

Muay Thai

as

Therapy

(Rak Muay)

WORDS OF GRATITUDE

Life is a never ending lesson. During my years of training so many people did pass by that the list to thank will be sheer endless. To all who thought me something I would like to give my respect and honor them with this book. The first person in my life who did open the Thai world of literature, art and craft is Sudasawan Wiraprasert who is also the honorable mother of my children. She did teach me a lot on the Thai way of thinking and we had endless discussions on the differences and similarities in culture. After this my children are the greatest supporters a father can have Arayana,, Anoma and Erawan !

I also would like to thank Ruamporn Pantunatviriyakul, who always tried to find a way to support my work in Thailand by frequently contacting publishers, writing mails, calling and all what is possible to make things happening.

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ABOUT THIS BOOK

Fighting arts are all over the world. The amount of participants increase every day. But resistance from the “regular” communities are often opposed to it as they are more or less scared that the sport – in their eyes it is violence – gets into the hands of wrongdoers.

Gladly it is proven time after time that long term participants of fighting arts are less aggressive, and in general, have a better mood, better mental stability, physical condition, reflexes and most of the time a better social awareness and will to serve instead of ruling.

Ringsport is not a macho exploitation of the human body with a need to prove one is better than the other. Competition is a fight within oneself, the eager to pass borders and levels is the heart of a real fighter. Aggression is dangerous for any fighter. Losing control over body and mind is the fear of every competitor.

In this book everybody can find every part of information necessary to practice the sports in a proper way and for the advance students it is the road to become a teacher, trainer or coach. The collected information is from a period of over forty years of day to day practice and learning.

Fighting art is a never ending story of development, innovation and practice, this book is your guide. New elements can be found on the website ; www.arnaudvanderveere.nl

Keep in mind at all pages of this book ; fighting is against violence, we practice a sport and have respect for the opponent , we will never use it unreasonably nor aggressively. If used for defense remember that you do this as far as the need is to make the attacker run or stop attacking and not further than that.

Customer versus patient. One very important issue in this book is that we are not dealing with patients, I prefer the word customer. Each person I met in my life had some kind of special thing which could be labeled as a problem. I am not excluded from that. The big question is ; what is the standard of a perfect human being ? The answer is simple ; there is no such thing as a standard or perfect person.

Let me compare a real fact and a personality. We take the mathematical fact of the straight line. It is possible to proof that a straight line will be straight under every circumstance and will never be bend or changed, it is a fixed fact. To any human being there is no such thing as a straight line, not in movement, in thinking or behaving. A real human being is not capable to copy the absolute straight line. Each individual will draw the straight line in a different way. We differ not only in our DNA but also in thinking and behavior, there is not a single person who has a full copy, not even the “perfect” twin.

In my vision a patient is a person who has (severe) mental are physical problems that medical help is evidently needed. I am not a medical doctor nor are most of my students or readers. This is one of my main reasons why I will not call the persons I treat , assist or

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help a patient, they are like me a customer who needs a service at that moment, not more or less.

The target of this book is multifunctional. It is not my intention to explain the use or even the technical side of Muay Thai, if the reader wants to know more about that he/she is welcome to read my other books. This book is how to use the spiritual side of the sport for personal benefit and help. I will focus on three different ways to approach the therapy;

- Group
- Individual under guidance
- Single individual approach

Group therapy is designed for classes of around ten plus people. Each individual participating in the group therapy has to be aware of the targets set by the group and support these goals for their own benefit. Depending on the age we use a play or a more serious element. From experience group therapy in larger groups is maximum effective with very clear outlined goals. Each goal must be possible and relatively easy to reach for all participants.

Individual under guidance is focused on a one-on-one meeting. We use these kind of meetings in general to get the maximum result in the shortest possible time. Within an interpersonal context it is often easier for both to come to the core of the problem. It is important that both parties go into the meeting with the same thing in mind ; we have to find a solution for a specific problem. This kind of therapy takes one person with the problem and one person with the knowledge to solve the problem, this must be a very clear agreement of trust between the two. Here I would like to state that between these two persons there must be no close personal relationship, nor physical or mentally. Family and friends are often bad advisors in critical situations. In most Asian societies it is not common to ask a third person to interfere in a personal problem but it is proven a million times that an independent third party solves a problem faster than a close relationship. In Thailand we often consult a monk in the past, currently this trend seems to move to medical doctors who are not my favorite advisors in these cases. Most medical specialist of today are well trained commercial entrepreneurs and do have more interest in the selling of medications than in the solution of a problem.

The single / individual approach is considered a DIY = Do It Yourself way of healing. It is my strong believe that this is the core of all solutions. To find a your very own personal solution to a problem is the best but never the easiest way. The most important part of finding a personal solution is the possibility to distant yourself from the problem. In this book I use some Buddhism oriented philosophy to support the idea of self-growth. I do have to emphasis that the used theory is not completely based on the original teachings but have been adapted to the current time frame. I am not an expert in Buddhist history or traditions as I have focused myself on only the parts that were practical of application in the daily life.

In my more than 40 years of experience I found that DIY training sessions are the most rewarding but also stabilizing ways of creating a strong personality with a balanced mind. Daring to observe, change and be critical on yourself is not easy, it takes an open mind to analyze the personal behavior, attitude and mindset in a SWOT way. SWOT = analyzing your Strength, Weakness but also your Opportunities and the Threats we encounter. This book will guide you through the process of making it happen.

INTRODUCTION

Muay Thai is original a Thai sport. Created and grown in Thailand but exported in the '70's at first to Europe to get over the world later on. The first country taking over the competition level of the sport was Holland.

Muay Thai cannot be seen as just only a physical way of movement. The history and culture of Muay Thai is connected with the theory and practical side of Buddhism. Many of its theoretic backgrounds will reflect in the way how my interpretation and use of the sport as therapy is. It is important to know that to understand the practical implication of Buddhism during the therapy it is purified from side believes and contaminations of social, cultural, religious or ritual matters. I have nothing against these things but in my vision many are even the cause of problems with many people. One of the most luring dangers in life is superstitions. Many people are victim to these unfounded believes which can haunt a person heavily during life.

This program is designed to promote the training of Muay Thai as Therapy (or Rak Muay) as a therapy. Right at the start it is important to point out the similarities and differences of the Muay Thai as Therapy (or Rak Muay) approach in the Thai and Dutch version.

	Dutch	Thai
Individual approach	This only happens when a person is able to afford it, we can consider it the rich persons option	Straight from the beginning a person is approached as a fighter
Group approach	The standard approach is during a groups lesson	No group approach
Recreational level	All lessons are designed to be enjoyable and "entertaining"	No entertainment level
Stimulation of individual	The group will pull the individual to a higher and "competitive" level	Personal and result directed approach
Competition	99% of the participants never enter a competition level, but enjoy the lessons in full	99% practice the sport as professional, no amateurism
Training methods	Variations and permanent addition of new techniques to keep the enjoy level as high as possible	Traditional approach based on repetition of same movements for thousands of times
Commercial	Outside Thailand this is the only right approach, individual approach is to expensive	For Thai this is currently the only approach, group lessons only work in certain area's

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The above mentioned facts are your guidelines to point out targets. A trainer outside Thailand mainly will deal with groups.

What is therapy ? A short question with a relative short answer. Therapy, as how I see it, is a way to help a person to solve specific problems.

Nearly everything can be used as therapy when it serves the right purpose to reach the goal ; solve a problem.

Our target is to show you as many ways to use Muay Thai as Therapy (or Rak Muay)to help solving problems but also help to solve the problems of others. With this book I hope to stimulate the use of the sport in a non-competitive positive and constructive way in our society. IN Thailand we are dealing with many environmental problems that are splitting our daily live. We have to deal with a splitting political thinking, often with economical blows and a fast changing society. Muay Thai as Therapy (or Rak Muay)as a therapy teaches more than movements. We will target the trust and loyalty between two or more persons. Trust is something we slowly see diminish in the society, many people do not feel any confident in tomorrow. Many see tomorrow as a dark spot where more problems occur.

PHILOSOPHY OF THE FIGHTER

First of all, I have to set something straight. The word “fighter” is considered negative in the common language usage, but fighting is positive attitude. Remember when someone told you that it was worth to fight for your life, your work, your relationship, your job? We all need to be a fighter in life; nothing comes for granted. Fighting is a very important word that equals determination. In this book, we want to make clear what we consider to be a fighter and show how we consider it to be a positive attitude toward a serious role in society. We all want to make a better, positive society.

What do we consider a fighter? Is it only a person who is involved in competitions or also the one who is involved in training in the gym? In my opinion, anyone who is seriously working out in training at least three to four times a week is a “fighter,” whether male or female. As a fighter, it is important to have a training philosophy, something I call the “way of the warrior.” . Maybe you remember the concept stated by the film actor Bruce Lee, who always was talking of the way of the warrior.

The main goal of a fighter is not to fight the opponent or partner. The goal is to excel, to become better at every training session, become more skillful, develop more power and a better physical condition. Each training session is a chance to be a better person than before.

A real fighter works on his or her inner peace and balance. The fighter must be focused on the perfection of techniques, breathing, focus , timing, food, lifestyle. All of this will make him or her better in what he or she is doing. The fighting is best shown on days you feel the body is hurting badly and you only wish to rest. During that time your body wants to control your mind and not the other way around. It takes hard work and determination to start moving thru the pain of last sessions. The change from body over mind to mind over body is not easy and will take a lot of effort. Not everybody is able to do this. A real fighter only emerge when showing the determination and character of trying and daring. Many parents want to know how I can relate this kind of determination to the work in school or even on the working place. In fact it is easy to explain. Many people in our society gets beaten up daily by college or fellow students. These others show more results, better marks , have better connections or sometimes are more smooth talkers. We get a beating from the fact they get the better jobs, the easier targets and often the better salary or results. This seems unfair and we get hurt. But we have to move thru the hurt and show our real fighting spirit by determination to do better, have higher results and on the long term pass these others, let them behind. In the next parts I will relate some special features that are very useful for the fighter to create a personal philosophy. Every fighter should have a personal target in life, no matter what it is, it must be the fuel of your soul, the source of your inspiration and the fire that keeps you going.

Meditation is one also of the most important parts of a good fighter. Most people think that meditation is only done by sitting and breathing – controlling the mind, the thoughts. But a fighter meditates in activity. During a workout, the focus of the mind, the

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perfection of breathing, the reflexes and drills, are part of the meditation of the fighter. When working out, the mind turns to an inward-oriented position and, while the body is moving under the commands of trainer or task, the fighter's mind is no longer busy with the thoughts and problems of the everyday life. These problems vanish and become one with the overall exercise of mind and body.

As we mentioned before there is a mind over body situation needed in the fighting arts like there is in meditation classes. Most meditation classes are combined with physical movements like Yoga. In real fighting arts we will train the body in sheer active state sometimes until exhaustion to keep it going. Exhaustion does not refer to pain but to a conditioning of the body through the mind. We push our body through the limitations by practice but always with a sensible mind. For this you need good teachers who are able to see your level of mental and physical fitness. Meditation comes in levels, our training is the same. Your body cannot be brought to the extreme edges without compensation. After activity you need rest. Even after meditation you need a period of normal living.

Our active meditation creates part of the fighters mind. You must be able to repeat the same movement over and over again without feeling bored. In current time people are easy to feel bored. We need to change often of topic to stay sharp and focused because our concentration span is more limited than ever before. When you are active with the same movement you need to empty your mind, lower your thoughts and finally give up thinking. You will act like a robot on comment. It will surprise you how sharp your mind is after one hour of the training, with the right form of training you will be able to solve complex mathematical problems.

The real fighter is peaceful, not aggressive, humble in attitude and behavior, artistic in mind and practice, and a sociable person. The fighter is thankful and appreciates life as given, and is willing to share with others. In many ways, I like to compare a good fighter with an ancient "mandarin" of China. The mandarin was a person willing to develop skills to serve the people and able to express himself and convince others to follow the right path in life. Real fighters are very important social role models. In our changing society, the ring fighter becomes a star and needs to be aware of his place by behaving accordingly.

The best fighters have a philosophy that can be subscribed in the following points ;

- Willing to practice daily
- Open to the orders of others and follow them
- Respectful
- Determent
- Merciless (within limitations)
- Focused
- Creative
- Strategic
- Explosive
- Unpredictable

- Uncompromising for the set goal

As you see, the mind of a real fighter is a complex mixtures of elements that often confuses others who are looking at the fights. A real fighter is very respectful to its opponents even when this one is beaten or defeated. Respect is the core of a good fighter when meeting an opponent. Each fighter knows that the other person did train hard to come into the ring to compete but we also feel the same respect for a person who is willing to come and train with us. Being a fighter is being a social person, we are depended on others to come to the goal we have set. Unlike we hear in the news about extreme behavior of top-athletes the majority of people in fighting arts is polite and well behaved. In a gym we need each other, respect the elderly and higher ranked persons and pay honor to the people who created the fighting arts. That is the philosophy of a good fighter.

Negative image

In many Western countries the fighter has a negative image. It is interesting to see that the majority of media describes fighters as dangerous, aggressive and often directly linked to criminality. The real reason behind these negative vision is fear. They have fear for a person who is able and willing to train hard and fight another person. The personal physical confrontation is something that is even prohibit by law. The law made violence something only allowed to be used by officials like police and military.

For the general public fighting arts are directly linked with violence and aggression as they do not understand the facts of defense and training when it is not related to your profession. Most of this negativism is found in the leftwing media which are holding the power in Western countries for decennia. These left wing oriented persons are often more into the “peace and love movement” which started in the ‘60’s. During this time people got fed up with violence such as army and police were using during demonstrations.

In the Western world physical contact is something that needs to be avoided as much as possible. Since the beginning of boxing as Olympic sport groups of people have fought to get it out of the games. Currently even wrestling is under scrutiny and probably will be lost for the Olympics in the future. It is interesting to know that wrestling IS one of the founding sports of the Olympics.

Another reason why fighting arts in general and ringsports specific are in a negative position is the fact that most participants are from a “lower” social background. Most of the fighters did not receive proper education and cannot make a proper carrier after they finished the fighting carrier. Many will be drawn into crime or less favorable jobs. This living on the “dark side” of the society does not promote a good name. But the society seems to forget the most important part ; they do not give the ex-fighters a real chance to make a carrier after their fighting life. Due to the negative attitude of the general public to fighting arts the ex-fighter must fight harder than ever against pre-justice and discrimination.

Many ex-fighters do get very frustrated when they experience the very negative attitude in society and often turn to an easier way to earn a living. It is this negative cycle of events that keeps the negative image of fighting arts strongly alive.

It is my experience and knowledge that most ex-fighters do carry a load of knowledge on discipline, training, have a vision on how to get people to behave well and often have a well experienced life with addictions, crime and bad attitudes. Due to their devotion and determination they could avoid going the wrong way. This huge knowledge could be used by society as the people who need to be corrected will listen to these kind of ex-fighters much more than to trained psychiatrist and other professionals. If society takes the ex-fighters and train them for a good course I can assure we will face a much healthier, positive oriented and hardworking society then we experience now.

HOW FIGHTING HELPS WITH PSYCHOLOGICAL PROBLEMS

Humans are survivors. We are born to struggle, and our basic desire is to hunt. We used to run after animals to get food. This concept is still in our genes. Most people have suppressed their inner feelings since youth due to our current society. Our education and environment do not allow us to express violence, attitude, anger, or even stress properly. All of these are suppressed in order to cooperate efficiently with others. The mass society is confusing to us. Many people feel the pressure of their everyday life at work, home, and even in the street. We need to avoid conflict. When we avoid conflicts, we need to find alternative ways to release the energy built up inside our head and body.

In martial arts, we create the image of a fight. We help to express the inner fear, anger, and stress. The concept of Dutch Style Muay Thai as Therapy (or Rak Muay) is the use of explosive actions to release the maximum amount of stress from the body. It is proven that when using endurance training most people will not be released of all stress. The main reason is that stress is explosive in nature. When a person gets angry, he/she starts shouting, making explosive movements, hitting things, and maybe even throwing things.

In our society, stress is the root of many psychological problems. Martial arts need stress to perform effectively. The right combination of working out stress and relaxation makes a good training. During each training, a fighter learns to use explosive power to stress the muscles, focus the soul, and concentrate energy in explosive movements to relax directly after the moment of impact.

A fighter learns to use stress as a positive technique during training, to control emotions such as fear, anger and aggression, and instead turns them into a positive-controlled movement with a focused mind. This change is important to fighting most psychological problems at the basic level. Of course, when a person has serious problems, the need of more professional help is important.

Over the years I have been using (starting in 1979) Dutch Style Muay Thai as Therapy (or Rak Muay) for therapy. The targets of treatment are often ;

- People with aggression problems
- Abuse or rape victims
- Burn out and stress problems
- Insecurity, fear and autism
- Addiction
- Sleep disorders
- Burn out
- Office and work floor training

The first step in the use of therapy training is to understand the underlying problems of the topics. To most people a feeling of being “defenseless” and “weak” is the major reason to choose for a submissive role in society. Being submissive is often related to the taking of orders and following them up. The person who does undergo these phases of obedience time after time again will become a slave of the order. Feeling weak, helpless

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and defenseless often triggers strong emotional responses in a person. In next paragraphs I will explain in short the way how we work during therapy sessions.

How do we deal with a person with aggressive problems ?

In general we can say that a person who has aggression problems has a control problem. To them there is no possibility to control their own temper. When something happens they lose all control over mind and body in a flash of a second and become uncontrollably angry. Some will start to fight while others scream, shout or even get into tears.

Aggression has many ways to show off. Many people think of aggression being a way of violent physical attacks but more often they are verbal and sometimes even hidden. The direct environment suffers the most when these aggressive personalities find a way of distributing their aggression over periods that they are only in company of people with submissive behavior.

When we use our training methods for these people we start with basic control techniques. We teach them how to use it as sport and avoid the competitive element, to them it must be always a channel for control and never one for aggression. The first trial is power control. A customer needs to wear protection and the work out starts with a bag and a trainer. At first we teach how to work on the boxing bag. During a session we follow in random way the following schedule ;

- A few rounds of technical bag work out. First round with only hands, following by only legs, next a combination of both and after this we build a more general approach and wide range of techniques.
- When basic technical skills have been accomplished we will go the most important phase of the treatment. Aggression comes by impulse and can be compared to interval training. To control aggression it is important to become aware of the changing mental status. The best way to create this control is a building up of explosive actions over a period of time ;
 - First actions are rudimentary. The persons must hit the bag fast, hard and impulsive. No need for control, just impulsive action. It is important to let the action take no more than a few seconds. Ask the person to reload and hit or kick again.
 - Next action is longer. With a minimum 4 to 5 actions in a controlled order the person must hit the bag or a target. During this actions the guider will talk, shout or even scream at the person to inflict emotional reply. Between the actions we talk and try to reach a state of control.
 - During this state we combine the impulsive action states with a more controlled longer use of power. We use actions (single movements) and series (more than 3 movements in a follow up order). During all actions we talk and focus on breath control. It is important to continue inflict the emotional changes and push the person over mental boundaries.
- After we have used the boxing bag and targets it is time to use products like sticks to hit a target. The reason why we hit with an object on another object is to create distance between the aggression and the receiver of the blows. In many cases an

aggressor uses objects to feel less connected with the victim. When observing the person using the object to hit and the emotional status while hitting we can see the difference in aggressive state between “bare hand” and while using an object. Most people who are extremely aggressive prefer to use objects to hit or throw. The reason is that they wish to be on a distance as real physical contact brings another emotional status. To make this person aware of what he/she is doing we urge to touch the object before hitting with the stick. You can see they will hit with less power.

- Breath control is an important factor in emotional control. It is proven in meditation classes that people who are aware of their breath rhythm are no longer able to be aggressive.

To continue a life with lesser aggression it is important to continue the exercise program with “air boxing”= just doing all movements in the air without actually hitting something. Follow some partner training routines or continue in pad work outs. It is important to continue a non-violence but active participation in Muay Thai as Therapy (or Rak Muay) to be able to balance the mind and bring life in balance.

How to apply Muay Thai as Therapy

Before we are able to apply the sport as form of therapy it is important to understand where I build my experience over the last 30 years. I have searched and found only very few scientific reports of trials and test of application of Martial Arts in therapy. It is the more interesting that there are no research projects as for the reason that martial arts are few thousand years old, used in countless battles, practice by all elite forces, provided to all people in security and has been part of the Olympics since the first day.

Although martial arts are as old as mankind hardly any person ever took the task to thoroughly research the positive effect it can have on our health and mental wealth. With this book I make a strong attempt to mobilize scientist, medical specialist, psychologist and all other mind buggers to start profound research in this topic.

In the next part I focus on several topics which are important to our current society but did not get the right attention.

DIFFERENCES BETWEEN MEN AND WOMEN

Men and women are different, we all know that. In the fighting arts, we have to consider one important factor that makes a big difference between male and female: testosterone! Testosterone is the male hormone that is responsible for strength, aggression, and everything that makes a man a male. The level of testosterone in women is much lower.

Testosterone makes a difference not only on a physical level, but also on a psychological level concerning state of mind. The level of testosterone in males also refers to the aggressive behavior and often to the unpredictability of the male personality. Another

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aspect of testosterone is that it promotes a male competitiveness. By the rising and lowering of the level, also in relation to insulin and adrenaline, men react differently.

Women have a higher level of estrogen which is the typical female hormone. It is an interesting fact that due to the rise and lowering of the estrogen a women mental level changes. In contrast with the males the female is less aggressive but also have mood instabilities which are more related to depressive tendencies than to aggression. This combines with the fact that women suffer from periodical matter made many men think that a woman is not suitable for the fighting arts. Women could not be considered reliable fighters at all time.

Women need to receive parts of the training in different ways than men. For instance, breasts make it harder to closely defend the upper body. The seize of the breast is the limitation to the defense. Most Asian woman have small size and due to this the natural defense line can be kept closer to the body while Western and African women have often much bigger size and due to that more difficulty in their defense system.

However, women have a different hip/leg structure and thus can kick easier than men. For women it is easier to make special kicks with the same power as men from positions difficult or even impossible to males.

For a trainer, it is very important to realize the differences between men and women when preparing for competition, but it is even more important to understand the differences while teaching standard or special classes. I would like to point out some important differences in our way of training ;

- Boxing techniques, the way of punching is different between male and female especially when it concern to the use of the hook and uppercut.
- When clinching women keep more distance than men. One of the reason is the breast size.
- Woman keep a different distance while they kick than men as the angle of kicking is different, training of pads must imitate this way of fighting
- Due to the flexibility in ligaments and the overall flexibility woman need to have certain power training to stabilize the joints to avoid injuries.

