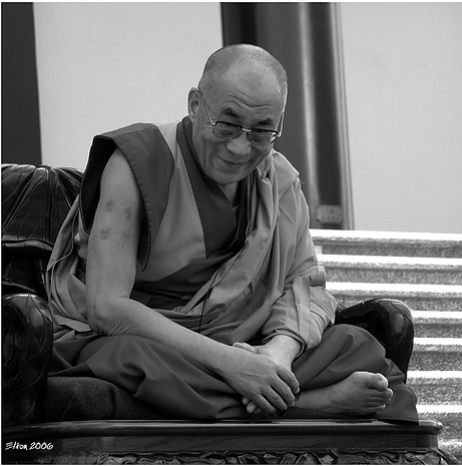


# March Newsletter

Hello:

I hope that this March newsletter finds you in good health and happy spirits. Wow! If ever you question the power of mother nature, just remember back to that snow storm in February. I hope that you all survived the day with all the shoveling and a little trouble. Hopefully we won't have many more days like that but if we do, on a side note, always call the dojo before you head in to train; it was a horrible day and most of us worked out with a snow shovel and fun in the weather.



## The Wisdom teachings of the Dali Lama

Matthew E. Bunson

Unless our minds are stable and calm they may be, they will give us no pleasure. Therefore, the key to a happy life, now and in the future, is to develop a happy mind. Unless our minds are stable and calm, no matter how comfortable our physical condition.

## Bow to life

365 Secrets from the Martial Arts for Daily Life

Joseph Cardillo

## **Connect with the stillness in movement**

Martial Arts teach that there is concentrated core energy within us. It is the center of every movement it is still and unmovable, like the axle of the wheel, like the full moon reflected in water. It balances and powers you on and off the mats, and it is who and what you are at the deepest level. Off the mats, tapping into your core is vital to the understanding and experience of your deepest and true nature... Psychologist Ram Dass explains” We are not humans having a spiritual experience; we are spiritual beings having a human experience. Connecting with this energy gives you stability, power, and purpose. Your job is to get connected.



## **Grappling Class**

**March 26...Commack dojo...6:30 Pm ...Adults Only**

## **HOW TO HAVE A GOOD DAY!**

Wake up early - don't rush

Breath slowly and deeply

Exercise

Take 5 minutes to reflect

Greet everyone  
Smile a lot  
Compliment often  
Communicate  
Listen more - talk less  
Beware of giving advice  
View your work as a privilege  
Express appreciation  
Do your best  
Welcome change  
Relax your neck muscles  
Plan time for relaxation  
Throw away negative feelings  
Let go of anger and guilt  
Leave work at work  
Review your accomplishments  
Plan pleasurable events  
Eat well at night  
Recognize your blessings  
Lots of love

### Calendar

March 11...Black Belt test...6:30 PM...Kings Park Dojo  
March 13...Jr. Ni Dan Test....10 AM...Kings Park Dojo  
March 20...Children's test ...Kings Park Dojo  
April 2,3,4,5 ...Easter Dojo Closed  
April 10...Jr. Black belt test ...Commack Dojo ...10 AM  
April 29....Ni Dan San, Dan test....Kings Park Dojo 6:30 PM  
May 6...Adult Kyu Level exam...Kings Park Dojo 6:30 PM  
May 30...Memorial Day ...Dojo closed  
All dates are tentative

Have a great Month,  
Always in the spirit,  
God bless:  
**Soke Olshlager**