

JADE Buddha



1971 Queen St. E. #208, Toronto, ON

www.cmacbeaches.com

Yume Dapo Highlights

24 Hour training in Shelburne

Year of the Tiger



Another outdoor training experience that was totally awesome and will be repeated so put it on your list of things to do. Life is for the living so get involved where you can.

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Right actions depend on right thinking. Right thinking depends on knowing what is true.

Beaches Newsletter

Sensei's Note

There is an old Masonic saying that goes "Ordo ab Chao" or "Order out of Chaos". Basically how it works is you create a situation to cause a reaction and through that reaction the powers that be get the green light or the go ahead to control the situation, the situation that they created.

The G-20 was a bit over the top, \$1 Billion for security and still 4 cop cars get burned. Who could get close enough to torch those cars? Why did they have it here in the first place? They should of had it in the Gulf, either Gulf would have been better than here. Get the government in the middle of the problems and maybe something will get taken care of. Or is everything going according to plan? Who's plan? Not our's that's for sure! But I'm sure they have our best interest at heart.

Don't get too bent out of shape over all this chaos out there, and trying to figure it all out may send you to the crazy house, so take a deep breathe and bust a kata or do some tai chi, try meditate on something positive. We are headed for something interesting times ahead.

We are told to save the environment, mean while the Gulf is bleeding oil to the tune of 63,000 barrels of oil a day, its ridiculous. Then they will want us to pay for it in some future tax.

Someone has the solution to the problem and it will get 99% of the oil out of the water so all it not lost, but will they use it that's what I'm waiting to see. And this main oil artery bleeding so much oil, how will that effect to inner workings of the planet? Wouldn't it be funny if the oil under the earth surface actually had a purpose and by stabbing the heart of the earth we actual cause some unfix able damage and our lust and greed for oil, money and power actual ruined the planet for all its inhabitants. Nah greed is good or maybe it's a sin I forget which.



**BigWave
CAMP**

Here's the plan for the Summer, send the kids to Big Wave Summer Camp July 5th - July 30th.

Big Wave Camp - Explore Play Discover

Mississauga Summer Day Camp for Children. At the Big Wave Camp their focus is on kids being kids. Activities are geared to motivate your child to use their imagination and creative side. There is something for everyone: martial arts - swimming - hiking - arts and crafts - sports - games - biking - drawing and art lessons - woods and environment training - fishing - canoeing - music - outdoors

www.BigWaveCamp.ca

Beaches Grading Results

June 25 2010

Yellow Belt

Catherine Fullerton
Armand Bellon
Kofi Payton
Madisen Barna
Gleen Barna

Green Belt

Sava Drayton

Purple Belt

Shannon Smith

Next Grading

July 22 2010



We have done so much, for so long, with so little, we are now qualified to do anything with nothing.

BEACHES EVENTS

July

16-18 West Camp BC
Emeral Lake

22 Kyu belt grading

August

27-31 Dojo Closed

September

1-5 Dojo Closed



First Tone

Tone 1 - Magnetic – “All things are the differentiation of One Infinity.” Key-words: Unify - Attract - Purpose

Tone One represents the Source of Creation; the indivisible Essence of All That is. In the Unified Whole of Life, nothing is outside of The One. Awakening to the inherent unity of all things can expand one’s sense of purpose. We realize we are each an expression of Totality, embodying a unique and essential contribution.

When seeking our purpose, we find it is alive – encoded within us. It is one with who we are. It calls to us cellular wise, and if nudges us through obvious attractions that draw our attention. Once we have unified with our purpose, we naturally magnetize that which supports its infoldments. From the vast realms of infinite possibility, all is attainable! As we open to receive from Source – the Source which provides all – resources and synchronistic opportunity are gracefully attracted. We find that others are drawn to the same cause and we are never alone on this journey.

Oneness decrees: there is only one moment – the ever-changing now. As the now shifts, so must purpose transform as the moment directs. No purpose is too small – every act serves the grand weaving of reality. In a continuous stream of energy, not a single movement can be insignificant! Ultimately, when investigating what our purpose is, let us know: true purpose must serve the Oneness. We all serve the Oneness by serving the now, with sincerity and heart.