Many men want to keep women out of the martial arts, though I do not understand why. Are men scared for women? Scared to lose control? I always wonder about the reasons behind men telling me that women do not belong in the ring. How many men actually still defend their wives in battle? Imagine how much comfort it will be to know the woman is able to defend herself and her family. I am strongly in favor of a large increase of women in our sports. In this case the traditional martial arts are more open to women. The Netherlands was one of the first countries in the world to open the gym completely and equally to women. I did train the first woman gym-owner Jag To from Hong Kong. Before opening our gym we had to struggle in many ways. Jag had to face up a massive male force who were willing to beat her up if she opened the gym. Against all odds she

did open successfully her gym and now is a famous personality with many male and female members.

The position of the women in Asia is not an easy one. Most women must scarify more than their male counterparts to compete in sport. Being a female fighter results often in not having a boyfriend or even being seen as a lesbian which is hugely unfair to them. In the history of China we can find many female warriors who defended the country against all odds or became heroes in battle.

In conclusion, it will take many books to cover all differences between men and women. In fighting arts, we need to look at the practical sides of training. The physical differences urge a more pragmatic approach. Women are important to the growth of the sport, so trainers must adjust accordingly.

Persons with an addiction

Addiction is a mental process, most addicts have a tendency to become addicted by nature. Unlike often thoughts is addiction in most cases not a learning process it is not a slow developing process. A person has a tendency to become addicted or not. If they have it will happen one day but it does not necessarily means that that person will become a danger to society.

In our society we are more and more confronted with addiction. We encounter accepted forms like smoking, alcohol, gambling, gaming and internet more and more. But we also hear more other forms of hidden addictions which have a damaging effect on families and economics. A few forms which I would like to recall are ;

- “minoi” addiction, many men want to have a “side wife”, a woman they are not married to but which provides them with the wanted sex and company when they wish for it
- over work, some people cannot stop working anymore and are so addicted to it that they finally crash and leave a trail of unfinished or bad tasks behind
- laziness , some people are experts in covering the fact that they are at work but hardly ever do anything. It sounds strange but laziness is also a form of addiction that is hard to combat as it is a strong mental addiction.

What is addiction

Definition of addiction: addiction is a repeated involvement with anything, despite (excessive) costs, because of a craving over a long period of time.

In this definition we have 4 main elements who play the crucial role to the disease addiction.

First of all we have to focus on the fact that addiction is considered a disease of the brain. The brain will set create a series of events that lead to an addiction. In this science has proven that the brain of severely addicted person differs a lot from healthy persons. Read more in the chapter about the brain. The main factors of this definition are:

Anything: actually any activity or substance can lead to an unhealthy lasting one sided relationship. With anything I literally mean anything that is around us or even an imagination can become an addiction sometimes leading to a phobia. A strange sample is science fiction. Some people are so much addicted to science fiction movies that they spend fortunes to collect items and continue to identify themselves with these imaginary creatures to the extreme.

Costs: every addiction brings cost to the addicted. Some addictions are low budget others demand high spending. When the cost becomes higher than the rewards we consider it a negative addiction. When cost are still moderate and bring no harm to the addict or the surrounding it still can be considered a watchful addiction and needs a high state of alertness. When cost get out of hand the addiction is considered severe and a danger to all involved.

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Craving: is a feeling you need something, it always start in the lower conscious. A feeling you want something and only know as reason that it will makes you feel better. That feeling shows you need the activity or product to silence that craving feeling and make you feel better again. The stronger the feeling of craving and the more often it occurs the higher the degree of addiction. We can truly say that a person is severely addicted when the craving returns every day.

Time: the most important factor of addiction is time. Addiction is like a child. It grows slowly and can takes years to be full grown. Addiction of most activities and even products go through phases like the growing of a child. From baby to child, from kid to adolescent and then becomes adult. The last step is like in normal life the biggest problem maker. If we control the development time of the addiction we are able to change it from a negative into a positive result. Having a positive addiction will improve life quality from the individual and environment.

On the question: What is addiction we gave a clear picture of what it is but most people will answer this question by saying that addiction is a state of somebody who is in serious problems by using a product or doing a specific activity. Also they add that addicts look bad, often are smelly, dirty and asocial personalities. Some even add criminality to the list subscription.

But is this true? Are addicts this stereotype persons? The answer is: No, not at all. Most addicts look like the common people, show no signs of their addiction and are very hard to trace. It even can be that in your direct environment you have a person who is addicted. You better read this book and understand more of the threats of addiction that may occur even in your own neighborhood and maybe even family.

Addiction starts with a common, often accepted try of something “new”. This new thing makes a special impression to the user. The impression persuades the user to make a habit out of it. After a period the habit is no longer under control but becomes a compulsive habit. Slowly the compulsivity becomes a force and turns into a need. The person is no longer in charge of the use of the product but cannot live without it. This is called addiction.

Addiction is the state that a person loses control over the use of a product or activity and is no longer able to rationally and emotionally control his / her habits.

The definition leaves open the fact to what you can be addicted. Most people will directly consider addiction only possible to be a thing such as: alcohol, smoking, gambling, drugs and other known things. But we have many more serious health threatening addictions such as food, gaming, sex, clothing, shopping and so on. All these can lead to the same dangerous effect of addiction: loss of control and finally a physical and / or mentally permanent dependency that can lead to death (often suicide or even murder).

In our society more and more people becoming addicted to a variation of things. In this book we show you the possibilities of your chance to run into it or be confronted with it.

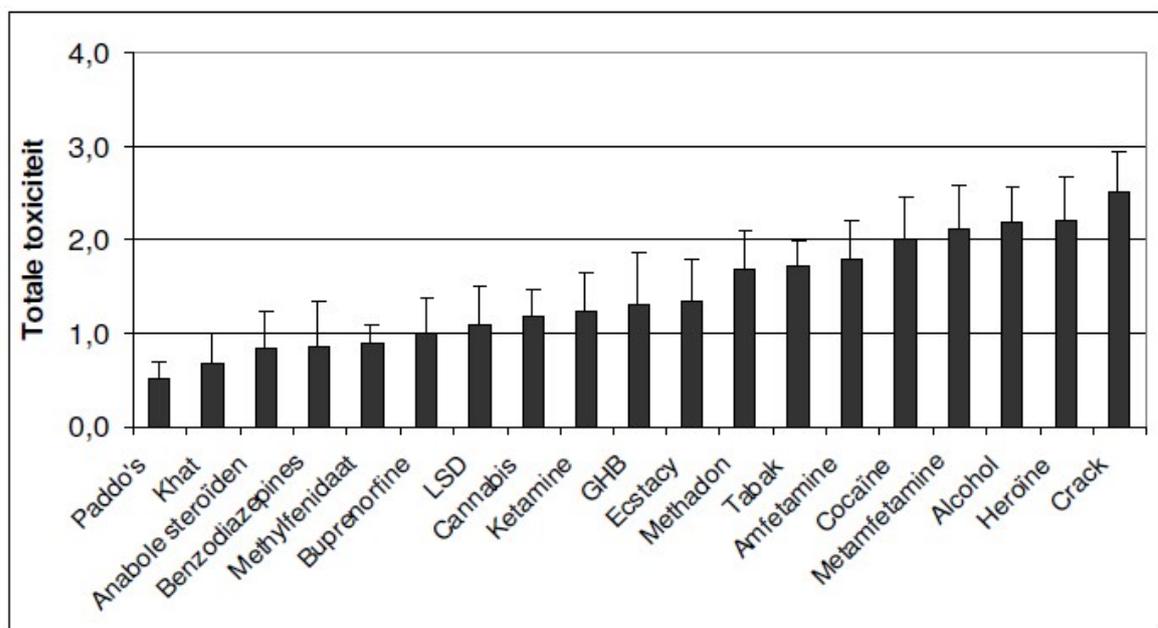
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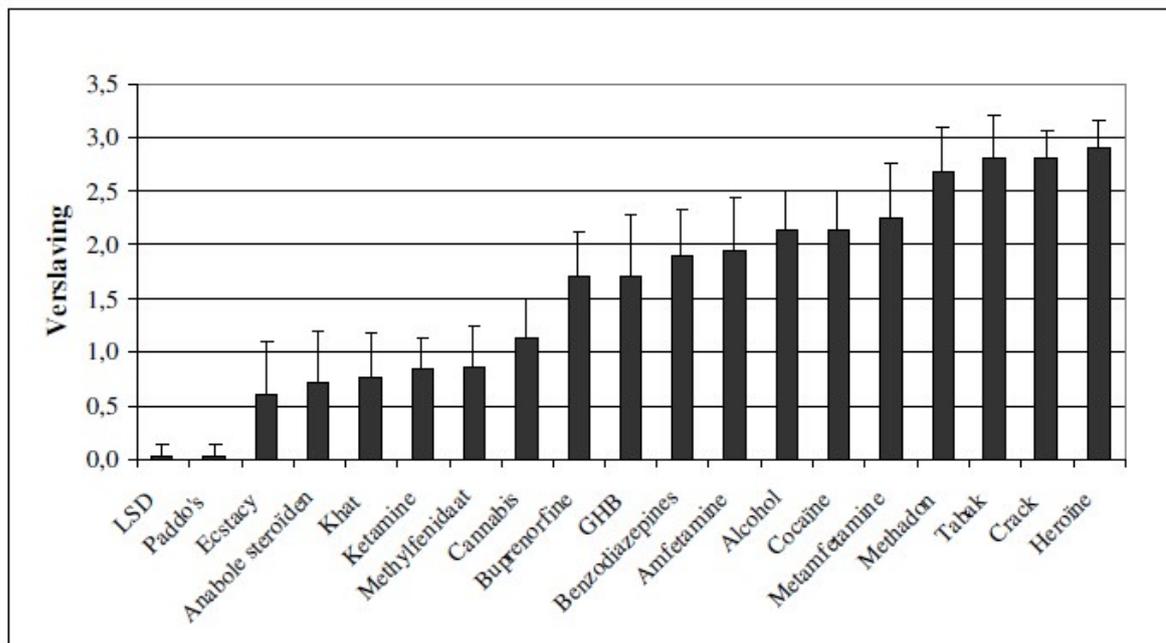
To make you even more aware of the 10 persons you meet at least one of them is addicted to something.

The National Institute for Public Health and the Environment (RIVM) in the Netherlands has performed a risk assessment on the harmful effects of 17 drugs plus that of tobacco and alcohol. These 19 items were ranked according to their degree of harm. The assessment was performed by a panel of 19 experts who based their judgment on their own scientific expertise and information derived from the literature. The assessment focused on the following three categories: (1) toxicity (acute toxicity and chronic toxicity), (2) potential for dependency, and (3) social harm at individual and population levels.

The most important conclusions drawn from the assessment are as follows. Firstly, alcohol, tobacco, heroin and crack scored relatively high on the scale for Total harm, whereas magic mushrooms, LSD and khat * scored relatively low. Secondly, the scores of the Dutch expert panel correspond well with previous findings from British experts as well as previous advice from the Dutch Coordination point Assessment Monitoring new drugs (CAM). Thirdly, classed as legal drugs, alcohol and tobacco have been judged by the experts as more harmful than many of the illegal drugs included in the assessment - with the exception of heroin and crack. This accounts for the Total harm at individual and population levels. Finally, regarding Total harm at individual level, cannabis and ecstasy have been assessed by the experts as moderately harmful

* *Khat contains the alkaloid called cathinone, an amphetamine-like stimulant which is said to cause excitement, loss of appetite, and euphoria. In 1980, the World Health Organization classified khat as a drug of abuse that can produce mild to moderate psychological dependence (less than tobacco or alcohol)*¹





What are the causes of addiction

Mental

The start of everything has to be always a certain state of mind, a mental process. This process is complicated and fascinating. Every action you take, every thought comes from the brain. We have no scientific evidence that proves the existence of a soul but we know that each person has its own characteristics, its own soul and behavior. Not only our DNA is unique, our personality is also.

Initials and events

Every addiction has a starting point. We call this a initiation point. It is the moment that the person gets into contact with the product of event he/she will become addicted to. We have to split the happening in two elements. One is the initiation and the other the event. Both has to fit together to create the right moment for the person to be introduced to its "doom". To make you understand this clearer I give you an example.

You will never find anybody who is addicted on ice cream living in a cold country covered with ice and snow, where the cold is freezing and not inviting to eat ice at all. Neither do you find an ice cream addict in a tropical country where the ice starts to melt the moment it comes out the freeze. You surely will find an addict in a country with warm summers and cool winters. During summer the ice cream lover will taste and try, use every opportunity to eat ice, in winter he/she will create opportunities to eat the ice and is always looking for new challenges to eat and try. The event here is the summer and the initiator the ice cream. Both are accepted by everybody and thought to be normal.

It is easy to blame the initiation moment for a person's failure to stay away from addiction. But I believe in faith. A person has a "life plan" beyond our understanding or control. Each individual meets certain moments in life to be tested. Each test is a step in another direction. None of the directions is good or bad, all are considered teaching moments. We live to learn. We learn to survive and most of all we learn to develop. Becoming addicted is not a problem but another way, another road to learn. It becomes a problem when the individual does not learn anything and becomes a plague for its environment.

Social

The kind of addiction is often connected with a certain social status. Most people think that addiction is for the poor people, for the less educated and the less fortunate. For most people addiction is connected to a low social status. But it is a fact that social level has nothing to do with addiction. On the other hand addiction is directly linked with the social acceptance. In most social classes there are special rules and behavioral issues that are accepted as being a part of that class.

Environmental

The environment is very important to start, develop and continue an addiction. In fact the environment is the initiator for most people to fall back or continue with an addiction. The environment plays a very important role in every addiction.

Genetic

Some people have a genetic influenced addiction. It is understood that alcoholism, drugs and even gambling are possibly genetic transferable. It is still under dispute but amongst professionals it is common good to know that when the addict comes in for treatment to ask for the past and family history. Often we find at least a father or a mother who used to be or still be addicted to something specific.

Physical

Every addiction starts without a physical dependency. Unlike the common idea that some addictions can jump on you and you are under their spell from the first time of using or doing it, as far as we know there is only one addiction which is able to control the physical dependence right from the beginning. This addiction is sex addiction. The reason why this addiction is difficult to control is based on its physical aspects. Sex is an addiction where the physical behavior and satisfaction is needed to satisfy the mind. This is the main reason why we consider a sex addict a dangerous individual. Most physical addiction must be build up, they take time, often even a long time to develop. It is good to know that before any addiction starts we can use the physical factor to help

Chemical Dependency

Chemical dependency (CD) is something we often find with medications or hard drugs. In most cases the person who is addicted to a medicine gets it via doctors' subscription and is no longer under the control of a proper physician (MD). Chemical dependency is initiated by advices of others. Most CD start on initiation of a doctor or "friend". It feels

good to take them. The “victim” often takes it to conquer psychological or physical problems or limitations. In the rest of the book we find many different CD factors.

Improved feeling of well being

The first part of chemical dependency is the fact you are feeling better after the use of the product, you sleep better, your mood is better, you can think clearer, you feel healthier, you have more energy. All these “feeling better” moments contribute to the wish to continue that feeling and the wish to take again the product. The problem with most of these products is the fact that your body is getting used to the products and often needs more of it for the same effect. This is called a rebound effect, till you reach the toxicity level called over dose.

Physical shaping (food related)

People with a food addiction wish to look better. They know they eat too much, they know they need to slim down and wish to do that. But they mainly choose for an easy solution. This solution is often a chemical product stimulating the energy level and downgrading the need of food intake. The person is happy and feels better for a while. But these products has many side effects, one of that is the fact you always need more of it as the effect wares out in a very short period of time. The higher the intake the more result is the general thinking. But this is never true. The more you take the faster you enter a toxic level and enter the danger zone.

Physical shaping (morphological / steroids related)

Opposite of slimming down is the wish to grow, look bigger, stronger, better in shape. Here the dangers of steroids are on the take. Steroids are easy to get products for mainly boys and men who wish to look more muscular, grow big in size and show off for the friends and women. The products are very addictive to man with an inferiority complex. One of the real problems is the balloon effect. Using the product makes you grow in size very fast with only a little training. But when you stop the use you lose the gained volume and starts slimming down. Most men do wish to keep a specific shape and size and start re-using again creating an addiction.

The treatment

The treatment of these variations of addiction with one therapy seems very complex. In most addictions there is one red line, the person has a need to do or take something and lost control over his/her own emotions. The loss of control is something we target in Muay Thai as Therapy (or Rak Muay)therapy. During the first sessions we want to improve first the control over the body and in a later phase the mind.

Most addicted people will resist participation to a fighting art right at the beginning, often it is hard to open their mind and let alone to get them physically participating in a training. It is important to make them understand that the training is not to harm another person nor themselves. The first sessions are based on technical training with lots and lots of variations of the same item.

A good example is to let a participant make the same punch, for instance a left jab, on more than twenty different ways. A participant is not stimulated to see the connection between all twenty different variations, in fact we tell them that all are different. For most participants the number of variations must seem endless. Limitations are something an addict is scared of. In their mind they are not limited to anything, they think that they are free and all other people are bounded by rules and society.

Addicts often live in a glass box. They see all mistakes of society but never their own. In Dutch we have a saying for that ; they can see the splinter in your eye but not the beam in their own. During our sessions we let them focus on the beam in our eyes so they will understand that there are mistakes that are made. During treatment they start to recognize that every mistake they thought others had, they have also and often more.

Warning ; in my over 30 years of consultancy I did encounter numerous psychiatrists and psychologist making one very big mistake in the use of fighting arts in treatment. The biggest mistake that can be made in a treatment is to personalize something. A good sample of personalization is to place a picture of someone on a boxing bag or striking pad and promote the participant to hit it.

Personalization can lead to murder, violence and danger. When we stimulate a person to put emotions like aggression, elimination, violence or hate into a physical explosion on a specific target a border is crossed. By using a personalization we give way to a directed targeting violence and are preparing the participant to actually learn how to use all what is thought onto that person without limitations. This is a crime in my vision, by doing this you create a “contract killer” as you are programming a person for future activities.

Treatment always needs to be impersonal. In no way we need to put emphasis on a person, an event or organization even it is the direct cause of a trauma. Personalization creates revenge and revenge never did solve a problem. In fact revenge only increases a problem for every side.

A Muay Thai as Therapy (or Rak Muay)treatment of addiction starts with things as simple as moving , balance and the use of arms alone. Sessions are divided in periods with clear targets.

Sample of a record keeping ;

Date	Duration of session	Target of session	Target result
Any	30-45 minutes	Punches	Focus and continuity
--	30-40 min	Walking	Stability
--	45 min	Pad training	Stamina
--	50 min	Hand / leg	Coordination
--	50-60 min	Knee / elbow	Cognitive function
--	60 min	Push and pull	Distance training

In this chart I show a fast changing or target results, this is different from reality. Often the same sessions are repeated a number of times per week before moving to the next

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target of the session. It is important that proper techniques are used and sometimes an individual must be taken aside of the group to receive more personal attention. Groups of addicts always need more than one person to control and guide. In my work I have always chosen to work with one more male and a female, both over thirty with live experience.

Addicts are often perfect liars. One of the basic rules of survival for an addict is the perfection of the lie. When people are confronted with them they hardly ever really look at the addict. The words of nearly all addicts are smooth, well-chosen and convincing, especially when they lie. But we can see through their lies by observing their body language. When a person is not well trained in the use of body language – currently you can see many politicians receive a firm training in the use of body language in public places and interviews – they cannot lie with their body.

To look at an addict without listening to the stream of words will give you a much better impression of what they are really saying than to listen to their words.

Young people who are addicted can be converted to become addicted to Muay Thai. In my vision people who are addicted are this because of ;

- 1- A genetic preference
- 2- An environmental “pressuring”
- 3- A character dysfunction
- 4- And lately we have discovered that addiction also can be caused by food intake

It is important to understand that addiction is a desire, an unlimited and uncontrollable feeling of a need to something. This need never did start with an overwhelming desire. Every addiction is built slowly and by little steps.

When we take in an addicted person the first thing we need to do is to de-toxify as much as possible. We have to replace the need by a new wish, a new target. This target must become the core of a new addiction, in our case it will be Muay Thai as Therapy (or Rak Muay)but it also can be something else. As a coach it is important to let the focus go onto a new positive addiction that does not harm body or mind.

The exercise of real Muay Thai as Therapy (or Rak Muay)gives the participant a lot of hormonal and enzymatic reactions in the body. A routine based on morning and evening training creates a form of addiction. By applying a care amount of the exercise a craving for more will occur. This craving needs to be exploited step by step to lead the addict away from the original negative addiction into the positive one we have on offer.

Mental problems

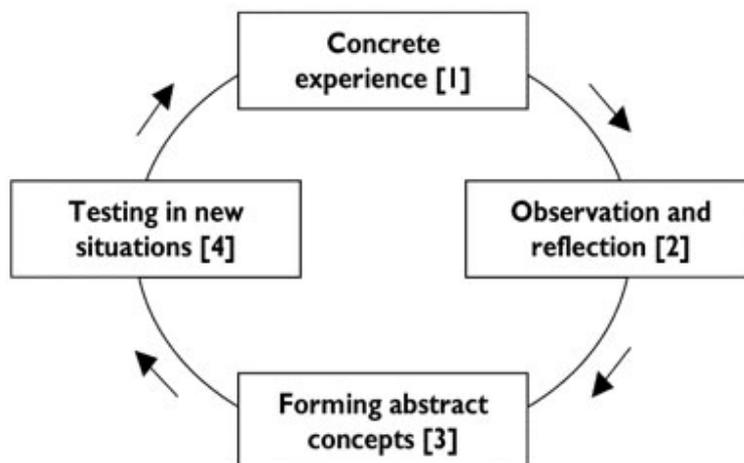
A person with a mental problem can make use of the training methods used in fighting arts to learn a fighter to control fear. Most fighters have fear of getting hit or kicked. It is very rare that I encounter a person that likes to receive punches and kicks. The foundation of most mental problems is fear for something.

