

JADE Buddha



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

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www.cmacbeaches.com



No Parking Across The Street!



The Mall Management has dropped the Hammer! There is No Parking in the lot across the street for anyone other than tenants, do not even think about it. There are parking Ninja laying in wait to ticket you or worse, so you have been warned!



Year of the Rabbit



How many meter maids do you see in this picture? Believe it or not there's 4

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Dojo Grand Opening New Kaze Hatsu Dojo

Sensei Jonathan Kenney has a new location and would like to welcome everyone to his Grand Opening

**February 19 2011 3-6pm
282 Church St. Oakville**

The average dog is a nicer person than the average person.

Beaches Newsletter

Sensei's Note

It's not a sign of good health to be well adjusted in a sick society.

With all the Mixed Martial Arts going around there seems to be more focus on the violent side of the training, and a lot of the magic, and mystery has disappeared, not to mention the philosophy that is the back bone and true essence of what the training is. Taking the deadly moves of all these different Martial Arts and using them strictly for profit or ego seems a little against the grain, but these are the times we live in. Really how can we expect any different, when our only purpose is to consume and the idea of spirituality has been replaced by "what's in it for me?"

Having all the physical training, but the lack of compassion, gratitude and respect that goes along with Classical Martial Arts is like swinging a bag of hammers around, they are all blunt instruments and there's really only one way to use them.

Having the idea of inner power, and a broader understanding of self and others gives you more tools to deal with whatever is coming at you. "If your only tool is a hammer you'll treat every problem like a nail." Compassion, gratitude and respect for all things is a healthier way to get through this plain of existences than the one the media has shown us.

Harmony is really not that difficult if you know what you are up against, even your enemy can be your friend if you allow him to be what he is. It is in our best interest to live in harmony with all living things.

Training Tip

War has been declared on the Beach going motorist! Park here at your own risk. Sure every store owner wants the public to come to the Beach and spend their cash. But park in the wrong spot and you're gonna pay! These Meter Maids are like freaking Ninja, they appear out of nowhere and slap you with a \$30 ticket!

While I was out the other day getting some pics for the cover I saw 4 of them walking together, it was kinda over kill, they managed to give out a couple tickets in the short time it took me to take some pics. I was on Spadina a few weeks ago and forgot to buy a ticket and was gone for an hour and a half and totally expected to find a ticket when I got back to the car, but there wasn't one? Why are we so lucky to have such efficient Meter Maids here, and other parts of TO enjoy a more lenient meter patrol?

How is this a training tip? Well if you're coming here to train, watch where and when you park, I always feel bad when someone coming to see me gets burned. Remember; don't park in the lot across the street, stay off Queen between 4 & 6pm. and always, always make sure to feed the meter.

Beaches Grading Results

January 29 2011

Yellow Belt

Kyle Lawson

Tobi Lawson

Red Belt

Rita Reidstra

Callum Gillies

Green Belt

Rickey Reidstra

Riga Gyaltsen

Next Grading



Women and cats will do as they please, and men and dogs should relax and get used to the idea.

BEACHES EVENTS

February

- 14 Valentines
- 19 KazeHatsu Grand Opening
- 26 CMAC Camp
- 27 CMAC BB Grading

March

- 5 Kyu Belt grading



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.

Eighth Tone

Tone 8 - Galactic "What is the best way to take in everyday life to lead one to life's ideal? The best way is to consider harmony as the first principle to be observed; that in all circumstances and situations and conditions one should try to harmonize with one's fellow creatures..... Harmony is the most essential thing in life.... In plain words, inharmony attracts inharmony, whereas harmony attracts harmony." - Hazrat Inayat Khan

Key Words: Harmonize - Model - Integrity

Having explored the distinct resonances carried by subtle vibrations we can focus on harmonizing - generation a pleasing combination of elements. Whether this means establishing inner harmony, or in relationship with others. Tone 8 calls us to align our conduct with our integrity that we may genuinely model the truths and ideals we believe in. One definition of the code "integrity" is "the state of being whole or undivided; completeness." (As modelled by the harmonious whole of the galaxy!) This tone reminds us integrity requires consistency; unwavering adherence to the wisdom and grace of our personal values.