Watch for the other tones of creation in future issues.

The 13 Tones of Creation

Each Tone presents qualitative and numeric meaning in itself, and in relationship to the other Tones. Where the 20 Solar Tribes provide measure, the 13 Tones portray the movement of creation, showing the progression of life in interconnected stages.

These universal energies govern the unfolding sequence of the recurring 13-day-cycle, as well as the 13 moons of the year, and also correspond to the 13 major articulations (joints) which allow our body movement (2 ankles, 2 knees, 2 hips, 2 wrists, 2 elbows, 2 shoulders and 1 neck/spine.)

Working with the Tones, we are invited to see life as a process, reflecting on these naturally occurring patterns of inner and outer growth. In addition to its name, each Tone has 3 specific code words – exact keys to unlock their power, action, and essence. As succinct clues, these code words are the ideal point of focus to understand the unique functions of the 13 Tones.

Each Tone is inspired by the codes, and merely reflect various insights one can derive from their contemplation. As a language of energies, the codes offer precise portals into the mathematical nature of fourth dimensional Time!

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CMAC Guide to Goju 1, 2, 3, 4 and the CMAC manual are all excellent sources of training information. Get yours Today!



For the enlightened the journey is the reward.

Taoism

Taoism (or Daoism) refers to a variety of related philosophical and religious traditions that have influenced Eastern Asia for more than two millennia, and have had a notable influence on the western world particularly since the 19th century. The word ,Tao (or Dao, depending on the romanization scheme), roughly translates as, "path" or "way" (of life), although in Chinese folk religion and philosophy it carries more abstract meanings. Taoist propriety and ethics emphasize the Three Jewels of the Tao: compassion, moderation, and humility, while Taoist thought generally focuses on nature, the relationship between humanity and the cosmos, health and longevity, and wu wei (action through inaction), which is thought to produce harmony with the Universe.

Reverence for ancestor spirits and immortals is also common in popular Taoism. Organized Taoism distinguishes its ritual activity from that of the folk religion, which some professional Taoists (Daoshi) view as debased. Chinese alchemy, astrology, cuisine, Zen

Buddhism, several Chinese martial arts, Chinese traditional medicine, feng shui, immortality, and many styles of qigong breath training disciplines have been intertwined with Taoism throughout history.

The Tao Te Ching, or Daodejing, is widely regarded to be the most influential Taoist text. It is a foundational scripture of central importance in Taoism purportedly written by Lao Tzu sometime in the 3rd or 4th centuries BC. However, the precise date that it was written is still the subject of debate: there are those who put it anywhere from the 6th century BC to the 3rd century BC. It has been used as a ritual text throughout the history of religious Taoism.



CMAC West Camp

July 16 - 18, 2010 - CMAC West Emerald Lake with Hanshi Platt. Hosted by CMAC Oku Damashi. For more information contact Tammy Thankachen cmac.okudamashi@yahoo.ca. Emerald Lake Lodge in Yoho National Park, British Columbia. Yoho National Park is located in the Canadian Rocky Mountains along the western slope of the Continental Divide in southeastern British Columbia. This park was declared a UNESCO World Heritage Site in 1984 for the mountain landscapes containing mountain peaks, glaciers, lakes, waterfalls, canyons and limestone caves as well as fossils found here. More information on Yoho National Park can be found on the Parks Canada website.



Learn to recognize when to speak and when to stay silent.

Yume Dapo Camp Highlights



weekend summery

Here are some highlights of the Shelburne Yume Dapo weekend 24 hour camp. Chris May and myself were the only ones from the Beach to make the trek out there, but it was well worth the trip. Sensei Bassel taught some very informative classes on stick and knife, a Ninrikki session under a full moon with a blazing bon fire to add to the effect of chi development, totally awesome. During the Ninrikki session we concentrated on Sensei Platt who was in the Bermuda Triangle trying to help the sea life. After that we listened to Nick (the Host) play guitar and sing some absolutely hilarious songs he made up about training and what have you (very funny guy). The next morning everyone made spears out of Bamboo, cardboard and red ribbon then we worked a shaolin spear form, which a few people managed to pick up. After the training we sat down to a breakfast fit for kings. If that's camping count me in for the next one for sure!

