

學習武術，是個「看見自己、找到自己」的好方法

Study wushu (martial arts), is a good way “to see yourself and find yourself”

他是肢體的學修術，透過肢體，將武術內化進入心

It is a technique of cultivating the body, through your body, then let wushu internalize into your heart

學習武術，你需要放下許多的自我

Study wushu, you need to let go many of your own ego

因為武術師父，會讓你的虛假人格「碰壁」

Because wushu Shifu (Master), will make your phony personality ‘hit a wall’

遭遇「碰壁」的學徒，需要有一定的覺知

For those students who encounter ‘hit a wall’, must have certain degree of awareness

才會知道「碰壁」之中，有哪些虛假人格的浮現

Through ‘hit a wall’, then knowing those phony characters have surfaced

這些虛假，需要被「師父」打破

Those ingenuine, fake and phony, need to be shattered by “Shifu” (Master)

而虛假的自尊，就是其中首要

Then that phony pride and self-esteem, is one of the primary focuses

沒有謙遜，就無法躬身（放下身段）學習

Without humility, one cannot bow (letting go the status) to learn

在武術之中，不論個人的社會地位如何

In wushu, regardless of individual social status

進入道場，你就與其他入，無有二樣

When entering the studio, you and the others, are the same

說的就是「躬身」的態度

It is addressing the attitude of “bowing your body”

滿是自我的人，在武術上的學習是極為痛苦的

When a person is full of oneself, it would be extremely painful in learning wushu

但是，如果這個人本身懂得「看、聽、學」

But, if this individual itself understands [look, listen, learn]

反而能夠在整個過程裡，打破自我的虛假

Instead to shatter the phony self of this individual in this whole process

並且，經由「武術」及「師父」的點化

In addition, through ‘Wushu’ and the pointing from the ‘Shifu’ (Master)

各人就能夠因此學習去看見自身的潛質

Individual then can see its own potential through this practice

人人適合的拳路不同、有刀、劍、拳、腳、棍等諸多

There are various of styles to fit each practitioner, such as: saber, sword, fist, kicks, staff and many...

若是能踏實地躬身鍛練，終至將走到「氣」的領域

If one can diligently practice with sincerity, at the end it will lead to the area of ‘Chi’

武術，是一個發覺自心的歷程

Wushu, is a journey of realizing one’s own heart

凡是走向內心、發展潛質、打破虛假的

For those going toward inner heart, developing potential, breaking through the fabricated and faked

都是神聖的

They are all sacred

練功，就是一個看自己、看別人、聽四面八方的功夫

Practice (Liàngōng), is the Kung Fu of seeing yourself, seeing others, listening to all directions

看別人，忘了看自己因為看別人的起心動念是什麼

Seeing others, is forgetting to see yourself because you are watching the intent of others

看自己，是經過自我覺察，開始提升的境地

Seeing yourself, is through you own observation, begin the level of elevation

這個境地仍不離「看別人」

This level is still not deviate from ‘seeing others’

但，這個「看」的品質已經不同了…

But, this ‘seeing’ quality is different now…

所以，任一學武術的，是經由另一種道

Thus, anyone who studies wushu, is going through another journey of Dao

依各人因緣、器度、質器、根基而能夠發展不同的境界

Following each person’s cause and condition, degree of tolerance, qualities and foundation to develop various levels

同樣的，人生的問題，也能夠在練功之中，撇見指引

Similarly, the problems of life, could also see the glimpse of guidance, in the midst of Practice (Liàngōng)

如果，你攜帶著「靜」的品質，在練功上

If, you carry the quality of ‘Quietness’, in the Practice (Liàngōng)

縱然一路上，看見自己的問題，那，也是一種指引

Although on the way of the path, seeing your own problem, thus, that is also a kind of guidance

指引你朝什麼樣的方面去「打破」

To guide you toward whatever direction to ‘break through’

倘若你將經歷升華並內化了

Providing you are going though elevation and transformation internally

在一舉一動中，武術亦能將這份內化，顯露出來

Within each move and touch, wushu is also revealing this internal transformation

以上分享，不為什麼，就是時候到了

Sharing the above, has no reason, just because it’s time