Additionally, harmonization requires not compromise, but pliability - willingness to bend, to meet others, to let go of personal attachment for the greater good. As we each uniquely stand as conduits of Harmony we act as mutual role-models for one another, inspiring the establishment of Galactic Culture; actualizing the harmonious potential of our global society!

"Blessed are they who translate every good thing they know into action - even higher truths shall be revealed to them." - Peace Pilgram

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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!



If you pick up a starving dog and make him prosperous, he will not bite you; that is the principal difference between a dog and a man.

Your Health Your Responsibility!

I recently survived another trip to the United States of America and let me tell ya they aren't getting any smaller down there, **WOW!** The people are huge, young waddling kids sucking on a big gulp and big circular parents eating this and that. They were always eating, you would see a big person and they had something in their hand or in their face. It made me feel good about my size and I put on 5 pounds over xmas.

Take responsibility for your own health, it's up to you, no one is going to do it for you. Just because you come to the dojo 2 or 3 times a week doesn't mean you can eat whatever you want and get away with it. Try a cleanse for a few days, you don't have to starve yourself like the "Master Cleanse" if you can't handle it, just a few days with only fruit and veg, water and juice. Try cutting out wheat, sugar and dairy for a few days and see what happens. Of course stay away from pop and all the packaged toxins out there. Raw foods for a while - no not raw meats!

If you have special nutritional needs talk to a pro. Disclaimer

Pneumatics

The pneumatics ("spiritual", from Greek, "spirit") were, in gnosticism, the highest order of humans, the other two orders being psychics and hylics. The pneumatic saw himself as escaping the doom of the material world via the secret knowledge. Outsiders could only know these secrets by joining a gnostic group. To be a gnostic is to believe in three planes of existence: the pure unknown (demiurge), the material world of coitus and comfort, and the pure spiritual realm of ascension or escape.

Pneumatics is a branch of technology, which deals with the study and application of use of pressurized gas to affect mechanical motion.

Pneumatic systems are extensively used in industry, where factories are commonly plumbed with compressed air or other compressed inert gases. This is because a centrally-located and electrically-powered compressor that powers cylinders and other pneumatic devices through solenoid valves is often able to provide motive power in a cheaper, safer, more flexible, and more reliable way than a large number of electric motors and actuators.

Pneumatics also has applications in dentistry, construction, mining, and other areas, Martial Arts being one of those other areas. I was trying to explain how to break a board to Noel and that is when he mentioned Pneumatics, he's a bit of a smart guy so I agreed with him, then googled pneumatics to find out what he was talking about. I never heard that word before, so I thanked Noel for the new word and once he had that understanding of air flow the boards were breaking left and right. Kime - Pneumatics. We are air powered, we are pneumatic.

Want to stop Snoring?!

www.rmgaromas.com

Speaking of air powered, some of us are more air powered than others and that makes for a hard nights sleep when the person beside you sounds like a chain saw. I found a quick and easy problem solver and no its not suffication by pillow, it's aromatherapy. I picked up a jar at the bike show and that was the end of the snoring.

In the healing art of aromatherapy, aromatic oils are inhaled to promote physical healing, mental balance and emotional well being. Distilled from the leaves, fruits, wood, roots, seeds and flowers of plants and trees each concentrated essential oil has specific properties. Through the olfactory system, essential oil molecules have direct access to the limbic area (center of emotions and memory) of the brain, bypassing the blood-brain barrier. International research suggests that aromatherapy can immediately affect the central nervous system; increase productivity levels, information retention and relaxation.

The reason a dog has so many friends is that he wags his tail instead of his tongue.

Who's Killing all the Bees?

Here's another cause to get behind "Save The Bees". Big American Corporations are using pesticides to save food supplies from pests but are killing bees. Bees are crucial to the eco system. It would cost Trillions of dollars to do what bees do.

<https://secure.avaaz.org/en/savethebees/?v1>



Nature Fights Back - Fox Shoots Hunter

A hunter became the hunted after a fox managed to shoot him with his own gun.

The stricken animal somehow pulled the trigger of the man's shotgun with its paw, hitting him in the leg.

The bizarre incident happened as the unnamed 40-year-old hunter tried to kill the fox with the butt of his gun after shooting it from a distance. The hunter didn't want to be identified for fear of embarrassment and on the slight chance the fox might find out where he lives.



