder of Aiki Ninjutsu, Do-Shu Maizenza**

**Only \$35.00 each  
Available in the pro-shop**

**Pick Up This Incredible Series Today!**

# March 2010 Newsletter

## Warrior News

**Be sure to visit the  
Jizaikan Website at**



**[www.Jizaikan.com](http://www.Jizaikan.com)**

There are training articles, videos and much more!  
Make sure to make this a normal stop on your daily  
internet routine.

**facebook**

### **Warrior's Edge Martial Arts and Jizaikan Pages on Facebook**

This is a great way for the members of the Jizaikan and  
Warrior's Edge to stay in touch. Be sure to get in on the  
great discussions taking place here.

### **In the case of inclement weather**

be sure to visit the website of your local school to see if  
there will be classes available.