

JADE Buddha



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Congratulations!

Congratulations Sensei DeQueteville and Sensei Titus on your recent 5th Degree promotion, your efforts over the last 2 decades have been a strong motivating force for those who have come to know you.



Well Done Senpai and Mr. Jones on your 3rd Dan



Year of the Rabbit



Hair dooo of the month award goes to Connor, you Rock Buddy

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Ease and perfection depends entirely upon the degree in which we cease to rely on the conscious mind.

Beaches Newsletter

Sensei's Note

Wow Big Month! How great was that last Black Belt Grading?! It was a big day for Sensei DeQuetteville and Sensei Titus who were both promoted to 5th Dan, the only two 5th Dans outside of the Honbu. They were moved up to the head grading table, and given special notice by Sensei Platt for years of service and dedication - 20 years to be exact. He referred to them as pillars of the Beaches Dojo. Well Done!

Also on grading day two more shining examples of hard training represented the Beach, Senpai Tisdall and Mr. Jones went for 3rd Dan in Kobudo. Their performance was second to none, they were given the privilege to do a sword kumitachi as part of the opening ceremonies, which was an inspiring spectacle for students and spectators alike. They demonstrated a series of two person sword from Katori Shinto Ryu and it was done with speed, power and precision, that which you would expect from those who have put in the time and effort to be worthy of a 3rd Dan from the Beach.

Sensei Jonathan Kenney had a grand opening for his new dojo a week earlier and Senpai and Mr. Jones did the sword demo there and it was because of the solid performance that they were invited to be part of the opening for the grading. This was a brilliant opportunity for them to get themselves out there and be recognized for all their hard work, it was a good strategy that paid off. Sensei Platt and Sensei Kenney were very happy that they made the effort at these openings, it showed well for them, CMAC and the Beaches dojo. Well Done! Ous!

Training Tip

Feeling frustration in the training? If you are feeling frustrated in the training remember the fascination. We all have ideas of being great in the training, but are often discouraged when the information is not given the time to be absorbed. Everyone learns on different levels and different speeds so that is one of the reasons CMAC has such a diverse training curriculum. There is base levels of information then there is just piles more that just keeps coming and coming.

What I have decided to do is to just keep it simple, for my sanity and yours. We will learn it one way and that is the way we as The Beaches Dojo does it. No 2 or 3 variations, it's the first way and that's it. Learning then relearning is not the way I like to train, when you are learning then relearning you are always thinking. Thinking takes too long, I don't want to think I want my body to do what it has been trained to do and that's to move fast and powerful and totally on a subconscious level.

If you are concerned with the other dojos having this information and that kata don't be, for me it's quality verses quantity every time. It is better to have a few things that you can do extremely well than 100 that are questionable.

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

March 5 2011

April Grading

April 30 2011



The best time to look for work is after you got the job.

BEACHES EVENTS

March

- 5 Kyu Belt grading
- 17 St Patty's Day
- 12-20 March Break
No Classes

April

- 1 Meet Chuck Norris
- 22-23 Irondale Fire Training
- 24 Easter Parade
- 22-24 Easter Weekend
- 30 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.

Each Tone are 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!

Nineth Tone

Tone 9 Solar "From the perception of the multi-sensory human, the intention behind an action determines its effect, every intention effects both us and others, and the effects of intentions extend far beyond the physical world."

Key words: Pulse - Realize - Intention

Tone 9 pulses the power of intention. Here we awake to the realization of Universal Mind which precedes and directs all manifestations of our physical world. We see the non-linear emanations of consciousness which uphold this reality; we understand that information is perpetually sent and received by our bio-psychic circuitry every moment, whether we are aware of the experience or not. As the ancients say, "Whatever you put your attention on grows stronger in your life." Solar Tone challenges: Harness energy information by directing it. Pulsing is a way to amplify or communicate using mental, emotional, and spiritual energy united. Exercise your natural ability to be in telepathic contact. It requires clarity, connection, and like our body's pulse - a steady, streaming surge of energy. Realize your vast capacity to broadcast your truths, both subtly and physically.

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Intelligence is only as good as the thinking that guides it.

Your Health Your Responsibility!

Spice up your health, cancer researcher advises - A curry a day may help keep cancer away.

Bharat Aggarwal, a professor of experimental therapeutics at the University of Texas's M.D. Anderson Cancer Center, began studying the cancer-fighting properties of curcumin – the active ingredient in turmeric – in the 1990s. Back then, he says, it was hard to get his colleagues to take him seriously; he recalls one oncologist politely shooed him out of his office when he tried to share his findings.