Survival Tip

Be cool for your own survival, Karma has a way of coming around, just ask the hunter from the last article. When I say be cool I don't mean by wearing your pants down around you knees (which is a fashion style I don't really get, by the way) I mean don't be mean. Our attitudes have a way of spreading to the next person and on and on.

A man goes to work and gets an ear full by his boss over something that really wasn't his fault, on the way home he is still carrying it, and when he gets home he yells at the wife who in turn gets upset and yells at the oldest son who takes it out on the younger brother who ends up kicking the dog. That's the short version, but I think you get the point. Who's been kicking your dog?

poor health etc. will often effect those around them in a negative way. Most of these health problems can be fixed by changing bad habits to good ones. Bad habits are hard to live with but good ones are easy to live with. Always remember just because you have a pain doesn't mean you have to be one.

I heard this one once, "I'm not going to let your negative attitude effect me." Someone was losing their mind on a fella and that was his statement, and he said it just as calm as can be. It just frustrated the other person, but eventually they chilled out.

If you are relaxed you tend to see things clearly and don't over react, don't make mountains out of mole hills. High Blood pressure and stress are killers and most of it is how we interpret our environment. If you aren't happy take steps to fix it. Find Balance.

People who have an imbalance due to diet or stress or

Properly trained a Man can be a dog's best friend.

New Zodiac Sign for 2011

Astronomer Parke Kunkle tells NBC news that due to the Earth's changing alignment in the last 3000 years, the sign you are born into now are different than they were long ago. Plus, astronomers believe there is a 13th Zodiac sign called Ophiuchus, which falls between Scorpio and Sagittarius.

"This is not something that happened today. This has gone on for thousands of years," says Kunkle. "Because of this change of tilt, the Earth is really over here in effect and Sun is in a different constellation than it was 3,000 years ago."

The constellation of Ophiuchus is located near the celestial equator and is typically depicted as a man wrangling a serpent. "Ophiuchus" means "serpent-bearer" in Greek. There are several different characters from Greek mythology that Ophiuchus is thought to represent, including Asclepius the healer, Trojan priest Laocoon, who was killed by sea serpents, and Phorbas, who saved the people of Rhodes from an infestation of serpents.

The sign Ophiuchus can be found in the Sidereal Zodiac, which is used by Jyotish (or Hindu) astrologers. The Sidereal Zodiac's astrological sign dates are what is listed below and they are based on a moving Zodiac, not the fixed one we use today in Western astrology. Therefore, that Zodiac has shifted almost one full sign from the fixed zodiac.

So astrology enthusiasts should technically be using these dates, which reflect the current alignment of the Sun, Earth and stars.