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Fear as cause of the problem

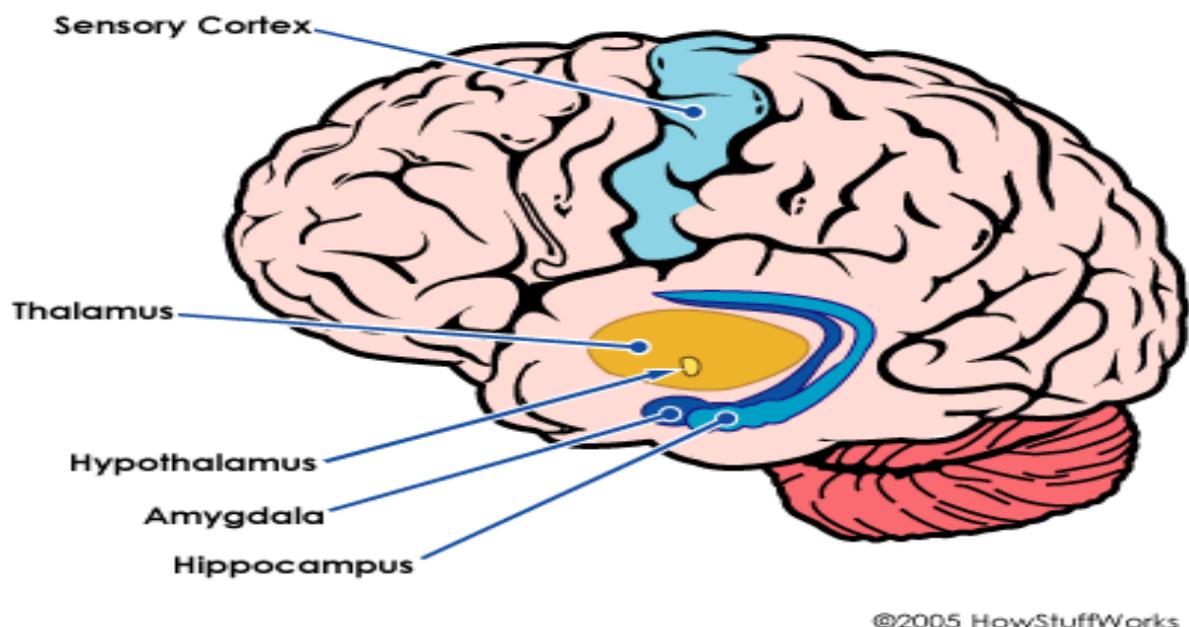
To counter fear we have to improve a person's self-confidence. Using a fighting art is one of the best ways to channel fear and boost self-esteem. To do this a number of questions need to be answered to set the proper targets of a training ;

- We need to focus on the core of fear, when is a person scared ? Fear is often not a very general emotion. Most people have a very specific kind of fear such as for spiders, the darkness, height and so on. Before you can start a treatment it is important to establish clearly what types of fear we will need to encounter.
- When we know the source, how long does this fear last (in time). Time is essential to calculate the depth of fear and timeframe for treatment. The longer the time the fear stays in the person the longer we need time to treat.
- Confrontation with the object of fear, this confrontation is from a very short moment to a prolonged time during sessions. If the fear can be directly related to a specific object or event one of the treatment methods will be the confrontation. During a confrontation the person need to feel safe or protected so a first contact can be established from a strong position. If we can create a position of power this is even better in a first contact. Later we will need to develop this emotion stronger.
- Description from the sufferer of the sensation of fear (how did it feel, explanation). Rationalization of fear process, visualization thru drawing and writing. It is important a person learns to communicate the fear in its origin, the feeling and the after effects of the confrontation. The sharper the description the more chance we have on healing.
- Search for destruction of the source, make a plan together with the victim, first a very rational take on of real destruction and move slowly to a more practical method . Building strength of mentality by exercise methods, these methods do depend on the source of addiction.



- Create structure in customer's life. Make a plan to continue in structure, sport and mentality for short and long term. Fear is untouchable and seemingly uncontrollable. When we have a physical part in our Muay Thai as Therapy (or Rak Muay) sessions we also add the mental part of structure to it. One way to structure is a daily training session with specific targets and goals. Another is to use the same structure we have in sport into other parts of the social and personal life.

Parts of the Brain Involved in Fear Response



Muay Thai as Therapy (or Rak Muay) is a sport where fear is one of the most important parts of the mentality. A fighter cannot show fear but a fighter without fear is a danger to himself. Fear is a very important factor that can be reasoned and calculated.

When people start to train Muay Thai as Therapy (or Rak Muay) the first remark – generally speaking – is that they are scared to get hit. Some people even are scared to hit by themselves. These people are afraid to hurt another person. This is the main reason why we use all kinds of materials during practice and we only allow direct physical contact through sparring by people who are considered suited for it. It is not allowed to do any sparring during a training without permission.

There are different kinds of fear that we can handle with a training in Muay Thai as Therapy (or Rak Muay);

1 – the fear of action, hereby the participant does not dare to hit or take offensive actions

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- 2 – the fear to receive, the participant is scared of contact through exercise
- 3 – the fear of emotions. These emotions can be of oneself but also of other participants.

1- The fear of action

Many people are afraid to take action. One of the reasons is that they are scared of the re-action. The returning action cannot be calculated by them so they are scared of something unknown. It is a natural effect that an action always recalls a re-action. To lower this kind of fear we need to work hard on taking actions without a re-action. For these people I chose to use a boxing bag, a large striking pad, a wall bag or other objects that do not have a re-action to the participant. It is important that the participant takes a lot of actions. The level of action must be divided in ;

A - Air-action , hereby all techniques are only exercised in the air, there is not contact with any object or person

B- Touch bag contact, the moves now touch the bag , not hit. The object must only be felt.

C - Hit bag contact, power is added to the techniques. During this training the bag will receive basic to maximum power.

D - Pad training. These form of training of training is with a partner. The partner need to be someone trusted and respected, not a stranger. It is possible to use different ways to train in this discipline.

E - Partner training. These training sessions promote a light contact body sparring, the head is still a prohibit area.

F - Sparring training. During this guided training sessions two people will try a full body sparring with limitations and a training / coach inside the ring area. Most people will not come to this section. Sparring is the step before a fight and only available for a very limited amount of people for many reasons. At this phase , fear is no longer a real issue.

- 2 – the fear to receive, the participant is scared of contact through exercise

The training of this kind of fear turns out to be nearly the same as in the fear to give with some minor changes. From section A till D all will be the same. But the partner training has many different angles. Instead of only catch the punches and kicks the coach / partner will counter act. He/she will react after every or some received punches and kick. First by shadow movements were the participant is not actually touched but later on with direct physical contact. First on the body and later on every part of the body and head. The coach will never hit hard cause the target is not to fight but combat fear.

Impact is something we can train in a safe environment also. The first part of the training is when the impact of the participant's own power is felt by hitting a bag or targets. After this we train the person on hitting the large size pads with shoulders and other parts of the body. In all cases the participant seek his own level of impact, so we put him in control.

A next step is – as mentioned before – an action / reaction training were the participants start receiving returns after his action.

Sparring must take place with protective gear so no direct body contact is established in the beginning. To receive on a second protection makes the distance between the actual receiving and the impact still somewhat at a psychological distance. To all persons who are scared of receiving it is important they feel protected.

It must be very clear that sparring is not like in a competition fight. The way we use the sparring in general is with very light contact. Behind the contact is the fact we are intruders in a person's personal space. This intrusion is what causes the emotional trigger in the receiver, not the actual pain of the hit as that is considered second hand damage.

3 – the fear of emotions.

Some people have a fear of emotions. In an everyday situation we encounter a huge variation of emotions, most people are not sensitive too that. The fear of emotion is often triggered by the experience of a strong emotion, like screaming, anger, crying and so on. All these are negative emotions showing a person is in despair or feeling bad. I have never encountered, not read about it, that a person was fearful of a positive emotion like laughing.

The person who suffers from this kind of fear will only react under circumstances when he/she is confronted directly with a strong emotional outburst of people in the direct environment. Even for them is second hand emotion like on TV easy to handle, they are able to take a distance to it.

What happens in there body is a strong influx of cortison and adrenaline in a dangerous combination. The combination of these two hormones opens the blood vessels, increase the heart rate and causes a high fight or flight reaction. Most of them will choose for the running away option and hardly any for the fighting part. I must say that I had one participant who did have start to hit when he experienced any strong emotion, he was considered hyper aggressive by others.

During a training we confront these participants with controlled high emotional attacks. One of the methods we use is a controlled aggressive vocal outburst while in the middle of an exercise. These outburst are shown as ;

- Hard shouting
- Hard shouting from a very close distance (nearly face to face)
- A direct fake
- A direct fake physical attack
- Very loud noise in the area (like an explosion)
- Flashlight and turn off the effective light at same moment
- While in the dark directly physical contact with soft objects (we do this kind of training in the ring to prevent the participant from running away)
- Experience of pain. This part is not easy to deal with as the application of pain is something very personal and needs to be done with the full permission of the participant. We do use “stunguns” and “teargas” . The

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training is mainly with people working in security or other professions where they can be confronted with such real kind of events.

To cure these high emotional outburst we train the participants to control the first impulses of reaction. A proper control during the first split of a second decrease the production of adrenaline and stops the heart rate from peak performance. This will lower down the strength of the internal emotion and causes control.

Blind people

Fighting art are very useful to train blind people a sense of coordination. To a blind person sport in general is often difficult as the training itself needs to be of purely hearing and physical nature. As the visual context of a movement is not available it is hard for a blind person to understand the need and use of specific movements as there is no reference base.

Training a blind person needs personal attention, clear focus points, specific target training and most of all patience. Blind people only are able to learn when under direct instruction.

The benefits of fighting arts are ;

- 1- Able to focus on specific targets with a minimum on information
- 2- Good and satisfying exercise
- 3- Self-development emotionally and physically

But of all these positive targets I found only one thing beats all the others, all blind people who I did teach just loved the experience and training, they really enjoyed it.

Training a blind person demands lots of physical contact between coach and participant. Most coaches are not able to handle their own emotions while having such contact and it is not advised to take any action if you are such a person.

A coach must guide the participant with every move and this must be shown by applying the actual move by moving along with the movement.

Sample ; to give a punch, the coach need to stand behind the participant , catch the fist and make the movement while keeping contact during all the movement. The bodies are very close, in this case I would suggest that coach and participant must be of the same gender.

Most blind people have a good hearing ability. During our training we use this ability in target training. It is important that coach an participant get use to each other so the blind person is able to focus on the sounds of the coach during training even while disturbances like music etc. surround them. In my trainings I always start in silence and add sound till we work out on a normal level of music in the background.

WARNING ; people with a visual ability are not mentally disabled. Often I have to repeat this again and again to coaches who treat persons with a disability like they have a mental problem. Most people with a visual or hearing disability are equal in standard as the seeing or hearing persons. I seriously warn any person involved to keep this in mind at every contact.

Sleep disorders

Many people have sleep problems, most are related to an occupied mind. People keep thinking day and night and are not able to control this. An over active mind is like a machine without a stop. Training is one way to get an occupied mind away from the daily sorrows and learn to focus on other topics. Beside that the mind gets and other focus the body will become tired. When the body is tired and the mind has other matters to consider to most people it becomes very likely they will sleep better.

The special way of training as mentioned above is also used in management training sessions where we train male and female how to become more aggressive, target oriented and fast acting. During many of our management training sessions we work with fast decision making structures. One simple sample of this is the target training. One person brings up a target and the other person must hit or kick the target at the right moment.

At first we need some inside in sleep itself.

Different stages in sleep (understanding the 90 minute rule)

Sleep is divided in different phases. We consider 4 actual stages and the REM sleep. All these stages progress in a cycle from stage 1 to REM and start over again. During stage 1 we sleep lightly and it is easy to wake up. When entering stage 2 our control slowly slips away and we are deeper at sleep some people have a feeling as falling down into a deep place, in total this phase takes around 50% of the cycle. Phase 3 and 4 take around 30 % and the REM just 20%. Infants spend over 50% in REM sleep.

REM sleep. Rapid Eye Movement sleep. This phase of our sleep cycle is studied by all scientist around the world and still not fully understood. During REM our eyes start moving fast and the brain activity is speeding up in different levels. The muscles are blocked and most people cannot move at all. Disturbing REM can cause concentration and maybe even mental problems and possibly depression.

During stage 1, light sleep, we drift in and out of sleep and can be awakened easily. Our eyes move slowly and muscle activity slows down. People awakened from stage 1 sleep often remember fragments of visual images. Many also experience sudden muscle contractions often followed by a sensation of falling.

When entering stage 2 sleep, the eye movements stop and the brain waves (fluctuations of electrical activity that can be measured by electrodes, called EEG, electroencephalogram) become slower. This is measured by lengthening of the waves with occasionally a bursts of rapid waves (shown as spikes on the graph). In stage 3, slow brain waves called *delta waves* begin to appear, interspersed with smaller, faster waves. At stage 4, the brain produces mainly delta waves. It is difficult to wake someone during stages 3 and 4, cause these phases are considered *deep sleep*. There is no eye movement or muscle activity. People awakened during deep sleep do not adjust immediately and often feel groggy and disoriented for several minutes after they wake up. It is strongly

advised not to wake a person in this period. Some children experience bedwetting, nightmares, or sleepwalking during deep sleep as they lose all control over the body.

When switch into REM sleep, breathing becomes faster, irregular, and shallow, the eyes jerk rapidly in various directions, and the limb muscles become temporarily paralyzed. The heart rate increases, blood pressure rises, and males develop penile erections, females can have more vaginal extraction. When people awoken during REM sleep, they often describe bizarre and illogical stories called dreams.

The first REM sleep period usually occurs about 70 minutes after falling asleep. A complete sleep cycle takes 90 to 110 minutes on average. The first sleep cycle each night contain relatively short REM period and long period of deep sleep. As the night progresses, REM sleep periods increase in length while deep sleep decreases. By morning, you spend nearly all sleep time in stages 1, 2, and REM.

A person awakened after sleeping just more than a few minutes is usually unable to recall the last minutes before falling asleep. This sleep-related form of amnesia is the reason we often forget phone calls or conversations you've had in the middle of the night. It also explains why we often do not remember our alarms ringing in the morning if going back to sleep after turning it off.

Since sleep and wakefulness are influenced by different neurotransmitter signals in the brain (for instance serotonin and norepinephrine), foods and medicines that change the balance of these signals affect whether we feel alert or drowsy and how well we sleep. Caffeinated drinks such as coffee and drugs such as diet pills stimulate parts of the brain and can cause *sleepdisorder*, or an inability to sleep.

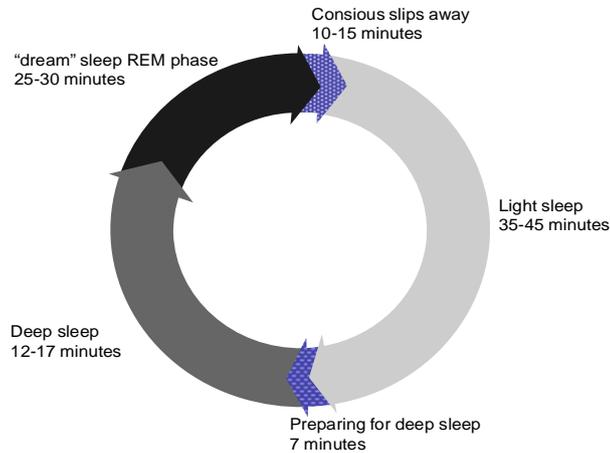
Many antidepressants suppress REM sleep. Heavy smokers often sleep lightly and have reduced amounts of REM sleep. They tend to wake up after 3 or 4 hours of sleep due to nicotine withdrawal in the blood. Many people who suffer from sleepdisorder try to solve the problem with alcohol – a so-called night cap. While alcohol does help people fall into light sleep, it also takes away their ability to enter REM and deeper, more restorative stages of sleep. Instead, it keeps them in the lighter stages of sleep, from which they can be awakened easily. Alcoholics show a disoriented consciousness in the morning.

Everybody loses some of the ability to regulate the body temperature during REM, so abnormally hot or cold temperatures in the environment can disrupt this stage of sleep. If our REM sleep is disrupted one night, our bodies don't follow the normal sleep cycle progression the next time we doze off. In different scientific sleep research projects they discovered that instead of starting the new cycle, often we slip directly into REM sleep and go through extended periods of REM until finally "catch up" on the sleep cycle.

A person under anesthesia or in coma often said to be asleep. However, people in these conditions cannot be awakened and do not produce the complex, active brain wave patterns seen in normal sleep. Instead, the brain waves are very slow and weak, sometimes all but undetectable. After the operation the waking up causes serious

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vomiting and an ill feeling. This is not only caused to the use of the anesthesia but also because of a disturbed sleep cycle. Most of the time it is cured within days, if not you better alarm the doctor.



How Much Sleep Do We Need?

Summary

The amount of sleep needed varies according to age. The list below is for the average persons, it gives an idea of the amount of sleep one needs according to age.

- First seven years one needs 12 to 16 hours sleep. (0-7 years old)
- 8 to 10 years old needs 8 to 12 hours (7 – 14 yrs old)
- In the third seven years of life a person needs around 8 hours sleep (14 – 21 yrs)
- In fourth seven years a person needs 6 to 8 hours (21 – 28 yrs)
- In fifth seven years a person needs 6 to 7 years (28 – 35 yrs)
- In sixth seven years a person needs 5 to 6 hours (35 – 42 yrs)
- In seventh seven years and after that a person can often do with less than 6 hrs. depending on the daily activity of the person

The question : enough sleep ? is an individual matter. To find out how much sleep you need is a matter of experimenting. The best way to figure this out is recall your own past. Remember your physical and mental reaction on short sleeps and long sleeps. Often you know when having a short sleep you get a feeling of “want to sleep” all day long with moments of drowsiness, but when sleeping long you have a feeling of being lazy, moody, dizziness and often you do not have a feeling to do things.

How Much Sleep Do We Need?

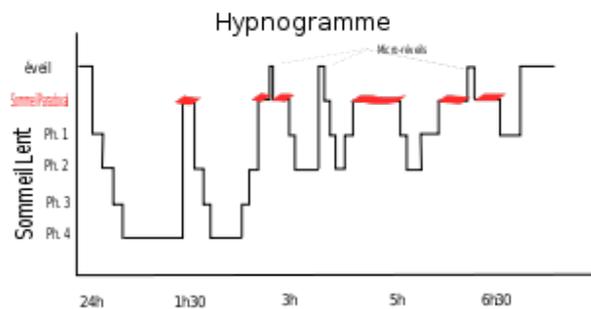
The amount of sleep each person needs a night depends on many factors. I will start first with the general accepted results based on conception and scientific results. I have to say that these findings are old and not based on today’s reality.

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Infants generally seem to need about 16 hours of sleep a day, while teenagers may seem to need about 9 hours on average but often more. For adults, 7 to 8 hours a night appears to be a reasonable amount of sleep, although some people can do with as few as 3 hours or as many as 10 hours of sleep each day.

Pregnant women often need several more hours of sleep than woman of the same age. When getting older it seems we need lesser sleep. About half of all people over 65 considered to have frequent sleeping problems, such as sleepdisorder, and deep sleep stages in many elderly people often become very short or stop completely. This change is a normal part of aging, or it may be the result of medical problems that are common in elderly people and from the medications and other treatments. But sleep disorders can also be a matter of perception of the amount of sleep really needed by the elderly. Doctors and nurses (included other caregivers) still use the 8 hour sleep rule to judge sleep time. In fact this is not right at all. When we pass 60 years of age and have a not so active lifestyle the need of sleep is decreasing a lot.

My advice is to separate sleeptime in two parts. A part in the afternoon and another part in the nighttime period. Each person will have a best time to sleep. In care homes it is not possible to use this method, I do understand this but if possible to apply it please do so and it will solve a lot of problems for the elderly person.



These are signs of sleep deprivation ;

- Fall asleep within 5 minutes after laying down
- Having microsleeps during the day. A microsleep is a dozing off for a few minutes (seconds).
- Feeling drowsy during the daytime
- Dozing off when active performing something (for instance driving)
- (Severe) lack of concentration and difficult to focus on something
- Feeling of discomfort when becoming active

These signs are rather dangerous to the individual health and also the safety of a person. The main reason why this happens more and more often in society is the fact that we all seem to be to occupied to relax. On one side our social life is taking its toll and on the other side the commercial life is putting high pressures.

Sleep depriving has become a serious problem in traffic and at the working place. A lot of accidents in traffic are realized become of sleep deprivation. Driving is an automatic activity.

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Most people experience automatic activities as boring. When the routine takes over and the concentration drops a sleep deprived person will feel drowsy at first and soon after that the driver will experience microsleeps. In the Netherlands this causes thousands of road accidents with often a deadly ending. The national traffic bureau has organized different awareness campaigns telling to drive two hours and rest at least 15 minutes. Other campaigns warn people to start traveling only after having slept well. A good sleep saves lives.

Drivers often take stimulating products such as caffeine (in coffee, tea or as energy drinks) in the beginning these products seems to have effect. But often suddenly the effects wears out and the person falls directly in a deeper sleep than if they should not have drunk the “stimulative product”. The “energizing” products often do not energize you at all. People like myself will fall asleep at once after taking a stimulating product.

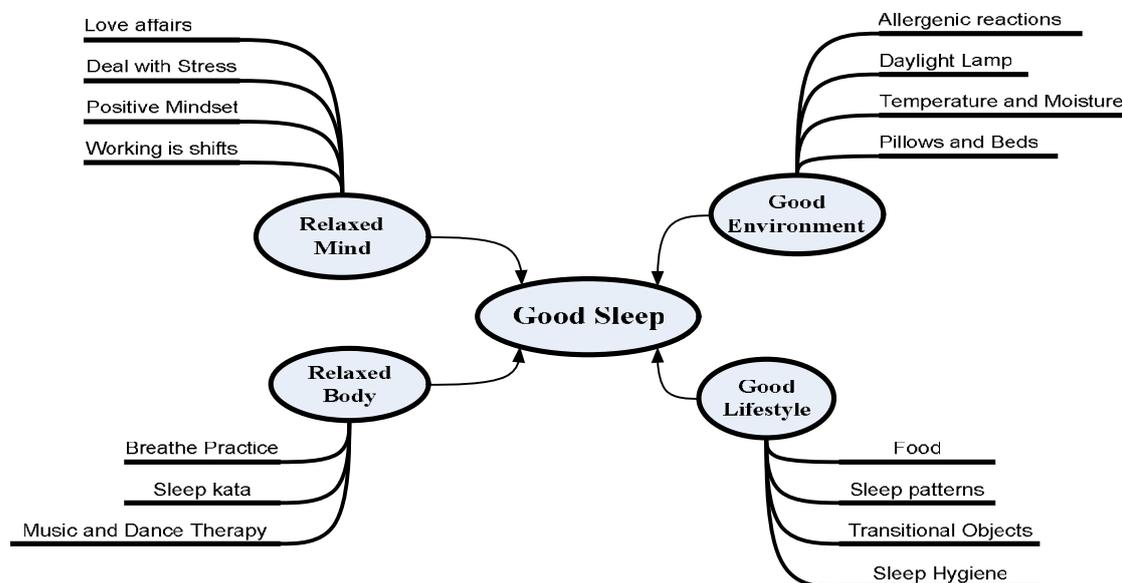
Conclusion ; enough sleep is an individual matter. The only way to find your own sleep needs is by experimentation, we call this “sleep recording”. Make short and long days, even try to skip a night. Start with a few days (max 5 days) to wake up at 5 AM and get to bed as late as possible, write down the time and feeling at wake up and moment you fall asleep, try to remember the clear moments. Next you have 3 – 5 days in a normal day schedule. The last part is to make long sleep days by waking up as late as possible and get to bed as early as possible. Record feelings. The final test is interval sleeping. Wake up as early as possible. At the moment you feel drowsy sit or lay down and sleep at least one hour (better 90 – 110 minutes) wake up and be active. When you feel sleepy again just sleep and continue this process for 3 to 5 days. All data gives a good indication of the actual time you need as sleeping time.