It is not enough to aim, you must hit.

The Master Cleanse

The Master Cleanse or the Lemonade Diet is something that I have recently tried and I have to tell you about it. At first the sound of going 10 days without food is a bit intimidating, but I thought I would give it a try and see what happens. The first few days were tough (especially when you like to eat as much as I do) then you get into a rhythm and the cravings start to go away. I had to hide away from the world for a while because outside everybody is eating something that you'd like to have, and going past Pizzaville was brutal so I would hold my breath and look straight ahead and keep moving.

The diet is half a lemon - two tablespoons of maple syrup - a pinch of cayenne pepper in a 10oz glass of pure water 6 to 12 times a day. After the 10th day orange juice for 2 days. Then (post 10 day cleanse and days of OJ) OJ in the morning and fresh fruit, then raw vegetables in the afternoon on the 3rd day. Finally fruit and raw veggies with a vegetable soup on the 4th day and then you can return to your regular meals on that evening.

Depriving yourself of food for so long may seem a little massicistic, but the benefit for your overall health far out weigh the discomfort you go through (besides I saved a pile on groceries for that two weeks). If you don't know anything about fasting or this cleanse I can help you through it, and why this kind of cleanse is important to do once in a while. Or better yet you can do your own research on the topic.

Cleansing is important now more than ever, we are constantly being exposed to toxins from the water we drink, to the food we eat, and air we breathe, plus there so many other toxic things out there (friends, lights, TV, sound etc. etc.) I don't want to go into it at this point. The main thing is the cleanse gets rid of toxins that stay in your body and cause problems like allergies, overweight, cancer, organ failure, low energy, etc. etc. (the list is long) so who needs that. Cleansing a couple times a year will help you a great deal, and this Master Cleanse isn't that hard, if you can only go for a few days the first time try again and again until you can do it, each time gets easier. Ten days is recommended, but you can go as long as you want, some people will go for 40 days. Don't worry about becoming anorectics or losing muscle, the cleanse only eliminates fat and toxins.

Coming off the cleanse - it is very important to do it the proper way or you could hurt yourself (I'm not kidding) so follow the second paragraph - OJ for 2 days, then fruit then veg for 2 days then its all good. Good luck

20 things the Millionaire next door doesn't do

Pay for Lawn Service – You could save \$150 a month, get some healthy exercise and maybe even a bit of a tan just by mowing your own yard.

Go to a Hair Stylist – Even the cheapest barber shops charge men \$15 - \$20 for a haircut these days. If you're a woman, it may cost well over \$50 a visit. Dying your hair? You're broke!

Use Time as a Measurement for Success – The millionaire next door measures success based on output quality, the results. The amount of time spent on something means nothing if the results do not meet the expectations.

Buy Brand New Cars – Why would anyone pay the full retail price worth half a year's salary for the fastest depreciating assent on Earth? We are brainwashed!

Carry a Monthly Credit Card Balance – Carrying a monthly credit card balance only makes sense if you enjoy poverty. Monthly interest payments can add up to hundreds of dollars over the course of a year. Do not buy "stuff" right now that you cannot afford to pay for in cash right now!

Wisdom is acquired by an active mind.

Eat Out on a Regular Basis – With the recent price increases in corn, wheat and dairy products, preparing your own food is already expensive enough. If you eat out you will pay triple the price. If done on a regular basis you will waste a few thousand dollars a year.

Think He Knows It All – People who think they know it all stop learning and thus become unaware of new opportunities. Once you lose awareness, you lose.

Socialize with People Who Waste Money – The people you socialize with influence your habits. It is impossible to save money if you constantly hang around people who blow it all.

Desire Instant Gratification – You have to think long-term to attain long-term success. The millionaire next door desires long-term deferred compensation over instant gratification.