Capricorn: Jan. 20 - Feb. 16

Aquarius: Feb. 16 - March 11

Pisces: March 11- April 18

Aries: April 18- May 13

Taurus: May 13- June 21

Gemini: June 21- July 20

Cancer: July 20- Aug. 10

Leo: Aug. 10- Sept. 16

Virgo: Sept. 16- Oct. 30

Libra: Oct. 30- Nov. 23

Scorpio: Nov. 23- Nov. 29

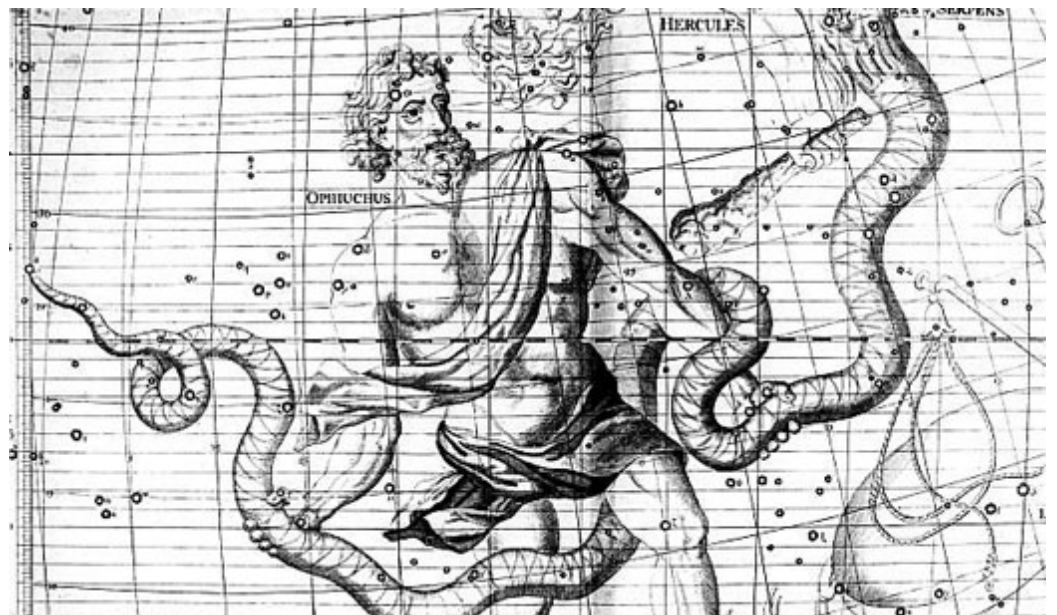
Ophiuchus: Nov. 29- Dec. 17

Sagittarius: Dec. 17- Jan. 20



Zodiac Clock

Ophiuchus



If your dog is fat, you aren't getting enough exercise.

Dr. Mercola's Top 10 Health Tips

How many times have you told yourself, "I'm gonna start living healthy today?" Have you experienced some sort of success or are you still in the dark about what you should do?

It's important to realize that optimal health is the effect of an overall healthy lifestyle, says natural health expert Dr. Joseph Mercola. There are no shortcuts to good health. There are all sorts of health products out there but there's no such thing as magic diet pills or fountains of youth.

With thousands of health articles available online and the ever present influence of the media, it's easy to get confused when it comes to what you need to do to get healthy. But when it comes to optimal health, there are basic principles that won't change, regardless of what modern science and conventional medicine comes up with, Mercola points out.

Here are Dr. Mercola's top 10 tips that will help you and your family get healthy:

1. Eat according to your Nutritional Type – There's no such thing as a one-size-fits-all diet. Metabolism consists of all the processes that take place in your body, controlling not only your weight, but your overall health as well, and is as unique to you as your fingerprints. You need to find out which types of food are best suited for your unique metabolic profile, and the ideal portions of the nutrients your body requires.
2. Drink a lot of pure water – With your body being 60 percent water, what else should you use to hydrate yourself with? Water is still the best beverage and is the main component of your bodily fluids, including blood, urine, lymph, digestive juices and sweat.
3. Manage your stress levels – Stress is a big contributing factor to disease, that is why you should also take care of your emotional health.
4. Exercise.
5. Get enough sunlight to optimize your vitamin D levels.
6. Limit your exposure to toxins – This is easier said than done because we are already living in a toxic world but your vigilance will pay off big time in the long run, so always look to avoid toxins in your air, food and water supply.
7. Consume healthy fats (omega-3 fats and saturated fat) and avoid unhealthy ones (trans fats).
8. Eat plenty of raw food – Food in its natural state – whole, live and uncooked – provides your body with optimal nutrition. Vital elements such as enzymes, oxygen, hormones, phytochemicals and bioelectric energy, are depleted depending on how you cook/prepare your food.
9. Optimize your insulin and leptin levels by avoiding grains and sugars.
10. Get plenty of sleep and rest whenever possible.

The most affectionate creature in the world is a wet dog.

Pencil Sculptures



A PENCIL MAKER TOLD THE PENCIL 5 IMPORTANT LESSONS JUST BEFORE PUTTING IT IN THE BOX :

- 1.) EVERYTHING YOU DO WILL ALWAYS LEAVE A MARK.
- 2.) YOU CAN ALWAYS CORRECT THE MISTAKES YOU MAKE.
- 3.) WHAT IS IMPORTANT IS WHAT IS INSIDE OF YOU.
- 4.) IN LIFE, YOU WILL UNDERGO PAINFUL SHARPENINGS, WHICH WILL ONLY MAKE YOU BETTER.
- 5.) TO BE THE BEST PENCIL, YOU MUST ALLOW YOURSELF TO BE HELD AND GUIDED BY THE HAND THAT HOLDS YOU.

We all need to be constantly sharpened. This parable may encourage you to know that you are a special person, with unique God-given talents and abilities. Only you can fulfill the purpose which you were born to accomplish. Never allow yourself to get discouraged and think that your life is insignificant and cannot be changed and, like the pencil, always remember that the most important part of who you are, is what's inside of you and then allow yourself to be guided by the hand of God. Whatever you believe your God to be.