To make an even better calculation you also use the moments of the past which are important enough to recalibrate your sleep attitude ;

- 1 / when you went to a good party and made it very late, in fact you had only a few hours of sleep before going to work or school, how did you perform that following day ?
- 2 / when you had a real bad day, for instance a funeral from a beloved one, what time you went to bed and how many hours did you sleep ? Did you perform well the next day ?
- 3 / after a long day in outside in the nature, coming “home” did you fall asleep directly or had enough energy to sit out the evening ?
- 4 / after a very boring day at the office, did you have enough energy to stay awake in the evening ?

But what commonly is known about sleep, what we think, or what we expect also correct? In this book I will proof to you that it is not always the case. You can do without sleep, have little sleep and long sleeps (not more than 8 hours) function well and be able to compete, complete complex tasks, have fun and enjoy life more than ever.

Sleep Mindset



The science of sleep brings you our 90 minute sleep solution !

Summary

A sleep cycle takes around 90 minutes to go from level 1 to REM. Each good cycle provides us 4 hours of activity. The more cycles we sleep the more hours of energy we have. This is bounded to a maximum amount of 6 cycles for young persons and 5 for over 30 years old. It is possible to sleep less and still be able to function well !

Years of scientific research have proven one thing about sleep ; a full sleep cycle takes only 90 minutes ! This implies that even after one full cycle we should have enough energy to work for hours again.

This fact is proven every single day by doctors, policemen, military, firemen and many more service related people. They all work under the call of shifts and can function well, day after day, year after year. Our whole society is build with this key figures to rely on. So why should you think that when you "only" sleep a few hours a night, you did not sleep enough ?

The fact we all hear that we need eight hours of sleep has influenced our thoughts and mind. We go to bed with a build in "I have to sleep eight hours tonight otherwise I do not have a good night" . This, my dear reader, is a proven lie, but still thought in books and by "experts" .

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We need only one cycle to have energy for hours. Think about that when you go to bed. Any extra cycle is a gift that is accepted but not always needed. Imagine the energy flowing back into your system when waking up. You will be surprised feeling that way.

In this book I will give you all keys needed to understand and implement the 90 minute cycle system.

Who uses the 90 minute rule ?

Summary

People working in shifts often are forced into a short sleep cycle system. For instance nurses, firemen, police and nearly everybody in healthcare service.

The 90 minute rule is used by hunters since the first humans strolled the earth. Catnaps are known as short recovering sleeps used to get new strength. The prey did not wait to be killed. A hunter had to go behind the hordes to get a prey. In some areas the days were too warm and others too cold. It was not possible for the hunter to stay in hiding for a long time without suffering the consequences of the nature. After changing from hunter to planter he lost most of this habit and skill.

But if you look around we still have the same practice in semi – and tropical countries like Spain, Mexico, Thailand, parts of Africa etc. Here the siesta is still common. The siesta is a period in the afternoon which is used for a short sleep. As main reason for this short sleep they use the fact that they need to go to bed late everyday as the evening is the time of gathering and often also work. During the day it is too warm, being exposed to this “extreme” heat will only diminish the work capacity. A (cat)nap of around 90 minutes works refreshing and gives power for the next hours to come. In fact the sleep period is no longer one of 8 continuous hours but split in two parts.

Another sample is people working in shifts or on guard services like in hospital or firemen. All those people will try to get as much sleep as possible during the night shifts but when needed they are wide awake and ready to act. It is a strange thing that when they have been woken a few times a night after finishing a full cycle they are completely clear in mind, but when woken during the 90 minute phase some dizziness occurs and the readiness for serious action is far away.

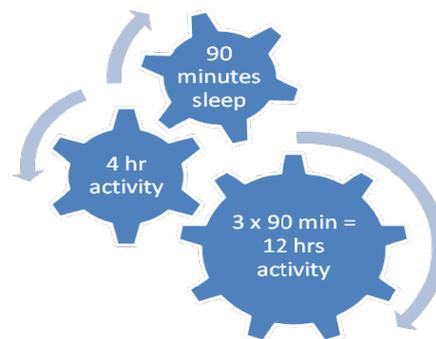
In my work with addicts I use the 90 minute rule all the time. Entering the facility we request the visitor to sleep first and wake them every 90 – 120 minutes just to be sure the person is alive and ready for action. Many times we have to wake them from a distance as often they immediately jump up being ready for action.

Addicts do not have the sense of the hunter. They live with short sleeps as they are in a constant need to “score”. The body is in hyper state and must be ready at any given time, even when heavily damaged by the use of drugs. Drug addicts, this has been said to me many times, cannot be compared with “normal” persons. But on the question why not the “scientist” come no further than telling that the drugs have changed the chemical system of the user so much that it

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is completely altered to a new situation. This is true but the mind is still ruling the body. In fact if we closely look at addicts in the last stages of life we discover that the body is in no way able to function properly. But when telling them that they can score a dose over 500 meters from the place they lay down, they even can sprint over that distance to get the stuff. Medically seen the body is not able to even walk that distance let alone run it at high speed.

This events teaches that we do not need the full sleep as always being forced upon us by the regular medical world. For them the 8 hours are a holy grail but in reality we have an overwhelming amount of proof that the statement is wrong. Now we know that the minimum time we need is one cycle of 90 minutes and we are able to function for a few hours again. It is considered that a 90 minute full cycle is equal to a four our work period after that.



What is Sleepdisorder (sleep disorder)?

Sleep disorders are conditions characterized by abnormal sleep patterns that interfere with physical, mental, and emotional functioning. We consider an abnormal pattern a disorder when it happens with a regular interval. Stress and / or anxiety can cause a night without sleep, as do a variety of other problems. Sleepdisorder is the clinical term for people who have trouble falling asleep, difficulty staying asleep, waking too early in the morning, waking up several times in the night and braking a proper sleep pattern, or waking up feeling unrefreshed. Other common sleep disorders include sleep apnea (loud snoring caused by an obstructed airway), sleepwalking, and narcolepsy (falling asleep spontaneously). Restless leg syndrome and bruxism (grinding of the teeth while sleeping) are conditions that also may contribute to sleep disorders.

In this booklet we concentrate on basic sleep disorders not related to serious medical conditions. But I sincerely think you need to understand the serious effects of a sleep disorder when it turns to sleepdisorder. Sleepdisorder is considered a danger to health in many ways. To be deprived of sleep can lead to following medical conditions ;

- Anxiety in many different ways
- Heart diseases, due to the irregular recuperation of the body on daily activities
- Many different mental diseases such as severe depression, suicide feelings, aggression
- Changed food patterns which on turn leads to obesitas and many digestive problems
- Exhaustion with the direct effect you will move less and get all problems mentioned above here

But sleep disorder (sleep disorders) also have a strong effect in inter human relations. Sufferers of sleep disorders and even more with sleep disorder have difficulties to continue inter human relations with family , friends or even lovers.

Sleep disorder is considered a problem of some parts in the brain. At this moment science has different options of what is causing sleep disorder, to simplify the process I would like to draw you a picture of how it all works in action ;

- A lack or too much of specific neurotransmitters (such as serotonin and norepinephrine) in the brain, a neurotransmitter brings messages from one nerve string to the other and so passing information. This information is packet in a chemical substance called neurotransmitter. The easiest way to understand is to see the neurotransmitter as a courier service. A package of information is send by one part of the brain to the other using the courier service to carry it there. Upon delivery the package is unwrapped and activated. But sometimes the package is not delivered at the right address or is the contains not correct for the receiver.
- In complex transmissions the courier will get more parcels from different addresses to store in his car before reaching the final address to deliver all together. At the final address they assemble all packages to one final puzzle and the transmission is ready. But when the courier gets the wrong package or one package to less the final result is incomplete causing a malfunctioning end result.
- Some information packages must pass security area's to arrive at the right receiver address. Imagine the courier must deliver a parcel in a protected area secured by trained guards. Upon arrival at the gate the security will check the package if it is appropriate to let it thru. As you can imagine the security officer will not allow access in an easy way. When the security officer is in good condition his checks will be rightfully and just. But what happens if he is not healthy, has a bad condition or worse is chronically ill. His checks are not careful and he can make mistakes. In some cases by letting the wrong packages pass the security gate and in others complete deny all access. In both cases we have a problem.
- With this explanation there is a chemical disturbance of the brain. Basically all our actions and reactions are due to the chemical interactions.

Often people ask me who is first anxiety or sleep disorder. The answer is simple one can cause the other but it is not a rule that both will always be there at the same time. You can have a sleep disorder without anxiety and anxiety without a sleep problem. But as they often show up together it is considered they are connected and overtime they always go hand in hand.

Conclusion ; sleep disorders are due to chemical misbalance in the body (not only brain) caused by internal and external factors.

Is sleep disorder a disease or a disturbance

Sleep disorder is a disease as it has clearly recognizable damaging effects on the body and mind. Be aware the difference between sleep disorder and sleep disorder. Sleep problems are the basic start of sleep disorder when it develops over time. But sleep disorder also can occur suddenly. When doing my research I found different woman at a starting menopause suddenly got sleep disorder.

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In these cases sleepdisorder takes a few days, a week and sometimes even a month. It leaves a terrible reminder on the sufferer and it feels heavily as a disease. But is it a disease ? Yes it is ! Sleepdisorder is acting as a disease in these cases. When the sleepdisorder holds only for a short time, around seven days, it is a disease.

But when are we talking of a sleep disorder or sleepdisorder ? A sleep disorder is disturbing the night rest but does not deprive the sufferer completely from sleep. When having a sleep disorder you can have the one or more of the following symptoms ;

- Night sweat, feel not comfortable when in bed
- Urination, you have to leave the bed more than once to release yourself
- Suddenly wake up, you wake up more than once from your sleep without clear reason
- Restless moving
- Un regular breathing
- Muscular cramps

But overall the effects of a sleep disorder are felt during the time a person wakes up. The effects felt are ;

- Feeling drowsy
- No energy
- More or less depressive
- Burning eyes
- Headache or “heavy head feeling’
- Lack of concentration
- Sometime lack of muscle coordination
- Feeling cold
- Reduced motivation
- Irritability
- Frustration
- Feeling tired

These are symptoms of sleepdisorder and sleep disorder alike. Due to this sleepdisorder and sleepdisorders are constantly used as one of the same. But for the sake of good understanding I would like to make a clear separation between both.

Sleepdisorder = a long term sleep disorder with a lasting effect on daily life.

Sleep disorder = a disturbance of sleep for a short period of time followed by a period of good sleep, but it is possible that after this a repetition of the same sleep disorder cycle starts over again.

The role of anxiety in a sleep disorder

Anxiety is often the course of a sleep disorder. When in a state of anxiety a person’s mind is like a twirling group of dancers, not under the control of the music nor dancing in the same choreography. Thoughts are no longer organized nor under control. The person suffering from anxiety has the feeling of losing all control.

When suffering from anxiety you are constantly busy trying to get control over your mind, you are fighting unseen enemies, who seem to attack you from their hidings, shouting unclear blames and disturbing all your trying to get it organized. Often anxiety builds up during the day. Each person talking to you will add another voice to the ever changing spectrum of noises. Depending on how severe the anxiety, the influence on your sleep is clear.

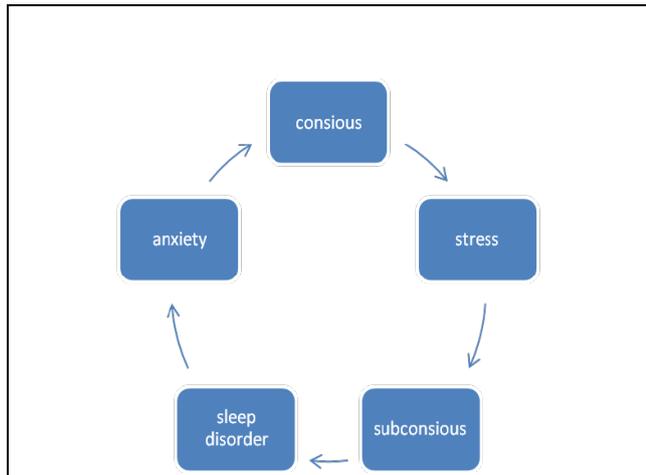
With a head full of spinning thoughts it is hard to lay down and close your eyes peacefully. When you close your eyes you be woken up by the fear of the noises and the disorganizing of thoughts in your head. You fear the total darkness and wish to stay alert at all time to fight the ever attacking thoughts in your head. Closing your eyes may give a change to anxiety to take over and get full control over you. When you feel this way how can you sleep ?

Falling asleep needs a mind losing control, willing to depart from reality, willing to give itself to dept of the unknown. With other words anxiety itself is not the reason of sleep disorder, the hang to get control is the cause. Sleep is the ideal solution to leave the struggle for control and give space to organization that is not under your control. Your sleep is the unconscious way to reorganize happenings of the day(s) before.

To control anxiety, control is not an option. The only way to let anxiety lost its pressure upon you is to become a bystander. You need to go to the observing position. Become a third person overlooking the problems without giving opinion nor involvement. Before doing this it is important to understand the chapter about Maya / illusion. Anxiety is illusion but to accept the fact that your thoughts are often based on illusion is hard to accept for anybody.

In the western world psychiatrist are the professionals to treat persons with anxiety, but they use western based methods which are completely useless for Asian people. The Asian mind is different from a Western, African, American and Russian. Each has gone a different evolution and experiences are not only on individual level but also on a genetic one. Science still did not come to an agreement that the races do have different thought and behavior patterns but if you use common sense you see and know it.

Anxiety is often solved by believer groups, groups who are in a temple or other religious oriented place come together to help each other. But anxiety cannot easily be solved by discussion with people who do not suffer the same faith. The best way to do is having a group of likeminded persons and an experienced guide who lead the group from one target to another. After all anxiety needs to be solved !



PAIN

Pain is something we can control. Ancient masters, and even some trainers today, think pain is something that can be controlled completely. But to understand pain, we need to know what it is.

Pain is the alarm bell of your body. You need pain to tell you how far you can go and if a move is correct or wrong. Pain comes in many levels. Everyone has his/her own level of tolerance. Training changes these levels. When you are training to increase your level of pain tolerance, your body seems to be stronger than that of general people.

I use a way of training that is used in Muay Thai. First, we kick a very hard object, such as a wooden or iron pole, very gently. The nerves are stimulated and at the beginning the pain signals send to the brain are limited. When we kick harder, more pain signals are produced and the brain will start to react by closing down for this specific signals. After a while the brain does receive so many of these pain signals that it will even start to ignore them. This ignoring of pain signals gives people the impression that they no longer feel pain. You have to upgrade the pain level by slowly kicking harder and harder against the object. However, the brain will send alarm signals if suddenly the final level is reached and the bones or muscles are reaching their maximum levels. This will signal other parts of the body and cause a reaction.

We can train the level of pain tolerance but we cannot ban pain from our training or competition. Training is a tool to help us improve all our qualities and pain is needed to warn us if we go too far.

HOW TO USE MUAY THAI AS THERAPY (OR RAK MUAY) IN A SLEEPDISORDER

Sleep disorders seem to be far away for any treatment with a very active sport as Muay Thai. In former parts we found that a large part of not sleeping is based on anxiety. During the training of e focus on fear, anxiety, control of body and mind and determination.

People with sleep problems can be divided in groups ;

- People with a medical problem. This group we only can assist when cooperation with the treating medical specialist is established.
- Persons with a mental problem. When this mental problem is not of medical causes we are able to assist them.
- Persons with a physical problem. If the physical problem is not due to a serious medical problem such as heart disease, cancer and others where specialist treatment is needed , it is very likely they have benefit of our method.

Many bad sleepers have a low level of activity. Often the fact that they start an activity is already one step in the good direction. When a body is tired it will cool the mind down by the production of serotonin. A larger production of energizing hormones like insulin, adrenalin, testosterone and downers like serotonin and cortisone are responsible for our sleep and are also involved in our actions.

We have to divide a treatment of sleep disorders in two levels ;

- short term treatment
- long term treatment

During a short term treatment we must focus on an improvement of the physical fitness of a person. By improving a person's physical abilities we create a more balanced energy circulation system and a better working hormone balance. This works only on the short term as most real sufferers of sleep disorders will fall back to old habits as soon as they can find a pattern in the changed rhythm again.

In a long term treatment the mental aspects are more important than the physical and we will focus on a balance and permanent change of the physical / psychological level.

For the short term we use the following ways to get a person sleeping well ;

- Basic improvement of physical condition by exercises, often not heavy but mainly to improve bloodcirculation, endurance, complete muscle activity and development of impulstraining (part of neural training)
- Technical training to get a person focused on something else than the daily sorrows. The technical training sessions are based on concentration and will bring a person into its own body. During these forms of training we do not get into the essence of fighting but more to the exact use of the body. We replace the daily trouble thoughts by physical puzzles thoughts. It is a proven fact that when we let a person focus on a physical technical problem of their own body they will continue to think about this for a longer time. Thinking about physical activity delivers a so called "auto response" of the body. When you think of a specific movement your brain will unconsciously start the movement on a neural base.

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These tiny impulses do contract parts of the muscles. When this happens during the day some fatigue is realized and the body is made ready for sleep. This way works perfectly for the better educated person who are not “into the brain” than into the body.

- Condition training When we thought the very basic skills to a specific group of people, these can be used as condition improvement factors. A training on the boxing bag or with a partner or on the pads is designed using only basic techniques in different rhythms and changing music. The target of this training is to make a person tired, real tired. When keeping to very basics the same person does not need to think and will do all on routine. This kind of training kills the “head factor” , the constant popping up of thoughts or mulling of the mind. In our work we call this re-programming the mind.

On the long term we will use the results of the short term and will add different other ways to the system ;

- Cognitive programming. In this system we use a constant change of left / right routines. Sample ;
 - Start with a left jab, followed by a right hook and finished with a left uppercut
 - After this we add a right jab
 - Followed by a left hook
 - And finish with a right uppercut
 - When this becomes a series we will practice is several times.
- The top down and down top routine. Sample
 - Start with a right / left jab combination d followed by a right low kick
 - Turn around and give right / left jab combination followed by a left low kick
 - This routine is followed by one left jab and a right low kick
 - And next a right jab with left low kick
- A more difficult approach is the technic try. Hereby we challenge the participant to focus completely. There are a lot of variations to think of here are some samples ;
 - Left jab followed by a right straight knee
 - Right hook followed by a left low kick
 - Left uppercut followed by a right circular knee
 - Left low kick followed by a right hook
 - Left jab followed by left elbow and right uppercut

The target of this training is to get the mind focused completely on the task. Each of this movements demands concentration as without this the participant will start making mistakes. The series can be made as complex as possible but NEVER use more than 4 techniques in a following order.

Why is training in long series not logical ?

First of all we are not busy with a memory training session but we do have other targets. As second we can say that the longer the series the less intensive the focus will be nor the

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connection of the participant with the training is. Short series give a relatively short concentration span and more “relax” moment. Muay Thai is an explosive oriented sport and unlike tennis we do not play it for many hours. Another reason is that in a real fight we have an opponent who is always unwilling to follow our wishes. This opponent will never allow us to give a long series of techniques without response. These responses are always counter techniques. Training must come close to a real situation, this is the basic of Muay Thai.

Mind mapping

Some persons with sleep disorder have a chaotic mind. Their thoughts are constantly jumping from one topic to the other. It is very difficult for them to get structure within these thoughts.

In traditional Muay Thai we have many forms of techniques which are practiced in an orderly combination with each other. These forms are very useful for people suffering of this habit. Forms are fixed and need a lot of concentration on detail. At first we start to teach the ancient forms but slowly we add and change these forms into a personal way. Each form must be personalized to fit the target of mind mapping.

What is mind mapping ?

With a form we want to program the body before sleep and for some people after wake up. A form can be compared with a map. The steps we follow in a form are considered a route on this map. Each step has a meaning that we often combine with our personal Mantra (see the part on that in this book). A form is like a beating of an opponent, in this case the sleep problem. Our imagination will play an important role to combat this unseen and untouchable enemy, we need to beat it and must use the steps to do so.

A form is like a ritual. During a ritual the person purifies the mind from disturbances, to focus on the target of the performance. Each step that is made gets the mind more focused and clean. Thoughts are directed to the movement and the words of the Mantra. The control of every physical movement and balance takes another part of the brain. The perfect form occupies every part of the concentration of the brain, it will leave no place for second thoughts. The form is the route map to relaxation , to sleep.

Burn out

Burn Out is a serious problem for many people. First of all I wish to explain what it exactly is. The name Burn Out suggest a total finish of fuel, a moment that the fire stops. When a person suffers from a Burn Out he , or she, can do nothing anymore.

The body cannot be moved much, there is no energy for anything, a sufferer wants to sleep the whole day but when waking up feels even more tired. Every day is a struggle for survival. Each new day feels as a burden to the soul, a torch of dark fire in the mind and a mind that cannot think of anything anymore.

Burn Out is the total collapse of a person's mental and physical energy.

Having a Burn Out can take weeks, months but more often years and for many it ends in a suicide.

We consider Burn Out a managers disease and it is hard to cure when treated with the traditional medical ways. To treat a burn out is to learn a complete new lifestyle, a change that takes time and must be guided by specialist in that field. In the world there are currently only very few specialist, Arnaud van der Veere is one of them.

A Burn Out (BO) is a mental problem that slowly starts and over time will control the body completely.

It start with little signs of the body. At first the body gives different signs that a persons need to slow down, the body sends information that it needs time to rest and be taken care of.

At the beginning of the Burn Out process we see a slow building up of the problem in following pace ;

- Skin rashes or other irritations with an unknown source
- Pain in muscles and joints without any relation to exercises
- Problems to focus and concentrate
- Feeling tired
- Sleeping and sexual activity problems
- Eating disorders

When these problems start to show in combination with each other we can consider it as a build up to the more or less permanent Burn Out. The person who suffers from a Burn Out can consider her life ended and her professional career finished. This is a terrible but al to realistic thought. When this occurs to the person it can lead to a chronic state of depression and more serious events like suicide. You understand that we need to treat Burn Out as a very serious problem and not taken lightly.

According to experts in the field are, in addition to the ultra-hard-working and the idealists mainly the perfectionist, the loner, the grim and the thin-skinned, especially endangered of a burnout. All together they usually have a lack of a healthy distance to work.

Another factor is also, that for example decision-makers in government offices and upper echelons are not allowed to show weaknesses or signs of disease etc., because this would immediately lead to doubts of the ability for further responsibility. It should be noted that only 20% of managers (e.g. in Germany) do sports regularly and also only 2% keep regularly preventive medical check-up. In such a position other priorities seem to be set and the time lacks for regular sports. Frightening is that the job has such a high priority, that people waive screening as a sign of weakness. In contrast to that, the burnout syndrome seems to be gaining popularity. There seems nothing to be ashamed to show weaknesses, but quite the opposite: The burnout is part of a successful career like a home for the role model family. Besides that the statement which describes the burnout as a "socially recognized precious version of the depression and despair that lets also at the moment of failure the self-image intact" fits and therefore concludes "Only losers become depressed, burnout against it is a diagnosis for winners, more precisely, for former winners."