These days, however, his is an expanding field of research. The scientific community is discovering the medicinal powers of not just turmeric, but all kinds of spices.

In his new book, *Healing Spices: How to Use 50 Everyday and Exotic Spices to Boost Health and Beat Disease*, Dr. Aggarwal draws upon scores of studies to show how various spices can help prevent or treat specific ailments.

Researchers from the Harvard School of Public Health, for example, discovered that people living in India had a 51 per cent lower risk of heart disease if they cooked with mustard seed oil compared with those who cooked with sunflower seed oil.

Japanese researchers found mint extracts can prevent the release of histamine, the chemical that causes allergic symptoms such as

watery eyes and stuffy noses.

And scientists in Denmark found that eugenol, or oil of clove, is more effective as a blood thinner than aspirin.

Dr. Aggarwal explains to *The Globe and Mail* why we should literally spice up our lives.

Why do you think your colleagues were so skeptical of your research?

When there is any kind of disease, people think drugs are the only solution. Spices are the last thing they ever think about because – especially in the Western world – it is not a part of their lifestyle.

But spices have been used quite extensively in history. Now, we are actually providing scientific evidence that their medicinal value is indeed real and they can be used for a wide variety of diseases.

Why do we tend to get intimidated by spices?

Average Americans, when they buy spices, they buy a spice rack and they keep it in the kitchen and every two years they replace them. They replace them not because they use them up, but because they get old. People are very fond of spices, but they simply don't know how to use them.

How much spice do you actually need in order to get the health benefits?

Depression, lack of appetite, lack of sleep, fatigue – all these symptoms are from too much inflammation and we are trying to control that with spices. You really don't need a whole lot because once you start combining a bit of this, a bit of that – you take half a teaspoon or less than a half a teaspoon of each of them and put them all together – then it makes it a lot easier.

Most of these spices are not water soluble, so therefore the way to take them is to heat up a little bit of oil and put all those spices in there and let it simmer for a while. That is the best way to take it as compared to sprinkling it here and there.

Do spices lose their potential healing powers when they lose flavour?

That's correct. All these spices, they have volatile substances. So on one hand they have flavour, and on the other hand they have healing substances. When you don't store it properly, it doesn't taste quite the same, it doesn't feel quite the same, it loses all its freshness. That's why we recommend keeping it in a closed container and keeping it at a low temperature.

The spices I use, virtually without exception, are coriander, cumin, fenugreek, ginger, black pepper, red chilies, turmeric and mango powder. They are all anti-inflammatory and all anti-oxidant.

Thought is the cause and the things you encounter in life are the effect.

Dreams

Dreams we all have them every night, you may think you don't, but you do! Some dreams may seem so out there that they couldn't possibly mean anything, well they do. So why don't you understand them? Oddly enough the dreams talk to us in symbols, metaphors and allegory. You may see someone and wonder why you saw that person in your dream, well there could be any number of possibilities, it could stand for a quality in that person that you may need to get you through a certain situation that's happening in your life, or you maybe seeing that person in the next few days, or they may need you, etc. Time will tell for most things, but once you make the connection you will understand the dream language better.

Dreams are a language that talk to us through the subconscious mind, and they talk about ourselves, particularly in our emotional state. Dreams will very often represent those things we fear the most, which is where nightmares come from. You may be falling, or running with heavy legs, drowning, flying, standing naked in a hotel hallway in Japan, driving a car and your brakes fail, it goes on and on, and it all means something. But what good is that to you when you don't know how to translate the signs, or you can't even remember how the dream goes?

Dreams are also very creative, many great inventions

have come about because of the power dreams. They are problem solvers, they may put us in touch with the deeper meaning of our lives, why we are here.

Step one to understanding dreams, you need to hold onto the dream. Here is a way that may help, try drinking half a glass of water before you go to sleep and say to yourself "When I wake up in the morning and drink the other half of this cup of water I will remember my dreams."

Step two, write down what you remember. The more you do it the more you will remember. Keep track of what and who you see, then watch and see how these dreams relate to what you are going through in real life. If you are running away from a problem or putting off dealing with something you may have a dream of being chased. If you feel vulnerable you may have a dream of falling or being naked. If there is something beyond your control or you feel out of control, you maybe sliding down a hill or your car has no breaks.