Pay Retail for Name Brand Clothing – You can easily save hundreds of dollars a year on clothing purchases by waiting for sales or shopping at discount retailers like Marshalls. Better yet, avoid name brand clothing all together.

Keep His Money in a Checking Account – If you want to increase your wealth you have to set your money up to make more money. Most checking accounts yield little to nothing in interest. Think long-term (5 years +). Invest in quality stocks, bonds and mutual funds, especially those with high yield dividends and interest. Or buy some land in an area with growth potential.

Replace What is Not Broken – The millionaire next door fixes things. Fixing something is usually significantly cheaper than buying a brand new replacement, especially if you fix it yourself.

Visit the Tanning Bed – \$25 a month for skin cancer? Where do I sign up? If you want a tan, move to Florida. For those that live in Florida and still go to the tanning bed... WOW!

Impulse Buy – Impulse buying wastes money and leads to a cluttered house full of "stuff" you don't need or use. If you see something you like at the mall, walk away. Think on it for a day or two. If it still holds value in your mind, maybe it's worth buying. Never buy something the first time you see it.

Waste Time on Senseless Activities – They say time is money. In actuality, time is far more important than money. Time is your life. If you waste it, you will fail.

Focus His Attention on Negative Obstacles – If you focus all your attention on negative obstacles, you will lose sight of the finish line. You can't get there if you can't see it.

Bet The Farm – The millionaire next door takes evenly weighted, calculated risks on long term investments. If you go "all in", you're gambling, not investing.

Fly First-class – Would you pay \$400 to sit in a leather chair for a couple of hours? That's exactly what you do when you fly first class. Huge waste of money!

Rent – The millionaire next door has a long-term mindset. In the long-term, owning something is always more cost effective than renting it. The key is to purchase quality products for long-standing use.

Earn Every Dollar He Makes at His Day Job – Two words: Passive Income. You can be sure the millionaire next door invests his money wisely. These investments create a solid passive income stream that grows over time. If your money isn't making you more money, you'll never be wealthy

Do nothing against your conscious.

Colour Therapy

The use of Colour as a Therapy is a truly holistic, non-invasive and powerful therapy which dates back thousands of years; evidence of this can be found in ancient texts from India, China and Egypt. Colour is simply light of varying wavelengths and, as such, is a form of energy that is used in Colour Therapy.

This light energy affects all living cells (as we all know, without light all living things are affected). Used in the right way, these different frequencies of light, i.e. colour, can have a profound and healing effect on all creation, human or otherwise. It is a well know scientific fact that everything has a vibration, that is to say that all things have their own vibration/frequency, and that includes US!

Colour Therapy aims to balance and enhance our body's energy centres/chakras by using the seven colours of the light spectrum, which can help to stimulate our body's own healing process.

Colour Therapy can be used for any problem whether, physical, mental, emotional or spiritual for specific problems as well as an over all relaxation therapy.

Colour Therapy can be used safely and effectively - either alone or alongside any other therapy, whether complementary or orthodox medicine - for adults, children, babies and non-human animals alike.

Colour energy can be the catalyst for our healing process and encourages normal and healthy workings of the body.

Colour Therapy should not be something you just go to a therapist to have done to you. Colour is everywhere and should be utilized as part of our everyday life. A professional Colour Therapist can explain and advise you on how you can use colour at home for health and wellbeing.



Time

The 12-hour clock was developed over time from the mid-second millennium BC to the 16th century AD and was once popular throughout Northern Europe, but is now used as the dominant system in many former British colonies, including the United States, Canada and the Philippines as ex-colony of the USA. It is also used informally in most of the world.

The National Maritime Museum, Greenwich, states: To avoid confusion, the correct designation for twelve o'clock is 12 noon or 12 midnight. Alternatively, the twenty-four-hour-clock system may be used. The abbreviation a.m. stands for ante-meridiem (before the Sun has crossed the line) and p.m. for post-meridiem (after the Sun has crossed the line). At 12 noon the Sun is at its highest point in the sky and directly over the meridian. It is therefore neither "ante-" nor "post-".