However, it is fact that four out of five Germans complain about too much stress. One in six under 60 swallows at least once a week, a pill for the soul, whether it is against insomnia, depression or just for a bit more drive in the stressful everyday life. The phases of burnout can be described, among other things, first by great ambition, then follows the suppression of failure, isolation and finally, the cynical attitude towards the employer or supervisor.

Concerned persons have very often also anxiety disorders and depressions, which are serious mental diseases. Depressions are the predominant causes of the nearly 10,000 suicides that occur alone each year in Germany. The implications of such imbalances can be further measured in figures: In 1993, early retirement due to mental illness still made 15.4 percent of all cases. In 2008, there were already 35.6 percent. Even in the days of illness, the proportion of failures due to mental disorders increased. Statisticians calculated that 41 million absent days in 2008 went to the account of these crises, which led to 3.9 billion euros in lost production costs.

Can we treat a Burn Out ?

During my thirty years of working with addiction and other mental problems we discovered a number of ways to treat the persons who suffers of a BO. It is important for every person who wants to have a professional career to know the signs of a beginning burn out. People who know they have the first signs of BO start to look for treatments as her medical doctor is not able to find the source and starts giving drugs. When the drugs do not work the sufferer start to look for her own ways. These ways are often in the direction of special medicines, alcohol or drugs. Woman will go to meditation and yoga classes to learn to relax. "Self help" is considered a real managers need to survive. But this kind of "self help" ends often in a worsening of the disease.

Healing a Burn out is a combination of treatment and education. At first we explain the person a new lifestyle and help to strengthen the positive personal powers which are already available. The medical world treat them as patient, more often medical problems,

but they are not ! A person suffering from a Burn Out does not have a medical problem. It is a lifestyle problem.

Our treatment focus on the strength and weakness of the person. We use methods from Asia and the West combined to create a balance. The treatment is to enhance a person's qualities and improve performance. When a manager finish our treatment she is a stronger and more balanced person, a better manager than ever before. Most off all he will feel a new life power that will last the rest of his life.

The steps of treatment are simple and effective ;

- Communication via the CS(F)M modeling. It is very important the person explains its daily life and routine behaviors. Every step of the day can lead to important facts which can trigger the start of a Burn Out. The home situation with family and friends, with lovers or external relationships, intimacy, work and career and all that matters to life will pass the communication lines. A picture of lifestyle occurs and we get to know each other better.
- The treatment starts in a total strange place to the participant. This place is never a medical place as we consider the person as not sick but temporary out of order. We use the power of nature, the possibility to breath well and use space as a way to enlarge the human mind. In a narrow place with artificial light it is very hard to recover.
- With this map in hands the treatment get a number of focus points in specific order such as
 - o Environment analyses. We map the environment where the customer works and lives. During this process we make suggestions of change and improvements.
 - o A health = wealth plan. We map the persons health by interview, tests and performance. From this we draw a new lifestyle plan that can be implemented in steps such as a
 - Physical activity plan (often Raj Muay but not always)
 - Food and drink planning
 - Relax and entertainment planning
 - o A new approach to life and work management. We introduce a new vision on how to manage a company / work in relation to a personal life and that of investors or superiors. The vision of training is based on the fast changing methods of international business management and adjust to the personality of the participant.
 - o A personal plan to happiness. This plan is designed with the manger to set up a series of goals in the future and a route toward them.
- After we finish the initial treatment procedure we focus on the re-emerging of the manager in society. As a team we work toward a re-energizing of the managers capacities and life fulfillment. The ways we use are completely new and every manager has shown to be extremely happy with this re-energizing period.
- Test period. For most participants this period is about one week to a maximum of a month. After this the participant and our expertise center comes together for

evaluation of the period and analyses the planning to reality of the person , adjust where and if necessary and get the manager back to the working place again.

Burn Out is already a hard to combat problem and if we let it continue it will destroy at least between 15 – 25% of the current managers and other leading people and decrease the power of organizations as the people suffering from this fatal Burn out are highly qualified, extremely engaged and hardworking personalities needed by every company and are often valuable members of our society.

In our latest study of the Asian market we found that more female than male managers suffering from decreasing energy and Burn Out. Woman work under greater stress than men. Most women have to compete on the working floor with men and their large network. Most women has only a social oriented network while men focus on a functional practical one. Men focus on the use of a person and a woman on the personality. Women are also living under the constant pressure of society to get married and bare children to show they are real woman. Most woman who are married and have a career are expected to fulfill all home duties as other woman. Being a Asian woman with a career is living under high pressure and if this gets to you the possibility of collapse , burn out or depression are very likely.

My DIY tips to prevent yourself from going down the ladder and suffer from above mentioned problems ;

- Take one day a week off for personal affairs, it does not matter which day and also not really needed to be a specific day but you need to plan this day at least one week in advance
- Be a woman ! Career woman have the tendency to copy male behavior , that is ridiculous and dangerous. Being a woman does not mean you need to be in front of the mirror all day or go for shopping. A real woman loves to care of her body, find the moments of peace in music of words, take time to love and be loved, get a massage or beauty care.
- Take time for a relationship. Most woman cannot find a man / woman relationship that fits all their demands. Most likely the woman is able to find a person that comes at least close enough to be trusted and to share intimate time with (not meaning sex !)
- Plan but do not over plan. An agenda is a tool and you can lose it. Do not plan your life on the minute. Stress often occurs when you start counting and expecting. Expectation on events , payments, contracts and more are the source of suffering. Sometimes you have to accept things go another way than you have planned, relax and let it go. Search new goals.

A woman is a wonderful creature, a magnificent piece of art . You have to see the value of being a woman to understand the reasons of life are to be yourself in all honor and being. Look in the mirror and breath deep, let it out and say clearly I am a woman and I am proud of that !

Stress and work-life balance

It is clear that problems caused by stress have become a major concern to both employers and employees. Symptoms of stress are manifested both physiologically and psychologically. Persistent stress can result in cardiovascular disease, sexual health problems, a weaker immune system and frequent headaches, stiff muscles, or backache. It can also result in poor coping skills, irritability, jumpiness, insecurity, exhaustion, and difficulty concentrating. Stress may also perpetuate or lead to binge eating, smoking, and alcohol consumption.

The feeling that simply working hard is not enough anymore is acknowledged by many other workers. "To get ahead, a seventy-hour work week is the new standard. What little time is left is often divided up among relationships, kids, and sleep." This increase in work hours over the past two decades means that less time is spent with family, friends, and community as well as pursuing activities that one enjoys and taking the time to grow personally and spiritually.

Work is to maintain life, a living. We have a saying ; we work to live and do not live to work. But under the current situation of economical progress more people tend to have a working life rather than a work to live attitude. But work builds stress often slowly but steady. It is a creepy disease entering your life without being seen and felt in the beginning.

To work and function well you need to have a well-balanced work-stress relation. The balance is found in the right combination of focused working and time to completely forget all about work. Not working is more difficult than most people think, especially women have the habit to take work home.

How to get a balance ? First of all work is something you do on specific time and place and not 24 / 7. Your boss , superior or customers may think you are always available for work. But you have to ask yourself two important questions ;

1 / is that person paying for every moment I work for him / her , if the answer is NO refer the person to the actual working hours and close yourself for further conversation

2 / is that person a part of your family, life or relationship ? if the answer is yes than expect them to understand that you have working and private time. If they do not understand they are no family or a relationship that does not deserve your attention on certain moments as they do not have the right intentions for your life.

Going HOME means closing doors. When the work is finished you turn off the working phone, you close a mental door of the problems of each day's work. Closing a door is stop to think of anything related to the working situation. This implies also the working place, the fellow employee, the orders, discussions, problems and anything at all of the work itself.

Most bosses see the complete discharge to the working situation as wrong, often very wrong. But in fact to discharge completely from anything related to work will give space to a maximum of working and concentration of the employee during the working hours. Why ?

- 1 / every person is like elastic and only flexible to a certain extend
- 2 / flexibility is temporary, at a certain moment it will end and break
- 3 / broken elastic can never mend and need to be replaced

From employers side it seems easy to replace any person in the company but he/she will lose ;

- the expertise build in that specific area over the years
- the credibility of the employee with the customers
- the reliability of the old employee
- the inside knowledge of the company of that employee

From employee side it is important to realize that ;

- when the flexibility is gone you cannot get a job elsewhere
- life is not only work and you can die at any moment
- work and relationship can go together when each has its place and time but never when you prioritize work over relationship

Effective Time Management

Effective time management and living in an organized way can save us from day-to-day stressors. Many don't have the time for family and social commitments, which often results in anxieties and relationship tensions. Getting organized in various fields of life—a holiday trip, household, office or management of children's affairs—can be a good step towards avoiding stress. To get yourself organized in life the following points can be very useful:

- **Be Flexible.**

There is always more than one solution to a problem. You should be flexible enough to accept alternative solutions and experiment with them. It doesn't help becoming anxious, depressed and staying screwed, if one's dream formula for a problem didn't work. Think positive and solution oriented.

- **Be Realistic About Your Ability.**

Set realistic and achievable goals for the long term or short term. The targets should correspond to one's capability to achieve them. Making unrealistic demand on oneself and others is a way to invite stress.

- **Prioritize Your Tasks.**

Prioritizing the tasks on hand helps to reduce the challenges in completing them. Putting

time and energy to important tasks and breaking a big task into smaller steps makes things easier. When you finishes one thing at a time and being able to meet your responsibilities in time, the effect is inspiring.

- **Delegating Responsibility.**

Delegating responsibility prevents stress. When you have several tasks at hand and puzzles over how to complete them, assigning parts to others. This can be done both in office and at home.

- **Learn To Be Assertive.**

Practicing to be more assertive or to say `no` when required can prevent you from taking up tasks which can disturb your time and energy.

- **Keep A Time Planner.**

Keeping a time planner ready helps you to do tasks systematically. The listings should be scheduled on a day-to-day and priority basis. It is important to allow a little more time for each scheduled planning to avoid working under stress.

- **Take Planned Breaks From Work.**

A quick 5-minutes break or even a 5-day holiday, these breaks might help to reduce the after-effects of stress in us. Sports like Muay Thai (take for instance our 30 minutes work out) or a trip to a spa or health resort helps refueling our stress resistant, an active lifestyle is the best remedy against every form of stress.

TIPS how to set your working lifestyle right ;

Every office and workplace has ways to make their business operations run more smoothly. Here are a few tips to smooth your operations ;

- Prepare every evening the clothing and things to take to work and place them at a spot you can routinely pick up even with closed eyes.
- After wake up always take enough time for a shower, to dress well and a good breakfast, never skip the breakfast !Do not forget to go to the toilet at home as it is often not possible to find a clean one on the road and when you arrive in office they are often occupied.
- Make a to-do list for every working day, make it a habit to control and add / cross daily to / from the list.
- Start the job at the moment you arrive at the office, do not sit down to chat or do other things, use your time wisely and efficiently.
- Control your temper at the workplace at all time. A solution oriented temper at the working place can deliver you a promotion. Temper related activities only bring problems.
- Clear your desk top of all personal items. If you want you hang them on the wall or place them at shelves but take care they are no source of distraction in any

- way.. Keeping an organized workspace helps you work more efficiently.
- When you work sit up straight, do things as fast as possible. Communicate clearly (see chapter effective communication). Keep water or tea near you for hydration.
 - When you need to say something to a colleague in the room , rise and walk over to ask / tell the person, this is faster and more efficient, do not send emails or chats.
 - Do not chat during working hours nor use private mail. If you get pop-up information of incoming mails , ignore till after working hours or during short breaks.
 - Never do personal things during working hours without the permission of superiors. If you do private business with the knowledge of superiors do so outside the working area. Use other places for private business.
 - Have a notebook for private-to-do matters and note everything that pops up in your mind.
 - Important emails must be saved as PDF files and stored to protect against server crashes.
 - Invest in some of your own inexpensive work supplies and keep them stocked inside your desk in an organizing tray. This way, you can avoid constantly searching for pens and paper clips, or overusing the company-wide supply.
 - Try to finish every task in a “one go”. Breaking a task in parts is only useful on a project oriented basis. Focus on a specific task and do not spread your energy over to many things. Doing many things is equal on doing nothing. Always finish the task given by your superior first. They are usually more urgent. Before taking the task tell the superior what are you doing at that moment and let him decide what is more urgent.
 - The morning is the most productive time for most people. Schedule important and heavy tasks in the morning.
 - Once you've completed a phone call, write down the next action you need to take relating to the call. Do you need to follow-up, provide feedback, make another call, fax or get something in the mail? If you can't complete the next action immediately, write it down.
 - Give every task a priority number between 1 and 10 in which 1 is very low and 10 is red alert and need to be done directly.
 - Simplify a big project by writing down everything, and group steps and tasks together. Then, put the tasks in order and set up a time line with deadlines and goals.
 - Regularly schedule meetings to assess the progress the group is making and identify and expand upon what goals people are meeting. A group huddle, as such, should involve everyone in the office or department.
 - Schedule appointments and meetings with both start and end times. People are more concise and to-the-point when they are creeping up on a deadline.
 - Set deadlines for when tasks must be completed. This may seem silly, but when one person slips on meeting a deadline, it negatively affects someone else, decreasing more people's efficiency in the workplace.
 - Make your work day more productive by leaving the office in the afternoon for

lunch. Energize yourself for the remainder of the day by getting some fresh air or just relaxing somewhere outside of the workplace.

- Reduce interruptions at work by moving your desk so you can't see the door. Passersby will not be able to catch your eye as they walk by, thus avoiding unnecessary conversation.
- Do not talk about salary matters with others, if you wish to discuss something visit the responsible superior and tell what is on your mind.
- Delegate responsibilities as much as you can but never forget to control them upon return.
- It is an art to delegate responsibilities.
- Set time frames and deadlines for every task !

Muay Thai as Therapy (or Rak Muay) Therapy in the interpersonal communication

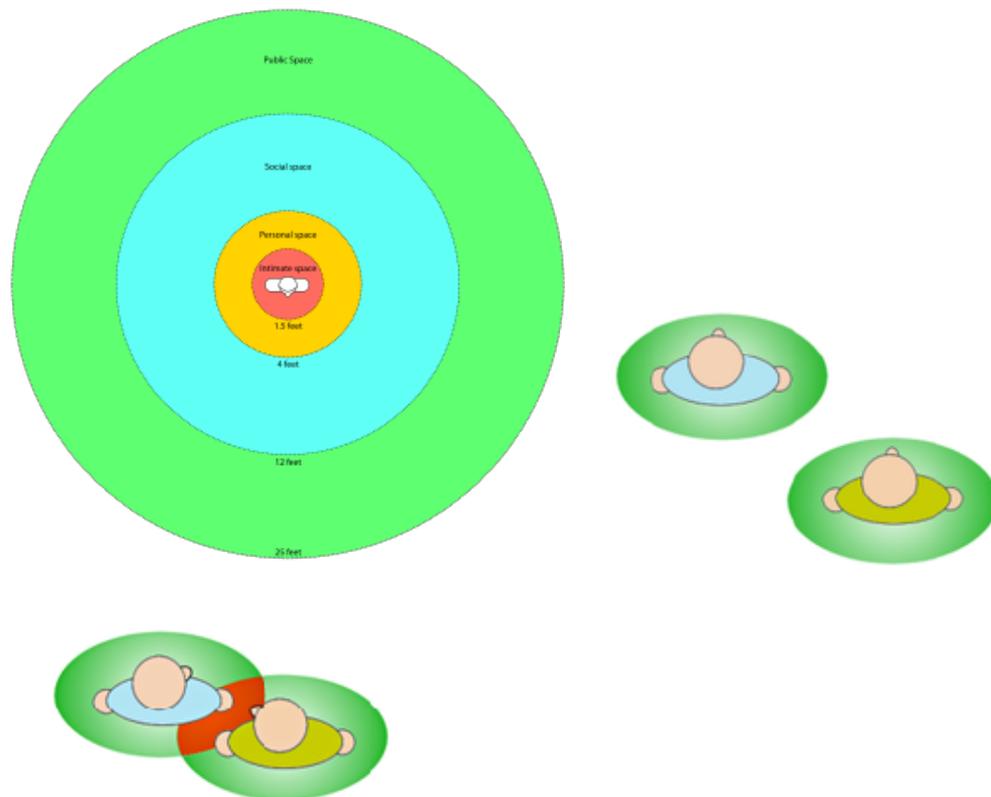
Relationships between people

The biggest problem on earth is the relationship between people. Most people do not understand how to behave in a relationship and how to increase the strength of it. Due to the lack of understanding between people the interpersonal relationship is one of the biggest sources of problems. To understand more of this topic it is important to learn how relationships really work, this knowledge is very useful during interactions with others and can help you to reduce stress and anxiety at first.

Every relationship is important for as well work as study. In work and study one is never able to complete a task alone. Often you have to work closely with other persons. The effect of being close to another person holds the “danger” of a close relationship. To start this chapter I want to point out what we can consider a proper work or study relationship.

Work relationship; in many work environments people spend more time with college than with their own love once. Spending time with other people creates a kind of binding and interaction. It is very normal to have good conversations with your fellow employee or even with members of the staff. In fact this kind of communication will improve the quality and often also the quantity of the work done. In some situations man and woman will take advantage of the situation and will lower defense to come closer in the personal circle * of the college.

(Personal space, every person has a so called personal living space. This is a space that you can roughly see as the circle of space around your body. To know your own circle or intimacy space spread your arms and circle around. The space inside this arm circle is your own private space. You allow only certain people to enter within certain distances. Be aware that in every situation the real space is much smaller. For instance if you are in an elevator, the underground (MTR/MRT) or other crowded places, the distance there can go back to zero.)



Personal space is highly variable. Those living in a densely populated place tend to have a smaller personal space. Residents of India tend to have a smaller personal space than those in the Mongolian steppe, both in regard to home and individual. For a more detailed example, see *Body contact and personal space in the United States*.

Personal space has changed historically together with the boundaries of public and private in European culture since the Roman Empire. Personal space is also affected by a person's position in society with more affluent individuals demanding a larger personal space

People make exceptions to, and modify their space requirements. For instance in romantic encounters the stress from allowing closer personal space distances can be reinterpreted into emotional fervor. In addition, a number of relationship may allow for personal space to be modified and these include familial ties, romantic partners, friendships and close acquaintances where a greater degree of trust and knowledge of a person allows personal space to be modified.

Neuropsychology describes personal space in terms of kinds of 'near-ness' to the body.

1. **Extrapersonal Space:** The space that occurs outside the reach of an individual.

2. **Peripersonal Space:** The space within reach of any limb of an individual. Thus to be 'within-arm's length' is to be within one's peripersonal space.
3. **Pericutaneous Space:** The space just outside our bodies but which might be near to touching it. Visual-tactile perceptive fields overlap in processing this space so that, for example, an individual might see a feather as not touching their skin but still feel the inklings of being tickled when it hovers just above their hand

In the more general speaking we use four different zones.

1. Public zone – this is the zone we are all living in. This zone starts around 4 meters away from your body center.
2. Special zone – this is considered the entrance zone. A person entering this zone gets more attention from you. You start realizing he / she is there. The zone runs from 1,5 to 4 meters in wide.
3. Personal zone – every person entering this zone (between 75 cm – 1,5 meter) receives direct attention and you start to observe behavior. In most cases we call this the danger zone. When a person or object enters this zone you are alerted and the fight or flight emotional system starts to work.
4. Intimate zone – when a person enters within 75 cm you feel only comfortable when you know the person. If you do not know him / her the alarm bell rings loud. But when we do like the person we will feel better when he / she enters this zone.

What is the best distance at work not to create disturbing relationships?

In scientific research it is found that male and female do have only little difference in personal space in a working situation. In offices it is considered that the most proper personal distance at any time from a college is at least 50 cm. It is proven that when entering closer the other person is able to smell the body, to feel the electric field of the other body and an interaction of energy has started. This interfering is mainly found improper and disturbing. Men use this method to test the willingness of female college, but be aware that there are many women using the same method for the same reasons.

In other places the space can be larger or even smaller this strongly depend on the profession. A nurse or doctor is not able to keep the distance, neither a physiotherapist, masseur or beauty specialist. When you have this kind of professions it is very important that, even when touching somebody very closely, you keep a professional distance. In my opinion each education program must pay strong attention to this entering of personal space and what a profession attitude must be.

The main question we all ask ourselves is; are relationships on the working floor good or bad?

Answering this question has two sides. One side is from the working place itself. Personal relationships while working on the same floor, project, or any other area that the lovers can be confronted with each other everyday is not advised. In fact it is recommended to separate the working place right at the moment a love relationship starts. There are many reasons to name to proof that a love relationship on the same working

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floor is not healthy for all the college involved nor for the relationship itself. A good boss / manager will also take care that the lovers will be separated from the same working area to protect the relationship and the work. The conclusion is that having a love relationship on the working floor is not good and not advised.

Study; during study most people will be able to meet a lover. Here we see a big difference between east and west. In the western world the time of school and study is also a time to relax and enjoy life. In western countries we put pressure on students only on certain periods of the year. This pressure is also divided in weight over the year and students are able to calculate the amount of work to put in their study to get the right results. A right result is the passing of an exam not the highest mark. In Asia we see a constant pressure on students to pass many exams with the highest possible score. This pressure gives very little space to develop good relationships with the other gender.

In the West students are famous for parties and fun, in Asia for hard work and high scores. This book is not written to judge the system so I will refrain from that.

In the Western world students spend time to build relationships with fellow students during practical tasks and social events. During these events many outsiders are attracted and introduced. Most students meet their life partner during this time.

In Asia making friends is very important to relieve yourself from the heavy burden of constant pressure to deliver the best results. Often you become friends to help and protect the other and receive it back. Friendships build during study periods often last a life time cause each know very well how much they can depend on the others.

A big different in both situations is the pressure from the environment and family for the study results. Building cross gender relationships (whatever a love relationship of just a friendship) in Asia is suppressed while in the western world it is promoted. In other parts of the book we will talk about the quality of these relationships.

In my research I found that for hundreds of thousands of Asian woman during this study time they learnt to cope with high pressure and the eager to score results in society. In fact during study time they learnt to close down the world toward relationships and focus on a career in society. This fixation on career results finally end at around the age of 35 year and they discover that the world has been passing by for them and they are left over's. At least that is the feeling they get from the social environment they are in.

For men this is different. An Asian man is told at the moment he finished his study to find a wife and get married. Many men are forced by parents and environment to find a wife to create a family. Often they get introduced by other parties and to survive the social pressure they agree in marriage. But due to the above mentioned reason the amount of available woman is no longer large.