Step three, take steps to fix the things in your life that are making you feel the same way your dreams make you feel. It comes down to dealing with your real life problems, once you have fixed your real life problems you will sleep better and your dreams will have new messages for you to sort out.



Grand Opening

On February 19th 2011 Sensei Jonathan Kenney had the Grand Opening for his new Oakville Dojo. The Press came out and took these great shots of the event. Congratulations.



A strong fist may open some doors, but a strong heart and mind will open them all.

Body Maintenance - Chia Can Help

What Chia Can Do For You!

1. Helps Stabilize blood sugar and reduce junk food cravings - Remember the picture of the gel around the chia seed in our picture above? The gel forming is due to soluble fiber in the chia. In your digestive system, this gel actually slows down the conversion of carbohydrates to sugar, thus helps to stabilize blood sugar. By eliminating the peaks and valleys of your blood sugar, you get a more consistent energy level and reduced cravings.
2. Help you concentrate and improve your mood- Chia is an excellent source of Essential Fatty Acids, which are critical for concentration and other brain functions.
3. Energize now, Sustained energy later! -Chia has great nutrients like proteins, essential fatty acids, antioxidants, and fiber, and complex carbohydrates to energize you. Chia can provide good stamina and energy over time due to its slowing of the sugar conversion mentioned in point 1. In fact, it has been called the runner's food and was used by the Aztec Indians for long distance runs and endurance.
4. Fills you up - Chia seeds actually swell in water and help to make you feel full and potentially eat less. Take a look at the chia seed picture again and see how much each seed actually swells in just a few minutes.
5. Lower your cholesterol and heart health - Remember what causes chia to swell in water? Chia is high in soluble fiber. Soluble fiber has been shown to help lower cholesterol.
6. Digestive Health - Chia has both soluble fiber (which forms the outer gel), and insoluble fiber. Both types of fiber are healthy for the digestive system. The insoluble fiber helps clean the intestinal tract. The soluble fiber can act as a prebiotic and help feed the good bacteria in your digestive system.
7. Help build lean muscle mass - Chia is high in protein and helpful in a weight loss or muscle building diet. It is even low-carb and vegetarian.
8. Get Better nutrition from other foods - Remember the gel in point 1? Well, by maintaining the proper level of hydration and electrolytes in your stomach you actually optimize your body's ability to effectively absorb other nutrients. Also the essential fatty acids in chia help the body emulsify and absorb the fat soluble vitamins A, D, E, and K.
9. Build strong bones - Chia not only contains calcium, but it also contains the trace mineral boron, which speeds the rate at which calcium is absorbed and utilized by the body.
10. Healthy nails, skin, and hair - Remember that chia seeds are loaded with over 60% essential fatty acids? Not only are they good for your mental clarity, those same essential fatty acids help skin, nails, and hair grow strong and healthy. They are also a great source of protein, which is essential to grow healthy hair, nails, and skin.
11. Maximum hydration - Chia is said to help maintain hydration which can be helpful for endurance athletes. Pre-soak chia seeds before your workout and consumption.

Out live your problems and your enemies.

Dome of the Rock

The most famous Islamic site in Jerusalem is the Dome of the Rock (Qubbat as-Sakhrah). An impressive and beautiful edifice, the Dome of the Rock can be seen from all over Jerusalem. It is the crowning glory of the Haram es-Sharif ("Noble Sanctuary"), or Temple Mount.

The Dome of the Rock is not a mosque, but a Muslim shrine. Like the Ka'ba in Mecca, it is built over a sacred stone. This stone is believed to be the place from which the Prophet Muhammad ascended into heaven during his Night Journey to heaven. Some believe it to be the holding place for The Arch of the Covenant

The Dome of the Rock is the oldest Islamic monument that stands today and certainly one of the most beautiful. It also boasts the oldest surviving mihrab (niche indicating the direction of Mecca) in the world.

History

The sacred rock over which the Dome of the Rock is built was considered holy before the arrival of Islam. Jews believed, and still believe, the rock to be the very place where Abraham prepared to sacrifice Isaac (an event which Muslims place in Mecca). In addition, the Dome of the Rock (or the adjacent Dome of the Chain) is believed by many to stand directly over the site of the Holy of Holies of both Solomon's Temple and Herod's Temple.

The Dome of the Rock was built by the Umayyad caliph Abd al-Malik from 688 to 691 AD. It was not intended to be a mosque, but a shrine for pilgrims. According to tradition, the Dome of the Rock was built to commemorate Muhammad's ascension into heaven after his night journey to Jerusalem (Qur'an 17). But there seems to have been more to it than this, since the Dome of the Ascension was later built nearby.