All over the world people focus on education, often the higher the better. But for many reasons it seems that education will not improve social and emotional relationships not good family life.

Conclusion; while work seems to be the ideal place to create a relationship it is proven that nearly all work relationships fail. Work seems not the right place for a love relationship. Study time seem to be the best time to start love relationships. This happens in the Western world but not in the Eastern hemisphere. The reason is the study pressure from environment and family.

What are the main factors of a good relationship?

In general we can say that there are the indicators of a good relationship. In this part I mention the most important. With these indicators you are able to look every time at your own relationships to see if they are still holding up and the relationship has chances to survive. When you can answer over 60% in a positive way you are still able to continue. With a percentage lower than 40% it is time for you to reconsider the relationship or search for counseling:

- Good communication. Happy couples talk to each other, and they listen to each other. A couple willing to set up a harmonious communication will find a way in daily life to start this without much distraction from outside sources. Both recognize the importance of the communication and will be listener and talker in an equal amount depending on the situation.
- Resolving conflict in a positive way. Having conflicts are part of every relationship. The goal of a conflict is to solve the problem with communication in as many ways as needed to find a solution. It is most important to look for positive solutions.
- Having realistic expectations. When people first meet, they put their best foot forward and try to mask their flaws. This is normal, but couples should realize that as time goes on, the "real" person will emerge. Relationships develop over time, but unrealistic expectations of a partner, or of a relationship, can cause undue stress.
- Paying attention to details of your partner's life. People in strong marriages know their partner well. They know major events in their partner's past, and they know each other's likes, dislikes, hopes and worries. And, they keep updating this information as their partner's world changes.
- Experiencing more positive interactions than negative ones. Successful marriages have five times as many positive interactions as negative ones. Giving positive responses to a partner's bid for attention -- whether it's a question, an extended hand, or just a glance -- strengthens the relationship.

- Building trust. Most people started with a full trust in a new relationship. Often too much trust. That amount will decrease fast and gets unstable. After a while it seems all trust is gone but in fact the level of real trust is changing to a more durable one. For people who have been in a relationship it was strange to feel a 100% trust one day they fell in love but after a while doubt started to rise and a new kind of trust needed to be build.
- Spending time together. Sharing experiences is a good way to build a relationship. Couples who enjoy doing things together -- rather than feeling obligated or forced into doing things together -- have a stronger, healthier relationship.
- Shared values. Couples who start out with a wide array of shared values -- who agree on what's important in life -- have a better chance at building a solid relationship.
- Shared responsibilities. Both partners have the obligation of nurturing the relationship, keeping the household running smoothly and working toward common goals. Allowing only half of the couple to bear the brunt of these responsibilities can cause resentment to build.
- Adapting to change. People and relationship change over time. That's to be expected, not feared. Even people's expectations of a relationship do change. Partners need to be able to communicate about these changes and find ways to adapt to them.

We are in relationship to learn how to negotiate with the other, not to “win” over the other person. Part of the package is that being in a relationship will teach you where your limitations are. The “job” of your loved one is to pinpoint at your weaknesses! Be grateful about this information! Thanks your partner for teaching you where you need to improve, on the part of the info that is really true, and change it to a better attitude.

What is the most useful phrase in your marriage? “I’M SORRY,” followed by a good try at making things better next time. There are many differences. What used to marvel you in the beginning, that the other was so different from your own experiences, is now a source of irritation. STOP, and remember that you are in a relationship exactly because the differences were exciting and a source of learning for you.

Thinking differently does not equal to confront or disagree with you...if you need your loved one to be on your side, just ask: “This time, I will explain to you how I see this issue; can you try to see it from my point of view? I need your support on this please. “ Think of the differences in your relationship as assets and always ask: “Do you have a different opinion we need to consider here?” before proceeding to implement a joint decision.

Being in a relationship is not a commitment exclusive from other interests. You need to develop a well-rounded personality, with many interests, so don’t think that you have

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only to pursue shared interests. Having your own pet hobbies will give you a different take on reality, from which you can share your learning with the other person. You are in this relationship by your own will, and responsible to make from it the best experience you can...If something is required from you, at home or elsewhere in the relationship, just deliver promptly and with a smile. Doing something extra builds a lot of good will for the future.

Nobody is perfect, be grateful that you found someone to learn with, warts and all...as a work in progress, don't take yourself too seriously; you are only a little bit of the universe, and looking at yourself in this context is humbling.

Be aware that you fulfill the same role for the other person, being a witness and a help...so you have permission to laugh at yourself and at your mistakes... However, be certain that you are always faithful to your life mission! Being faithful to the relationship is most important of all. Faithful is something both persons in the relationship think different about. In all your communication you must find the borders of the relationship in this. The question is; what does my partner consider faithfulness. This accounts for every relationship.

How about aging ?

Look around you and all you see is change. Your mobile bought yesterday is already old and the new models are luring you from shopping windows and screaming advertisements. Technology is changing so fast that you think you are running behind and cannot follow the new trends. Some people will get frustrated of the speed and want to catch up at everything.

Time and environment has changed our perception, no longer is age a safe haven. Age is not defined by a particular number. Some people are grandparent at the age of 40 while others will never see a grandchild. Many woman are not married at the age of 35 while in the past woman at that age had already grown up children. Man and woman are focused on career and are no longer interested in permanent relationships while parents focus on having grandchildren to continue the family "dynasty". Internet did speed up fast relationship marketing and contacts are often fast, full of passion and short, fulfilling a physical and mental need. In these relationships women often pulls the short end of the string.

Aging goes with a changing body and mind. The body grows from immature to mature. After this a period of stabilization and important improvements comes to end with a decline. The start of "decline" is different for men and women. In literature the time that is considered "decline" for woman is the moment they lost virility. For man it is set around 35 years of age. The speed of decline is depended on the physical activities of the period before. A body needs to move to stay in shape, to be healthy. Moving is different from sport. You move to keep the machine (the body) going to prevent it will start to be rusty. When you stop to move, like when you stop a machine, the structure will start to

get stiff. We call this a rusty system. A stiff system reduces neural transmission (your nerve system falls back) and diminish blood circulation.

But aging is mainly a mind over body matter. Your mind controls your body, your activity. Most people start to be aware of becoming older when they reach the age 30. Specially woman suddenly realize that their lifespan becomes limited. The reason behind this is the limited virility time of the woman. At age 30 she realizes that she only has around 10 years to go to get children. In current situation many woman in Asia are still working on a career at that age. Man, on the other hand, are often not mature enough to start a family. This will worsen in the generations to come due to the spoiling of parents of their sons. In today's society we see a worsening of the gender age gap and young woman are looking for (much) older man. This is an unhealthy situation that is not good for future generation. This choice is not a matter of physic but of the mind.

Time is essential in life. We all live on the clock. Realize how often do you watch the time ? How interested are you really to KNOW the time ? Looking at the time has become a routine, nearly a ritual. We make appointments with time and dates, we use diaries every day, we make plans with time as our guidelines, we are living on (borrowed) time. But how long ago did we start to take time this serious. How did our ancestors use time ? Were they aware that there timespan on earth was so limited. Imagine that in the past human only reached the age of 40. A person over 40 was considered an exception. A person who dies in current time at the age of 40 is an exception. Our lifespan is nearly doubled in yet only 100 years. We live longer and seem to be more in control of nature's time. But the more we gain "control" of time , the more we are aware of it. We have become scare of losing time, wasting time and yet we do so all day, every day.

To combat the negative effects of the aging process we need to be flexible and consistent in improving, maintaining and revalidating the body and the mind at all time. The first step in aging is accepting that aging is inevitable, it is not a matter of choice but of faith. Acceptance is very important and gives way to understanding. Every age level has its beauty. When young the chase of love is most important, to make a career is great and your energy seems unlimited. Over 30 your beauty is the knowledge of life the experience and (physical) maturity. Most women are much more beautiful after their 30's than before, pity that men hardly realize that !

After 50 a new look on life fills the mind, a new energy that brightens your day. Wisdom of life, often the fact that kids leave the home and you can consider the mistakes you have made. At 50 the energy is still enough to cover the day's work and the evening to relax. After 70 we are able to look back at life itself, look at what we did learn and for some people what we have reached. Satisfaction is a matter of accepting and expectation. When we are young we have a lot of expectations. Our parents and family also put expectations on us. For Asians the external expectation feels like pressure and often a force. This heavy expectation can work as a burden to most and as an energizer to some.

The first step of growing up is acceptance that expectation must comply with reality. In Asia many people have a too high expectation and will burn out before even reaching the age of 30. Health is built on expectation and action. Our mind makes the expectation based on our internal and external influences. After that action must follow. When you want to become director of a company you need to have special capacities to get there. Not only your abilities as a hard working person but also a social networking artist. To get to the top we have to walk the stairs. Each step is a part of our expectations and will take some time. When we constantly look up to the top of the stairs we get frustrated and our mind makes the body stressed and sick. But when we focus on one step a time and we are successful we will feel the joy of success and a good influence on our health. A positive mind, positive results are important to a healthy lifestyle and also improves the quality of the aging process. Our aging process is divided into time spaces. For every step in life you need to take a limited time. We call that deadline walking. Our life deadlines are realistic, possible to reach within a planned time. Reaching a goal brings the satisfaction in life.

We all want to control time, to do this we need to let time work for us. Most people think of a clock or a watch when they think of time. Some people use time as status, they buy a beautiful watch to show fortune. Other people control time via their mobile. Many people have multiple ways to keep track of time. But keeping track of time is not the same as controlling time. Most people have become a slave of time. They work, forced or not, from dawn to dusk and seem never to have enough time to finish work. Work consumes most of our time. An Asian worker often just do what the boss asks. Follow orders. Most of these orders are inefficient and time consuming, hardly ever are these orders carefully planned or clear.

Time can be made usefully when we make clear plans. Efficiency in life saves time. You only can be efficient when you know exactly what you want. Being clear is efficient. My advice is to put more time in preparing a task. After you get an order, make clear to the superior what the order is. Just write it down and ask his / her permission to execute the order precisely as is written down. Doing so saves time in communication and later you cannot get arguments. Following orders becomes more plan directed and time efficient. Another positive thing is that your superior cannot pull back and tell that the order was different and you made a mistake. Being clear is also good in relationships. In a relationship you can set goals and talk about when to realize them. Having a good set of goals also makes a relationship stronger. Good goals and strong time limits will give less stress. Everybody knows that time and stress are connected. The more you need to do in less or unknown time will increase stress, irritation and that has a direct effect on health and aging.

Time is essential in our aging process. The better we plan, also the micro planning, the more time we will have for leisure and relax. You have to spend time wisely to get older in a better health.

Muay Thai as Therapy (or Rak Muay) can be a very good and realistic guide in the aging process. When I was young I did train 2 x per day. Around one-and-a-half to two hours in the morning and the same in the afternoon or evening. It was no problem at all for my body as it could generate enough energy to deal with it. But when I got older the possibility of two trainings a day was struck down by injury, inflammation and lack of energy. The body did need more time to recover. At current time (over 50) my body needs a much longer recuperation time from hard exercise than it did before. During the aging process we need to listen to our bodies well and do not press it to the limit every time.

The relationship binding in Muay Thai as Therapy (or Rak Muay)therapy

In a Muay Thai as Therapy (or Rak Muay)therapy all of the mentioned aspects between people comes back. The main basic of training with another person in a relatively dangerous sport is that people need to trust and respect each other.

Trust and respect are the very foundation that many people lack and miss in current society. During our training sessions we learn to know what are the personal circles of an individual by experience. By approaching and interfering in this personal space, for instance by punches and kicks, a feeling of discomfort occurs. In the beginning of the training sessions most people are afraid of this.

When we start with training sessions we ask the participants to scan their feelings to establish their own personal space. It is important for an individual to know within which space a certain feeling occurs. Intrusion of this space by people depends on the relationship to the person who is doing so. Most people dislike intrusion in their personal space and will defend it by all means.

The art of love and hate

Humans can hate better than they will ever love. This saying sounds cruel and yet it is the truth. Fact is that people will celebrate the end of a war or disaster to in memory of the victims. When a war is finished the victim countries will hate the former occupiers even after a long term.

Love and hate should be in balance but they are not. The human emotion is strongly negative oriented. Hate, jealousy and for instance anger are considered negative emotions but still they are experienced more often than the positive once like love and affection.

When we look in movies and TV, the parts most censored are the parts where people have, or want to have, sex. As sex is considered a positive emotion of affection and physical contact it seems very odd especially while war scenes, violence and crime is showed completely uncensored with lots of death and killings. Blood, fear, violence and death seems more attractive and accepted than love.

When I write about the intrusion of your personal circles you will only accept this to happen by a person you give permission to do so, every other person is a violator and treated as enemy. Again a negative emotion without control.

In Muay Thai as Therapy (or Rak Muay)we teach respect, even for a stranger. But this stranger must also earn the respect by his/her behavior. The way they approach you and the level of respect shown will make you “love” or “hate” this person. With other words you must search your emotional status and control it well before making a judgement, knowing that the first reaction will mainly be a negative one.

In Muay Thai as Therapy (or Rak Muay)we use every part of the personal space and we also train on them. We can divide them in 3 levels of training ;

- Full distance training, hereby we use long techniques such as a jab , a front kick and the long side way kicks. This can be considered fighting from the outer range of the personal space.
- With a hook, elbow , knee we enter halfway the personal space and to most people it will feel awkward. The intrusion gives a feeling to push the intruder away.
- Clinching is considered the maximum intrusion of the personal space, most trainers do avoid any such thing with a female participant. I have had some very interesting experiences with female students from Asia who came to my gym and already did train and fight on a high level in “Muay Thai” . When I took them up close into the clinching position most “froze” , they were not able to move or react. To them this was a real intrusion of their personal space and felt as an assault on their body. When I did explain them that this is one of the most important parts of training , they slowly understood and started to react. After a few training sessions they became aware that there is a big difference in a gym and a private situation. Trust , customs and culture must not come in the way of sport when you want to learn the true facts and features of it. To them training with a male became a revelation of experiences and suddenly they became a direct threat to trainers and fighters in Asia. The downgrading of personal space in a sport situation is still unacceptable to most trainers and coaches in Asia. This event is curious to me ; are all these trainers and coaches so insecure of their own personal space that they do not allow others to enter it or are they scare of their own feelings when entering the personal space of a female participant ? To me any person on the training floor is a person, no matter male or female, I feel no attraction or distance to any. To teach Muay Thai as Therapy (or Rak Muay)there must be no boundaries.

Trust is the foundation of therapy and a coach/trainer – student / participant, when there is no trust there is no way to get a solution to any problem or a good result from a training. But trust is something we do not give easy and walks away fast. Most of the time the order of contact is ;

- Believe
- Respect

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- Trust
- Admiration and sometimes love

The last step is one too far in a good therapy but it always can occur as we are all human.

Training in Muay Thai as Therapy (or Rak Muay) does not make lovers from participants but surely the sexual ability of a person in training is always better than from a person with a lower physical condition.

DESCRIPTION OF THE METHOD GENERAL

The method is based on the experience of over 30 years of cooperation with officials in healthcare, social workers, doctors, therapist, psychologist and customers. Within this cooperation we had set two targets ‘

- 1 – communication and treatment of persons with specific complains
- 2 – the use of Muay Thai as Therapy (or Rak Muay) as instrument of treatment

The first and most important factors of treatment is to create an atmosphere where participants feel safe and above all could work with sport to achieve a goal. When we started in 1979 the foundation of the organizations was the use of Boxing as they did consider this more safe than Muay Thai. Soon after the start of the special governmental sponsored project it became clear that boxing was too limited for the kind of treatments we wanted to give.

In the beginning we did work only with the participants but later on we increased the influence of the treatment to the family situation and environment. In general we can say that a growing personality needs the involvement of parents and family to reach maturity.

Sport and games are important for development of the brain and physic, only a person able to enjoy such will become a balanced stable personality. Due to the interactions between people during these events participants learn to live and work within rules and regulations, create a good atmosphere and understanding of the values of the community. There are several other strong positive effects such as ; perseverance, determination, winning and losing, setting of targets and confidence. In a fighting art we can find all these factors back with higher results than in most other sports.

People retrieve a positive image of the participation in sport. Youth and venerable personalities, often in a struggle for a positive self-vision, need a hand to strengthen their self-control, image and vision. The image of Muay Thai as Therapy (or Rak Muay) is one of strength, sturdy, macho, determination, power and more. As our current society has become a “talk-for-talk” society to many it is important to find a way out and sport can be that special way. Beside all this positive effects, the physical results from a (hard) training will reduce stress and reload body and mind.

Aggression in our society has become a real issue. Not only in our country but all over the world. Due to pressure and stress the general tendency to become aggressive or even violent is a worldwide trend. But aggression is also linked with Muay Thai. Fighting arts are always seen as an act of violence by the majority of the population. On the other hand to practice these kind of sports the participant needs a huge self-control. This self-control is not only demanded from the participants but also from teachers / trainers and coaches. The responsibility for the acts of the participants are a heavy burden to most. Most people involved in the sport has any knowledge of the therapeutic possibilities of the sport.

In Holland we have a well-known saying ; Things we learn while you will be done when old. The saying reflects the fact that when we start young with a certain way of life we will be able to perfect it while growing older. Muay Thai as Therapy (or Rak Muay) can play a very important role in this. With the right instructions and vision of the school and trainers and a clear social guideline (such as no fighting or sparring in school, no participation in fight events outside the school before a certain age) the use of Muay Thai as Therapy (or Rak Muay) as a group stimulation will leave a positive trail in any life. When an individual excel in sport he/she will receive the respect of the group. This respect can bring all to a higher standard in study and work.

People in groups take over behavior of other members in the group. At a certain moment the group will appoint a leader and group rules are set. These group rules will become a pressing factor for all individuals and demand a form of obedience toward them. A younger person is more sensitive to this than an older person this will influence the personal development of the individual. In general we can state that unhealthy behavior of the group will have an even healthier effect on the individual as member of the group. We clearly can see this in gangs.

After making this statement we must use this group awareness as a dynamic situation to create a healthy environment. By creating positive group experiences for the individual it will affect the personal life of this individual in a positive way in related situations.

The application of positive and target directed use of group dynamic processes and the use of these to offer individuals specific healing experiences are the foundation of so called therapeutic tools. It is the combination of environment (such as the training place, the use of sport, services around the training place) and guiding that will lead to the "healthy environment" needed for a positive experience of the participants. When the group dynamics is used properly we are able to treat people with different problems in the same time. Due to the basic simplicity of contact fighting arts it is possible to create the best experience foundation for further treatment.

Sportsmanship, equality during the play (responsibility for each other), strive to improve confidence a strong demand on the individual is made for social behavior and certain assertively. Under constant supervision and observation all participants are stimulated to communicate, setting borders. These set borders must be respected, tested and expanded by respect and communication. Only this way all individuals of different social status and background are able to make full use of the therapeutic use of a contact sport. To name a few problems ; lower social abilities, maladaptive behavior, impulse control problems, concentration problems, breathing due to emotional responses, stress, fear (for instance of failure) and all kind of other lifestyle problems.

Setting limits

Before, during and after the training clear limitations are set by the group leader / coach / trainer / therapist, the participants and others involved. These limitations are directly related to safety of the individuals, personal barriers and (group) targets. It is clearly

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explained why limitations have been set and why certain behavior is considered improper or even unwanted. The group is stimulated by request and demand not by force or repression, we stimulate the positive attitude of the group toward the activity.

During the mentoring process, there has been a shift in roles of both participants and "instructors" in which the initiative is transferred slowly to the participants. It is important that the communication and sometimes filing system of participants is carefully studied for an optimal treatment of the individual. In case of a medical reason this all will be communicated with the medical specialists involved.

In some cases the treatment is only partial related to our involvement. A participant can be a part of a medical treatment, a center of therapy or otherwise. In these cases we talk about two different situations ; "in house" = when the participant is inside its own treatment facilities and "out house" when the participant is in our care.

TARGET GROUPS

If a project wish to answer to specific professional demands a target group must be appointed. To create a group needs strategic planning. The general method we advise can be used on a diversity of groups. It is important to create a written, easily to transfer to other people, plan of approach and treatment. A so called "finger spitch geful" is not recommended due to the serious consequences to individual and group.

To set up a group we need to follow the steps ;

- Target
- Place
- Time
- Size
- Treatment officials
- Back up
- Administration and tests
- Result schedule and administration
- Evaluation report

In each project besides targets we have means to realize them. Those means are mainly of financial origin. Without a proper financial background there is no such thing as a single treatment. The size of the budget shows the importance of the group treatment and the results needed. But it is not always the size of the budget that guarantee the best results. The crucial factor of all projects is the right persons and involvement of professionals. Success of a project depends on a number of variables which hardly can be described in a hand book but are though / transferred by experience and practice.

A SAMPLE OF HOW WE WORK

Sport is a general term. In this method we use components from the following disciplines in completely custom shape;

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- 1 / Muay Thai also known as Thai Boxing, Kickboxing
- 2 / Dynamic Weigh Control
- 3 / Dumblex
- 4 / Boxing
- 5 / Various other martial art components

At first glance fighting arts are not suitable to teach vulnerable groups. The image of fighting is rather macho and seemingly male oriented. But in Holland the current participation of female in Martial Arts has risen from 10% in the '90's to at least 40-50%. This is an unexpected increase. The Netherlands is a multi-racial society. The muslim participation in fighting arts is very high. Females in a muslim oriented society hardly take part in the activities such as sport. But in the Netherland many females from muslim origin take part and especially in Kick Boxing / Boxing and Muay Thai. Fact is that of all Martial Arts the full contact ring sports have the highest participation of muslim females.

Muay Thai as Therapy (or Rak Muay) and other ringsports has much more positive effects on participants

- participant are taught to stay him / herself in situations where he / she is under pressure
- the character is strengthened because the participant will take part in situations which are usually avoided but now taken as a challenge
- participant is thought that only by working together the personal position can be improved, with other words working together will benefit the individual
- participants will learn to receive (for instance punches and kicks) without aggression, ie he / she learns the difference between the game situation and reality
- participant learns to regulate aggression and to control
- the participant learns to push boundaries
- the participant learns to indicate clear limits
- the participant will learn the importance of leadership and to undergo instructions
- the participant learns structure and making a good planning
- participant learns to set priorities
- participant learns to control fears and channel these
- participant learns action / reaction as a logical fact and understanding what is to be expected that on every action is a reaction

It is easy to expand this list with many other facts but we will focus on the most important in this textbook.

PARTICIPATION IN AN ORGANISED GROUP PROJECT

"Giving up is not an option" is a common expression often used during the lessons Our current society demands a lot from its members. The external pressure on each of us is increasing year by year. A growing number of people cannot resist the pressure anymore. The result of the pressure is they give up and start to take part in less accepted activities

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(such as the different addictions) or become mentally or even physically ill. In other words this person will drop out of the traditional society as we know it.

To participate in a project the participant must show a certain degree of **commitment and perseverance**. During the selection we will focus on this.

First I want to define the two cases "commitment" and "perseverance". The difference between the use of these words in our projects and when we use them to define athletes is a major difference.

COMMITMENT is the practical expression of the prominent will to engage in the activities we will employ during the project. To some "want to be" participants the project is just another way to break away from the daily sorrows and they are not really committed to the goal of the project. They will only give an oral commitment. If we want to be successful with any project we need to know for sure that each participant is willing to commit to the goals of the project so we test the commitment in a special half day test.

Testing is something many organizations do not dare to do because you will clearly discriminate persons who say that they are committed but actually they are not (yet). By selecting the best participants the goal will be easier and more successful to reach. Good results stimulate others to be committed to the final result. It is exactly like in sport, people will follow the winners not the losers.

"Perseverance" is the will to continue the commitment to follow the successive lessons even in the most difficult circumstances. A person can be very committed but if they have a lack of stamina the situation and circumstances cannot be changed.

I must illustrate the way we work in a project by showing an example.

We had a 14-year-old girl as participant on one of my groups. She was a victim of violent crimes, lover boys* and a drug addict and was taken into a special addiction project for under 18. Her time inside the project just started but to most it was very hard to get really in touch with her so she was put on medication. The moment she entered the training facilities she isolated herself from the group and sat down as far as possible in a corner, trying to hide her being there.

To force her to participate in our activities would be counterproductive. The only possible way to involve her in the lesson was to ask her to practice in certain tasks to support other participants. We asked her to assist others by wearing boxing gloves, shin protectors and other simple things. She did not take part in any activity else.

After a few lessons I got her to do a small part in the lesson. Her fear left her only a few minutes of activity. With patience and specific persuasion of my person and Kathy Houwaart, the lady who owned the sport facility, the participation got slowly longer. This took a number of lessons.

Her participation became more frequent and she rose to a level that people were amazed by her huge commitment. The rehabilitation project took eight months for her. After this period she took part in regular classes of a "professional" gym. In no time she could keep up with the competition team. It should be noted that she only weighed 48 kg! and around 150cm tall.

At a certain moment she called me to ask for my opinion. She realized that the way of teaching in her current gym was not up to date and she wanted to know if she could tell the teacher about her thinking. That she had the courage to consider this action was astonishing as only a year before she was not even able to look you into the eyes. After a short discussion I agreed with her observation and she went to the teacher. The teacher – an old friend of mine – could not appreciate her remarks even after her careful scientific and balanced explanation. On his turn he told her that he did the same kind of teaching already for over 20 years so he thought he knows what he was doing. Her reply was direct and hard ; if he was so sure of his case why did he never create real champions ? Probably the discussion did continue for a long time but to me it was a clear sign that the young kid did grow up very fast. We grew a real adult in one year, a personality.

Conclusion, the selection criteria for participation should be clear and applied. The Commitment / Perseverance factor is mainly determined by the care and supervision

Anger and conflict management

Aggression and conflict is a frequent phenomenon in most of my target groups. The target participants are regularly confronted with aggression in various forms (verbal, physical or written). These confrontations have different effects on the character and mental development of the participants.

During the training sessions we find different behavior patterns such as ;

- Conflict searching
- Conflict Avoiding behavior

A conflict searching person is basically an aggressive person who wants to show and control his/her environment by external manifestation. During each training this person is confronted with the need of control and to manifest his/her anger. A lack of control will definitely end in a physical punishment during the training by someone who is better and more in control.

A good fighter keeps emotions under control.

A person using conflict avoiding behavior runs away from any trouble giving situation. The non-verbal communication is entirely focused on a flight behavior. This makes vulnerable and defenseless. In our life we meet many people like that.

In my programs the lack or too much of aggression makes no difference while in most programs these factors are considered very disturbing to other participants. In my sport directed approach the both cases cannot escape or misbehave due to the channeling way

of teaching. We focus on the personal use of power, control of the situation and responsibility toward other participants.

Physical capability and conditional level

In most cases we cannot expect that a participant has a good physical condition. This physical condition is of less importance when the participant is young but when one is over 35 it can play a major role in the participation. A bad physical ability will influence a person's ability on the Commitment / Perseverance factor.

I do not advise to select people on a bad condition but focus on a person's health more. Physical condition can be improved. The fact that the participant has one more factor to work on will only add on to the positive result. In general will a physical condition improve fast when the Commitment / Perseverance factor is strong enough.

Enjoyment and eager to participate

One of the most important elements in participation is FUN, a participant needs to enjoy what he/she is doing. The fun-factor is a very serious measurement of the participation. When a person likes the activity he/she will develop an "eagerness" factor. The wish to participate is growing and the higher this factor goes the better results we have with the therapy.

Pleasure is a very important factor for participation in all activities. Participation on basis of obligation can be a factor for finalizing of a guidance in a project but in physical activities the "fun" factor is of great importance.

Having fun in an activity provides positive energy. It is known to every health care provider that "positive energy" is a very important rehabilitation and recovery factor. Without the seemingly endless source of positive energy of the human mind, there are no result possible with any participant. Even if a participant is totally convinced of the success of the therapy when there is no fun the participation will turn into opposition and confrontation.

Pleasure is the most untouchable element for therapist and participant. It depends on several factors such as;

- The environmental factor. Is the place where all activities take place well equipped to create a good "atmosphere"
- A "feeling home" factor. The participant needs to feel safe and secure.
- The therapist factor. Is the personality of the therapist cooperative, positive, assertive and able to understand. The personality is an important factor.
- What happens after the activity. The time after the activity is important as the "care factor" after it can help the participant to understand emotions, physical reactions and so on.

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Pleasure is a phenomenon based on experience. The more positive stimulating factors available that influence the participant the degree of enjoyment in the activity will increase. The absence of one or more factors, creates a restriction in acceptance and could generate blockades.

Philosophical background

Most therapies focus on the past. Dealing with the past is generally considered more important than to focus on the future. In my seminars I always point that when we walk we never walk backwards on the street.

Trauma's and other non-processed aspects of the past are constantly retrieved in most therapies. This elementary part of psychotherapy is designed with the purpose to relive a situation to resolve them. The patient / client will go over and over them again until they considered to be healed. To most this is a heavy and often demanding process. Reliving emotions takes a lot of negative energy loaded in the body and mind. The idea behind is that a person will finally "get in peace" with the factors which were responsible for the trauma.

Emotions should be channeled. These channels should form roads in the brain that follow a clear pattern and anticipate in a processing time, the neutralization of negative elements. But what comes after the processing, what's the plan for the post-processing time ? Most therapists are not able to give that answer.

With Muay Thai as Therapy (or Rak Muay) we create a plan of action focused on the future.

During the "talk" sessions the therapist will create a problem profile. In contrary with other methods the profile solution schedule is proposed to the participant who is able to comment on it, so adjustments can be made. In Rak Muay we agree that most problems are caused in the past and influence the future of a person. Our difference is that we focus on a person's fighting power to create a better future. It is like dealing with a fighter after a heavy knock out. It is impossible to change the past but surely to avoid the same happening again.

Each problem has a core and the rings of result like when you throw a stone in the water, rings develop and move into every direction. Each ring will end somewhere. The last ring to be formed could hits the shore or be wasted away by opposing waves. The strength of the impact of an event are the core of the circle of waves to follow which are often inflicting in a person's life. The effect can still be felt in the future. A participant must be prepared for this to happen. In Rak Muay we strengthen the fighting power to combat the upcoming events and the result of the past.

Rak Muay can be seen as a "game" as most participants will never become a fighter in a competitive event. A game focuses on a development of play behavior within various levels. The player must first learn to deal with the game and often has to do the first

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round again and again. The player has to learn the rules, behavior, creativity and activities of the game. The participant must be prepared to repeat many rounds. In each round he/she will find new learning moments which the participant must analyze and take as a personal development. Most learning moments combine the physical and mental aspects.

In a good game we have a start and end moment. Each moment of the game is registered but the elements of the game are not fixed. Some will be ignored, deleted or play a small role, while others are important and prominent. During training we focus on the different elements of the “game” such as ;

- Free the body from its restrictions
- Open the mind for new experiences
- Break through limitation
- Breath control and the use of it to open mind and body
- Concentration and focus
- Who is the enemy, acknowledge, observe and beat the opponents
- Jump from level to level and improve every time

When we apply these rules the game will move to an higher level every time and the results are obvious.

If we take a general approach to fighting arts we see a huge selection available all over the world. Each person has its own mental and physical condition. Because of that not every sport is suitable to them. Before a customer becomes a participant it is important to be sure that the person is able to handle a certain level of physical contact. Depending on the level of contact the degree of participation can be selected. Most people who join in therapy do not like a close physical contact as which we have in Judo or related sports. Some customers have a violence related past and are not able to endure any kind of fighting no matter the way of application. But also for these persons there is a way, such as Tai Chi, Capoeira and Kilaripathi.

In every fighting art concentration is a major factor. Each participant must learn to combine elements of his/her personality with elements of the environment. During the training we strive to reach a conscious and sub-conscious awareness of the environment with the participant as a center of power. This centralization becomes stronger as the breathing accompanies every physical movement. The mind gets into a concentration. The mind becomes aware of itself, as being the central role. The environments start to play a lesser role and the person becomes the center of its own universe, the energy of breathing, balance of movement and the improvement of the situation.

Upon activity or the complete opposite , a total lack of any movement, the mind will enter a degree of focus. The difference between active meditation and passive is the melting of the environment during the action and the exclusion of it otherwise. The environment play an important role in fighting arts. Everything that happens in a certain space, look back at the personal space part in this book, must not escape the conscious of the participant. We call this environmental awareness and this is considered one of the most important form of meditation. Only an ultimate warrior is able to be the center of

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the “battle” while and being completely focused and aware of him/her self and the environment. To understand this better I need to take you to the “fight” a real fight in the ring.

A fighter comes with its own unique abilities into the ring. He / she carries an arsenal of fighting knowledge into the limited area to face the opponent. Each individual has its own identity. Some fighters are active, others passive, some are offensive others defensive. But in every case when the fighter enters the ring he/she knows what will happen.

The battle takes place at a given time in a restricted environment. In this arrangement, we assume that this fight is allowed to take place in a ring. Two people in the ring. Both have been trained and are unfamiliar with the level of competence the other. On the signal of an third party the battle begins. In the first round both opponents are trying to find out the abilities of each other, the condition level, the strategic and tactical level. The focus of both fighters is only into the limited space of the ring. Even the third party, the referee, is hardly recognized. There is nearly no awareness of the public. The mental focus is so high that all other impressions will be death. A real fight starts after the first round. It is easy to understand that both will only be able to focus on each other. The only important thing is to defeat the opponent.

But when it is not possible to beat the opponent, there are two possible results. There is a draw, and a loss. A victory, the winner receives pride and honor. A real winner thanks his opponent, shows his/her respect for the opponent and is willing to learn of the fight.

When a draw is decided both parties feel a certain disappointment because everybody goes for the win. Disappointment needs a processing time, some people will turn it into anger or revenge, others will see it as a learning moment, a time for other actions. I consider the feeling of loss and draw a way to help you to get more power to work harder, longer and stronger toward your personal goal. It is just another moment in time, a moment from the past, a learning experience. Winning and losing are very close to each other, like love and hate. Every fighter is aware of that. Disappointment or joy may never take long cause the next target is already waiting. The next training will focus on the coming fights and loss or defeat may not be remembered, the vision points forwards to the future only.

Disappointment is based on expectations. The higher the expectation the deeper the hurt and disappointment. In our life we make losses, sometimes extremely big losses. We can become damaged, sometimes deeply damaged. But we are not allowed to give up. Every fight is just another event in life we need to pass, even we are hurt , we need to find a way to move on, one way or another. When we apply Rak Muay it is no longer a question of if and why nut of how, when and where. We will face what is coming.

SPECIAL INTEREST GROUPS

Since 1979, I use Muay Thai to help people to find a goal in life. In 1979, I was requested by the Dutch government to help “borderline” children, kids who were out of control and in trouble with police and the law. Most of these kids had been arrested for aggression, addiction, and other behavior crimes. I designed a training that was not competition related and they all started take control of their own behavior. Not one of the participants committed a crime after these lessons.

Muay Thai and kickboxing are more than just punching and kicking. When you are training under proper instructors you develop:

- cognitive functions (left/right coordination, tactical orientation, etc.)
- emotional stability (instability of personality, depression, aggression, etc.)
- physical control (disabled and blind people)
- addiction control (drugs and alcohol, but also computer addictions)

In 2002 I started to work with Kathy Houwaart and Peter de Haan , we successfully used these methods every week with customers and over the years, we have had lot of positive results.

This method can be used in traditional schools to help children understand that there are ways to release their emotions in a controlled way and behave properly. I am very well aware that Muay Thai was used in schools for many years and that the Government had serious reasons to stop this practice due to dangerous behavior and risks involved especially in primary schools. A number of years ago fighting arts were re-introduced to the schools but the schools choose for foreign sports such as Tae Kwon-do, which is considered strange. Muay Thai is a serious qualified and proper sport when taught by the right teachers with clear guidelines as handed over in this book.

WARNING ; in my years of trials and experiments I did learn on important fact. Muay Thai in whatever form of teaching is not useful to the de-criminalization of criminals. From 1990-1997 I was involved in some projects to help young criminals and serial offenders to get back into society. In the beginning the project seems to have positive results but soon after “the word got out” we did receive applications from people we were not supposed to train. Most of these young offenders had only one thing in mind ; “how could they use the lessons to benefit themselves”. With other words they came to the lessons to learn how to use Muay Thai in practical situations such as extortion, violence and other crime. This experiments did teach me a valuable lesson ; never use a sport like Muay Thai to train people who are already basically wrong doing in mentality and targets set.

Group training programs.

A group training often has a focus on a specific target group but we can start with a general group and transfer the participants over time to their own specialized group, this way the basic group will be used as a filter system.

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A group training system can be used to conquer ;

- aggression
- leadership
- addiction
- sleep disorders
- cognitive functions
- responsibility
- self-awareness
- empathy
- communication
- decision making
- employability and commitment

to name a few possibilities.

In a group we find all kind of group dynamic which can stimulate the participants to reach the mentioned goals. As for all educational goals, a learning program must be set in advance with tests along the way. Training with / in groups are stimulating and often more rewarding than with individuals.

The group advantage

As we read before ; individuality is the core of the group. We are all individuals gathering together to unite our powers and share a common goal. A group of likeminded is stronger than a group assembled for no specific reason. From this we understand that a group only has advantage if they are like minded and they have the same goals.

A group is needed for our own development as a reflection. Each individual need to have reflections on thoughts and behavior to improve himself. In the beginning I stimulate mix groups for some obvious reasons ;

- Males are visual oriented creatures
- Females are sound related creatures

When in a group this works complementary. Male and female have a different way to direct the same problems, through communication and sharing it will strengthen each other to help the individual members of the group. One of the best results in basic meditation training is reached by visual / sound training programs.

Living in a group or community, even when it is temporary or on a visit base, helps to strengthen individual growth. This is the idea behind the monasteries in the world. The founders of every believe, religion or philosophy found that the individual development is strongly depended on the group and environment he/she lives. When we supply the individual with the right environment it will speed development.

In a modern society Muay Thai got more functions than as only a competitive sport. Stress release, relaxation, condition, lose weight, character and so many more other reasons are the goals of your students. Hardly ever a student comes in only to become a competitor.

Intentions of the program

It is important to understand the objectives that *Muay Thai* as Therapy want to achieve with a group training ;

1. The instructors must pay attention to the health condition of each participant and deploy the best training techniques to minimize injury risk. Not the competition is the target but the individual development.
2. The program has a solid structure. A lesson consists of a phase system starting with a warm up, a power portion, bag work out, reflex and speed, stretching and cooling down. For each target group, the instructor must use his/her flexibility to adjust the program depending on the background of the participants.
3. Target group directed thinking. When teaching a specific target group it is needed to be a leader in the field BUT to be a good leader it is important to discover the reasons for joining the *Muay Thai* program of each individual. An individual joins a group with his / her own idea based on information. Each lesson should preferably meet the training objectives and needs of the majority in the target group!
4. Adjusting while conducting the lesson is what that separate a Master from his/her students. During every lesson, unforeseen situation can occur. The instructor must learn how to reverse any unfortunate situation to his/her favor. For instance, the hi-fi equipment cannot work during the midst of the lesson; you must be able to create a rhythm within the group so the lesson can be conducted without interruption.
5. The music must be as neutral as possible. A minimum of 100 BPM (beat per minute) is important for the motivation. Be very careful to choose music that does not force you in specific rhythm that can disturb the lesson. Always listen to the music before the commencement of each lesson. Use different types of music for warming up/active lesson and cooling down. In cooling down phase change from 80 back to 40 bpm.
6. Before the start of each lesson, it is needed to check all available equipment. Control the right posture of the standing bags, “skin” filling and hygiene care. It is important to use clean bags. When using the weight system for warm up and power phase, do not forget to use the appropriate type of weights.
7. Each participant must use proper gloves. Advice is very personal. For example it is not recommended to advise a hard hitter a soft product. In our “Equipment section” find advice. The use of equipment is different for male and female participants.
8. Each facility in the gym offers possibilities for alternative use of the equipment. A good example is the plastic exercise ball filled with air can be used for both back and belly exercise.

9. Finally, the most important thing about teaching is TO HAVE FUN. A “professional” instructor has the mindset to focus so that each participant can reap utmost benefits from each lesson.

LESSON STRUCTURE

A lesson must have structure. Like constructing a house a strong foundation with solid knowledge and safety consideration. It is not advisable to start with heavy exercises or complex combinations. Instead, you should build up from single “hits” to more complex movements after sometimes. Structure is the magic word when working out. In any sport or fitness, building up a strong fundamental structure is the basic step that each participant should take.

The following basic elements should be present in the structure

- Warm Up
- Technical phase
- Reaction phase
- Speed phase
- Cardio phase
- Cool down
- Relaxation

Warm up- it creates relationship between muscle and joint structures. It improves total and muscle circulation, coordination, flexibility and therefore prepares the participant for things to come

Technical phase- learning of proper techniques starts with singles or doubles and after several lessons; you will add new items and combinations to it. However, always stay alert that not everyone can handle long combinations. It is recommended to first divide combinations into smaller parts or time routines.

Combination = a number of techniques that follow up in a logical order
For example left & right punch and left low kick

Time routine = a series of techniques that follow up without a specified number but limited by time. For example 2 minutes of punching, without count.

Reaction phase- the participant reacts to specific commands given by the instructor. The object is to stimulate high mental awareness and fast neurological response.

Speed phase- the participant tries to complete a given number of kicks, punches or combinations in the fastest time possible.

Cardio phase- the participant tries to complete a high number of kick, punches or combinations in a given amount of time.

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Cool down phase- this phase is used to gradually bring to heart and circulation back to normal. The cool down mostly consists of low dynamic stretching.

Relaxation phase- Emphasis is made on different breathing and relaxation techniques. In this way a extra amount of stress release can be obtained

To teach or follow lessons in a professional way at least a basic understanding of the muscles and daily food is necessary. In following chapters the muscles, there functions and food in all its details is explained clearly. After this techniques and historical facts follow.

SPECIAL TARGET GROUPS

Children ;

The first target group we focus at are children. This group must be divided into several age and gender category. It is important to separate male and female children from the beginning of the training. The main reason is the physical power difference and differences in aggression level. We cannot make a hard cut in this separation. Some boys are not able to join the classes and some girls are to good to train with other girls. The physical and mental constitution must be the foundation of separation but to avoid problems at the start we separate the genders for a lesson. During the process we can search for solutions of individual differences.

We need to separate the groups in following age-groups ;

- A - 5 – 7 years, this is compared to the first or second year of primary school
- B - 8 – 10 years, around 3 – 5 grade / level
- C - 11-13 years, last grades of primary level and maybe first level of secondary school
- D - 14-17 years, these adolescent groups need special attention
- E - 18 + groups are different in target and we cannot relate them to children anymore

Group A –

The target with this group is to teach pleasure in movement, a play aspect and most of all a principle of non-violence. It may sound strange to use fighting arts on basis of a non-violence idea but it is not. It is important to disconnect the physical performance of fighting arts with the actual act of aggression.

To understand this better we have to define violence and aggression;

Violence is considered every event to actually harm, hurt or damage the opponent no matter the result of the action or the tools used to commit the action. The origin of violence is emotional or strategical interest by the person or organization.

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Aggression is the use of force without a mental or physical control and lead by emotional input.

In both cases we need to consider the effects on social status, environment and mental development. As both do not have a positive effect on a personal development of the child nor others we need to consider it as unwanted and have to realize this before starting a lesson.

If a child is effected / exposed by any form of violence in the direct environment of the child we will see the results of it returning in the training of our Ringsport program. We can say that our program is also a test of the child wellbeing and personal development / experience. A test in the additional information part can be useful to establish a so called mindfulness report of the child in relation to its environment.

Teaching children of this age-group must be a play situation not a serious preparation for contest or competition. To do this we suggest different forms such as ;

- 1- A combination of judo / wrestling and game. It is important to follow the reactions of children. We can divide children in different groups during the game ;
 - a. Children who do not like the game at all, they get irritated, frightened or anxious being touched by the other children
 - b. Children who love to play the game and search for other kids who do have the same liking
 - c. Children who have reservations, these children play a while, stop, look around, continue, stop and continue again. These children do not know they like it or not.
- 2- Technical training. This training is mainly in the air without a fixed target point. By using all kind of different techniques we stimulate the imagination and coordination of the children.
- 3- Training against a target. During these training sessions we ask the children to use a non-specific target to hit or kick in different ways. The educational part of this training is the eye/brain and body coordination. It is important to have a cognitive function part of training the brain – bridge function (see later explanation).
- 4- A play situation. These situations must be created in a safe environment where children can fall, jump and leap without restrictions. The idea is to play a situation as seen in a movie or VDO game.

The age group is strongly depended on impulses, mood changes and fear. The teacher cannot expect stabile personal attachment or even receiving of any information or the practical application of what has been thought. Everything is play and experience. This must be considered before designing any play / training session for this group.

Group B

The age group 8-10 is considered the change of mind group. We have to make a clear distinguish between country side and city people, between traditionalist and modernist.

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The influence of parents and environment during this stage of life is rather radical and a mixture of self-development, indoctrination, external influence (such as religion) become important drivers of the personality. During this period of life some strong fundamentals of the further lifespan are laid down.

Kids of this age will look at three sides. First of all they look back to the younger kids. In country side the difference will be limited as the mixture of age groups is tolerated and natural. In a city environment the first separation occurs and children will withdraw from children games calling them childish, this is the first sign of change in mentality. At the same time they look at the older groups which they start to imitate. Some will start to connect with these groups but most will not dare to do so. The individuals who are able to connect with the older age groups gets a lot of respect of the other kids. These kids slowly develop a kind of leader function.