Actually, according to the Oxford Archaeological Guide to the Holy Land, "Abd al-Malik's purpose was more complex and subtle." He wished to erect a beautiful Muslim building that could compete with the majestic churches of Christendom and would be a symbolic statement to both Jews and Christians of the superiority of the new faith of Islam. "His building spoke to Jews by its location, to Christians by its interior decoration."

Religion

The Dome of the Rock is a very sacred place for the Muslims and it is in the same neighbourhood as the Christians and Jews, actually right across the street, competing religions for the past 2000 years.

These kind of things (religions, politics) are like divide and conquer, my god is better than your god. Lets hate those people because their beliefs are different. It is the tool of leaders, it gives the people a common purpose or enemy so they can come together and be controlled.

I got some hate mail the other day and was pretty disappointed that people could actually believe this kind of propaganda. Do some research before you start signing on to this belief or that one.

We are all Humans, try and play nice together or you'll get kicked out of the sand box.

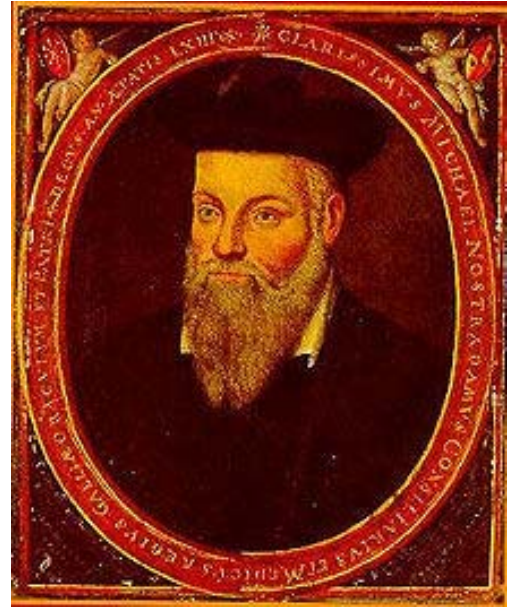


The greatest events of an age are its thoughts.

Nostradamus

Michel de Nostredame (14 December or 21 December 1503 – 2 July 1566), usually Latinised to Nostradamus, was a French apothecary and reputed seer who published collections of prophecies that have since become famous worldwide. He is best known for his book *Les Propheties* (The Prophecies), the first edition of which appeared in 1555. Since the publication of this book, which has rarely been out of print since his death, Nostradamus has attracted a following that, along with the popular press, credits him with predicting many major world events.

Most academic sources maintain that the associations made between world events and Nostradamus's quatrains are largely the result of misinterpretations or mistranslations (sometimes deliberate) or else are so tenuous as to render them useless as evidence of any genuine predictive power. Moreover, none of the sources listed offers any evidence that anyone has ever interpreted any of Nostradamus's quatrains specifically enough to allow a clear identification of any event in advance.



Nostradamus's book has been in print for the last 500 years, only the bible has a longer print record. After 911 his name was googled more than anything else. He was an educated man a doctor but moved toward the occult. He was a professional astrologer, although many of his prediction never happened some did, he began to write in code using different languages, Greek, Latin, Italian and Provençal. Christians believe him to be a false prophet as only a true prophet speaks the truth and is never wrong because they speak through God.

Astrology

There are three main branches of astrology, namely Western astrology, Indian astrology, and Chinese or East Asian astrology. The study of Western astrology and the belief in it, as part of astronomy, is first found in a developed form among the ancient Babylonians; and directly or indirectly through the Babylonians, it spread to other nations. It came to Greece about the middle of the 4th century BC, reached Rome before the advent of the Christian era.

With the introduction of Greek culture into Egypt, both astronomy and astrology were cultivated in the Nile region during the Hellenistic and Roman periods. Astrology was further developed by the Islamic World from the 7th to the 13th century, and in the Europe of the 14th and 15th centuries astrologers were dominating influences at court. The Mayans of Central America and the Aztecs also developed their own form of astrology.

The terms astrology and astronomy have long been closely related. An Astrologer is an interpreter of celestial phenomena, while an Astronomer is a predictor of celestial phenomena. Astrology itself can be divided into two camps: "Natural astrologers" (i.e. astronomers) study the motions of the heavenly bodies, timing of eclipses, etc. "Judicial astrologers" study the supposed correlations between the positions of various celestial objects and the affairs of human beings. Interesting stuff.