It is important to discover the start of these leaders to make use of them while teaching. In Ringsports we need to have some examples for the group. But before we use them we have to make sure that they have the abilities we need to demonstrate our sports. If they do not have the ability but we use them as samples for the group they will turn against us and influence the group as a whole. This negative interactions delivers bad results during training.

The physical coordination of children in this age group can be considered good. As we all know during this period of life most boys and girls are selected for gymnastics or other top-Olympic sports. The foundation of the desired sport must be at a very young age to create a physical and mental awareness of competition in these disciplines. Due to this we can start with a stronger building of the Ringsport.

The first cognitive principles of connecting arrangements start to occur. Children start to understand the differences in distance and are able to follow the order of things. This virtue allows a trainer to combine play and technical trainings.

For cognitive function training we start with a following combination ;

- 1 – left jab , right hook and left upper cut
- 2 – this will be followed by a right jab
- 3 – a left hook is added
- 4 – to finish with a right uppercut

During this exercise we see that the combination makes use of the left – right brain bridge function. It is proven that when we do this kind of physical actions it is possible to let children solve more complex calculations than before the exercise. Try this experiment !

From here we move to up / down coordination. We start with a left / right jab and follow with a left or right low kick. In itself a simple combination but while switching feet most get into trouble due to balance and coordination. It is very important to teach children to follow nature more than the thinking. During kicking most people start to use the logic or other brain functions to reason a movement which will work as a disturbance to the complete order of the exercise.

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His age group can start with balance related exercises. Balance is very important to future mental and physical functions and it is not yet proven but we can consider it a rather logical hypothesis ; a strong correct balance at young age helps to prevent the early occurrence of Alzheimer disease. Therefore only we can make use of many balance exercises .

Group C

The first hormone changes take place between 11 – 13 year. Changes in hormone level change the complete physical structure of the child. These changes have a direct relation to the mental and moral changes of the individual also in relation to the group and environment. We can consider a big different between the city and country side environment. Currently we see that a constant changing, multi stimulating – with other words a restless – environment creates a complete different change of mind than when an individual is living in rural area with less daily stimulation / impulses.

The amount of impressions a day are important for someone's mental development. During the pre-pubertal period the mind is hyper sensitive and the reactivity to impulses has a non-harmonious development. It is suggested that the sensitivity depends on ups and downs of the hormone production. According to research children with a lesser serotonin production are more sensitive to impressions than others. It is unknown yet if the variation in hormone levels has a direct link with the sportive abilities of the individual in girls but it has strong evidence that the male hormone testosterone which is responsible for the gender change, has strong influence on these developments also in girls.

Training of this group varies strongly of the where about of the group. Country side or city kids, the training is much different.

1 – Country side children are able to adapt to a monotonous training method of repetition based exercise

2 – City children must work according to the low attention span method. Due to the huge amount of impulses it is hard to keep the attention of city children during a prolonged time. According to CNN (an USA based broadcasting company) the attention span of general adults and children at this moment is no longer than the time they need to wait in a super market row before checking out. This time is calculated at around 3 minutes. In this case it is interesting to know that traditionally the real round time in competition fights use to be 3 minutes with a one minute interval break (rest). Currently we use this 3 minute interval time to keep the attention span of the participants high. Every 3 minutes we change the exercise. We continue with our repetition based training method as only exercise makes perfect but we feed all participants every 3 minutes with a new way how to do something.

It is important to have a technical foundation of the ringsports for this group. From experience I found that most children do not like close combat actions such as judo. They feel insecure with the changes in their body and do not wish to be touch or to touch

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another person. Due to this we will mainly focus on stand up training and less ground 'n pound. It is interesting to see that both male and female react the same (of cause there are exceptions).

Group D

In the Western world this group is called the real problem maker group. It is considered that the difference between city and country side participation will widen here. Both groups, even in the same age, have a considerable different approach of life.

Training this group is a combination of physical performance and mental stability. During this age we see a new group becomes determent by influence and others will withdraw by mental issues. Physical training is an important way to give those grownups a stability of mind and body, it will build defenses against aggressive elements in society.

During this period we will get a larger differentiation between individuals in ;

- 1 – competitiveness
- 2 – aggression
- 3 – physical and mental condition
- 4 – determination and focus
- 5 – flexibility and power

Most trainers look for the best talent. It is my vision of over 30 years of teaching that the persons with the most talents are often the first to stop in a sport. The main important of an individual is the determination to train and compete. Even competition is of a minor degree with a real “worker”. It is a fact that when a person is willing and determent to invest time and more in a target , that person is willing to climb mountains and swim an ocean to reach that target while a talent can just step and win. But on the long term a talent nearly always lose if the determination is missing.

We teach to be healthy, not to fight. Enthusiasm is tempting and stimulating. It is important that a trainer takes time to explain every movement. Teaching is not so much physical but mental. During each lesson, the trainer should actively move around within the group, correct movements, motivate the participant(s), explain the muscle groups that are being used, tell the benefits of what they are doing. In fact the trainer is the pillar of positive attitude. In a training session we use the 80 / 20 formula. 80% of the training you coach the students and 20% demonstrate and participate in the training.

Group Motivation

Motivating a group is an art and only a few can fully understand it. Firstly, a positive attitude to what you are doing and how the group reacts is important. Motivation is showing others the ways to perform better, reach new goals, promote strength and confidence.

It is very important to feel the “mood of the day”. A group consists of individuals with differing sets of problems or stress. It is important for the trainers to understand and help the participants to relax and release the tension and increase positive energy.

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DIFFERENT FORMS OF TRAINING (technical part of the lessons)

Muay Thai as Therapy (or Rak Muay) use to be a competition sport with the same character as K1 fighting. In fact the brother of the sport in Burma (nowadays called Myanmar) is still competing in tournament style. But in that time the fighters were men only with strength from the inside and had no coaching or training techniques preparing them. Today we must it in a professional way and look at all other sports.

Traditional training consist of technical section, bag work out, pad work out and sparring. Same things over and over again. Everything was built on routine. But only with routine it is impossible to reach the top anymore.

We distinguish the following methods ;

- 1 – duration training
- 2 – interval training
- 3 – speed workout
- 4 – power and strength workout
- 5 – tactical training
- 6 – circuit training
- 7 – periodical planning

1/ Duration training is a method to increase ones intake of oxygen, creation of lactic acids and resoling that problem, intake of liquid, recuperation during active phase, emotional control and above all fighters determination to win.

2/ Interval training. The method has many ways of interpretation and presenting ways. A few samples of this way of training are ;

normal interval – 15 / 30 seconds full power and 30 seconds recuperation and again

fast interval – 15 seconds full / 15 rest

slow interval – 30 seconds fast – 1 minute slow

Intervals are good to train power (in active phase), speed and fast power actions. But interval is a physical form of training the lactate levels and the best way to go fast from one biostatic phase (non-oxide to oxidative) to the other without cramp or side effects. This way of training motivates a better breathing and careful planning how to divide power over a series rounds.

3/ speed workouts are practiced with and without resistance. The resistance can be a weight but also elastic, a spring, water or other way. The most important part of this training is a good technique and proper way to use the resistance. Good coaching is advised.

4/ power and strength work outs. This way of working out is going for the maximum level. The training with weights is short but with every series or muscle group to the

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maximum weight level. A power & strength workout under resistance on the bag or pads is done with the assistance of a person who supports the movement and control the purity of the technique.

5/ tactical training is important for every one training in any martial arts. Fact is that tactical training also improves person daily performance skills in life. It is important to predict the next step of an “opponent” and to learn oversee a situation and plan for next moves. Tactical training is strongly depended on ones abilities and condition. A sample of this is that when a slow starter competes a fast starter, the slow starter must warm up thoroughly and start fast or concentrates on moving through the ring so the fast starter can run after him.

6 / circuit training is fun for recreational and competition alike. In circuit training a person moves from one exercise to the other. Each “station” (this is what we call an element of the circuit) has specific instructions that must be followed. A sample of a circuit is ;

bag work out – 3 minutes only boxing

bag work out – 3 minutes only kicking

bag work out – 3 minutes boxing and kicking

bag work out – 3 minutes only knees

bag work out – 3 minutes everything combined

After each 3 minutes the person moves to the next station. A trainer / coach circulated the hall and instruct each person individually when the rest continue to work out.

7 – periodical planning often is combined with tactical training and season bounded. A year is divided in sections often depended on when a fighter has to perform and on which level or weight. A good sample for periodic training is a weight increase of 5 kg to be promoted into another weight class. It is not only important to increase weight but also keep dry body mass, not lose speed, increase power and regain level. Fact is that periodical training must take place at least 1 times every 3 or 4 years.

AGING POPULATION

Worldwide the population is ageing. Most people consider sport as an important way to stay active and healthy. Sport in general is needed for the body in our current society to keep fit and mentally active also. The physical activities stimulate the bloodflow and muscle activities which will promote recovery of the body and the combating of many illnesses.

Muay Thai has been seen as a dangerous sport for the aging population as the impact of the real hitting seems to hurt. But in fact it is complete to the contrary that Muay Thai should be a part of the physical training of the elderly to keep the body strong enough to prevent breaking of bones and the dangers of springing muscles in daily activities.

The secret of our Muay Thai as Therapy (or Rak Muay) training for the ageing population is ; impact training. When a person grows older balance and ligaments become less. First of all the balance of elderly is often disturbed and correction of the balance need action, often sudden actions. These actions have a direct impact on the muscles and ligaments and when these are not trained or in a reasonable condition, injuries or even falling down may occur.

Impact training in Muay Thai for older persons is always done on shields or other protective gear. Only in rare cases we still use the person to person method. For most people I use the boxing bag, a soft shield and some coaching mitts. It is important to have clear targets for an older person to get the right focus.

In the training for older people the tempo is lower and we add more breaks as there is no need to exhaust a person. The training is more relaxed and people are allowed to chat and move around, often it has more of a social gathering than an official training.

Dress ; I ask the group members to dress as daily as possible but keep space for activities. It is important the training is done with shoes as during the daily life most people do wear shoes and accidents happens in daily close, seldom when a person is dressed for a special occasion.

We follow a rather specific program for this group.

Step 1 – boxing of targets, these targets may be coaching mitts, another person , a boxing bag or other object. The surface of these objects may vary in shape and impact level. Some are soft and others are hard. Variation is needed for a different stimulation of brain and body.

Step 2 – kicking. For kicking we use mainly softer targets such as special designed pads to kick on with shoes. A kick is destabilizing for any person, during a kick the balance is disturbed and need to be corrected. At first the kicks are not more than just moving the leg up and down toward the target and not even with power. The movement in itself is already enough. It is important to stimulate the persons to develop a real impact on the shield so they will encounter the re-action of the shield toward the impact.

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Step 3 – use if knee and elbow. At first we train this movement the best on a fixed target such as a boxing bag. These bags must be soft in filling and not the standard hard filling for young experienced boxers. People with less or no experience can hurt the ligaments. We train the use of knee first with the hands as helpers. Some will use the hands to help the knee to land in the right direction, others will use them for balance while another group will use the hands for pushing and pulling.

After the knee reach a form of stable action we add the use of the opposite elbow to focus more on the balance and correction of it while placing the technique to the surface. The impact of both knee and elbow work destabilizing to the balance and force the body to react on its turn.

These are only two samples of training I do with older people. In the following part I will sum a number of methods and add the targets and results.

- **Target punching.** Goal is coordination and focus. We start with fixed targets and only a movement, not a hit. After we have established good coordination the power is improved. When the person is able to handle the impact and destabilization we move on to the next level. Speed is following strength, first we only focus on speed and later we add strength toward the movement.

- **Left right combinations.** To develop a brain bridge information stream we focus on a constant change of left and right use of movements. To most people the left / right coordination is difficult. During the aging process many people will stick to a specific movement pattern that becomes automatically. The problem with automatic processes is that they undermine the cognitive development. When we use a left/right combination training people are force to get out of routine and stimulate the brain again.

- **Arm leg coordination.** Muay Thai is one of the few sports which demands a perfect arm/leg coordination. Due to the fact that all movements are meant to hit a target and get a return energy the body needs to prepare it selves on different imbalance situations. In this training we choose to work with the upper body first and follow up with the legs. In other sections of the training we do so the other way around. In daily practice these movement training prove to be vital when people walk up the stairs or fall to the ground.

- **Double function training.** Some part of a training is used for double techniques. We use the same arm or leg for two different corresponding techniques which follow each other. Sample – we give a left jab followed by a left hook or a left kick followed by a left knee. The use of two different techniques with the same body parts demand a good coordination in the body.

- **Neural training.** During this part of a training we ask the person to stand still and take a “ready to move” position, often one of the basic positions from Muay Thai. We use a command, this maybe a voice or a whistle to make each person move. We start with a punch and move to all parts of the body. It is important the participants to react as instant

as possible on an oral command. This we also try with a visual command such as a flash light. We can create all kind of variations in this training to make it more fun to do.

- **Form training.** Something less know is the fact that traditional Muay Thai has different forms which are like Tái Chi. These forms are very useful when training alone. Most forms are fixed but they can be adjusted to a personal situation.

The use of Muay Thai as Therapy (or Rak Muay)training is very practical as it helps the elderly to feel more secure, in a better shape and keeps the brain functions in good order. Due to the impact related way of training the body will continue to develop stronger ligaments and joints. Depending on the age the impact must be adjusted individually and if trained in the group it is important to match people of equal strength. It is very likely that in the age group 70+ male will train with female due to matching physics.

TRAINING WITH A COACH

Coaching in Muay Thai as Therapy (or Rak Muay) as a therapist is not an ordinary coach / student relationship. To be a MTT (= Muay Thai as Therapy (or Rak Muay) therapy) coach there should be a clear difference. A standard professional Muay Thai coach is very able to guide a person toward a fight, make him or her competitive. To mentally and physically coach a person toward a specific goal needs a complete different mindset of the coach.

A MTT coach needs to have basically knowledge of psychology and treatment methods before using them. In general the coach will be confronted with people with one or more of the following problems ;

- Different form of fear, from mild to extreme.
- Sexual harassment or assault victims
- Burn Out
- Cognitive training
- Psychosomatic training
- Disability
- Concentration development training

THE COACH

The personality of the coach must have the following basic factors for a successful approach of customers.

- Non- aggressive or violent approach. The coach need to have reached a certain level of self-confidence. This is one of the reasons why I consider the age of the coach important. In general I say that a good coach must be a person who is past 35 years in age. Most persons have a past experience and ability to analyze situations without use of emotions. When dealing with a former experienced fighter, that person also knows that any physical attack is not a direct violation of another personal rights but often is an expression of anxiety, fear, weakness or else. Attacks on other people are not always personal.
- Simulative personality. A coach need to be able to stimulate a person to cross borders, overcome limitations and open new ways. It is important to know where and how to cross a border. As professionals we often put “a robe” around the customer before we let them cross the border. As soon as we see that person is not ready for the crossing we use the robe to pull back before any serious thing can happen. When the crossing is successful we let the robe slowly move in freedom until the point of complete release is reached.
- Planning and structural. Customers come with a problem and we need to offer a solution. In the past we could say that we will reach the solution in some point of time. At current time it is a need to show the development of the treatment in a time frame to the customer. The clear time setting helps the customer to set person goals and reach gains. The more clear we show the easier the cooperation might be.

- Analyzing. Treatment has three phases ;
 - Preparation – we prepare the lessons at forehand , set targets and use results of questionnaires or former trainings
 - Lesson – the implementation of the lesson, observation, action and reactions
 - Evaluation – after the lesson we note the results and later on we look again to the notes to draw conclusions for the next preparation.

It is important that a coach is able to draw conclusions of actions that have been registered during the lessons. Questions like ; have the goals been reached ? Did the customer participate well enough ? must be asked . As an independed observer the conclusions must be stated in a short report for later use. For the record ; each report must be kept secret from third parties without the direct approval of the customer.

- Innovative eager. Learning is not something we press on the customers, each coach must be open for more information and education. All over the world researchers constantly find new features and bits and pieces of useful information we need to gather and add into our own methods.

What are the advantages for a customer when training with a personal coach ?

Before we continue it is important that we make a clear distinguish between a personal sport trainer (a so called PT = Personal Trainer) and a certified MTT coach.

A PT (Personal Trainer) is a person who has (hopefully) a good education is fitness related training. Most PT have a background in fitness related items as weight training, cardio, yoga or dance. Very few have knowledge of Martial Arts in general. The current situation is that PT is used in many confusing situations were persons with and without education work together in a mixed organization. The problem is that many PT érs are mimicking the real martial arts trainers and copy their styles without the proper knowledge. This is a worldwide problem. My first guideline to seek proper people is to look at their age and experience. Persons under 30 without a traceable experience in sport education must be avoided.

The advantages of a personal coach is that in a one-on-one situation the coach will only have his/her eyes on you. At every session you are the focus point of attention. There is no sharing of any kind. This sounds egocentric to some extend but it is the fastest way to good results. To most people their own problems are more important than the problems of others and in fact that is true.

You are the center of your own Universe. There is only one person who needs to live with you and that is you / yourself. Nobody ever will be completely on your side. You can have friends and family but they also will always choose for their own personal gains in any situation, that is completely human. Out personal benefits always will be over the benefits of others.

I can give you many examples of people who did place their own benefits lower than the benefits of their community or superiors, but those people always ended with more problems than they started with. The question always must be ; how loyal should you be and why ?

During coaching sessions we learn how to divide responsibilities and let go of trust issues. When a coach gives you orders you must rely on his/her competence and know that all he/she is doing is in your benefit. After all working with a certified coach creates a personal target on both sides. The coach need to assist you in reaching your goals and you have set the goals to work toward. When you reach the goal with the help of the coach you both have reached the final in good order. In these cases the coach asks loyalty toward his decisions and you place your temporary faith / trust in his decision making process. This is often the first step to a mental solution of any problem. The ability to place trust in another person and follow without a need to think.

To most people the start of solving a problem is to let go on responsibilities and thoughts. The first thing a coach will do is take these out of your hands. He/she will set targets that are in benefit of you, will pave the road towards them and keeps you so busy that you will not have time for second thoughts. To occupy your energy and brain with complete other issues than the daily is a start of a solution. When the coach uses the special designed cognitive training sessions, your brain will be end super active and relaxed at the same time. From experience – and it is also a research proven fact – we know that specific exercises promote the brain to be used in other ways than you are used to do and by doing such energize area's in the brain that are needed to solve problems.

When in a one-on-one situation between customer and coach, the customer is able to let go emotions and even is able to show outbursts of them in a complete safe environment. Outbursts enable the customer to open new ways to solve personal problems by undergoing severe emotional expressions. In these one-on-one cases the coach is able to bring the customer to the bottom of the abilities and emotions to bring him/her back to face reality with less stress or blockades.

Question ; is personal coaching better and faster than working in a group ?

Answer ; no, it is different. Some people need a group to feel confident while others are completely lost in a group. The result is purely a personal matter.

DIY = DO IT YOURSELF TRAINING METHODS

This chapter is written on self-help. After reading you will be able to understand and practice Muay Thai as Therapy (or Rak Muay) as a part of self-awareness and healing. The foundations of Muay Thai must be known by you before you can start to use it directly on yourself. I do strongly advise to follow lessons in the technical aspects of the sports to have a strong foundation in what you do. In my technical books you can find a lot of information but still training in a group will be very useful for your development.

How to avoid stress

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Stress only can come from information received through other channels. This information is considered negative to you. Due to that information you feel uncomfortable. Sometimes the information could create a shock like effect, for instance the dead of a beloved relative. This kind of information is hardly possible to prevent.

But most stress related information gathering is possible to reduce or even prevent. Today we all follow world news. We learn to know what is happening on the other side of the globe and some do consider this important for their own lives. Most people get upset or even involved in the affairs that in fact not of their direct concern.

Reducing this information is a must. In fact the fear of stress is often related to the intake of information you are not able to control nor even you can be involved with. You think you only listen to this, take it by heart for a moment and later on forget it. On the contrary, this information seems to stuck in your mind, you will use this information and related it to your direct environment, often even implement it as possible to happen to you also. Take for instance the fear created by president Bush about Arabian terrorist. After his speeches everybody considered all Arabs as potential terrorists. This information created fear on both sides first and anger later on.

The fear started when people was told an Arabic is dangerous and could bomb you suddenly and unexpectedly. People got fearful when confronted with Arabic looking persons. On the other hand an Arabic person was fearful for his safety in Christian oriented countries as they felt the fear of the other side. Fear fed by misleading-information slowly change in anger when feeling of wrong treatment by others take place in the mind. Friend became suddenly enemies based on this misleading information. You understand that this information caused loads of stress to uncountable people.

How can you check if the information you receive will cause you stress ?

To do this we have designed a number of easy to practice rules :

1 / is the information you get directly related to your close environment ? If yes, take it !

2 / is the information directly related to your personal situation ? If yes take it !

3 / is the information directly related to your family and friends ? If yes take it !

4 / is the information directly related to your job ? if yes take it !

5 / is the information directly to your health, your hobbies or else ? Take it !

If the information does not answer to the criteria mentioned above than leave the information for what it is. Do not pay attention to it and if it comes to you do consider the rules and if it does not fit, again delete it.

Stress also comes from over tasking. Some people take more workload than they actually can handle. Mostly they are so called YES types. These persons are not capable of saying “no” when requested to do something. If you are such a person it creates lots of stress as other people are pushing you to complete tasks that originally are not yours. To avoid this we have come up with a list to hang on your desk. Please do refer all tasks to this shortlist and if a task is not confirm this list you cannot take it. You do not refuse it, you just need to refer to the list to any person coming to you.

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What can I do list ;

- 1- Only tasks that fit in my job profile
- 2- If it fits in my job profile it must be authorized by my superior
- 3- I can only take tasks that can be completed within my working hours
- 4- My private time is private and only consumed by friends and family

Stress also comes from personal relations with family , friends and lovers. It is hard to avoid this stress from occurring. But you can limit the impact. To do this you can use several methods.

A – limit your inner circle of contacts, this way must be chosen by a person who is easy to be influenced and bothered by gossip talks and back lashes. Keep in mind the inner circle is the range of friends and family which you have a regularly contact with = over 4 times a week.

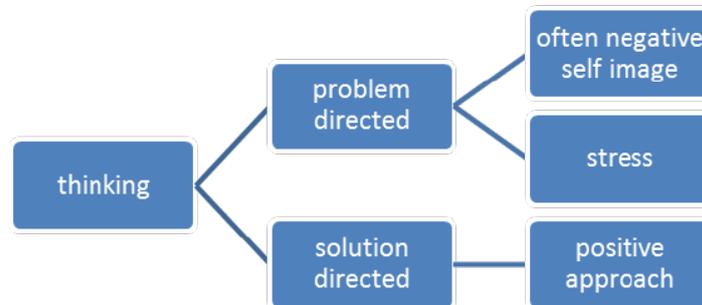
B – be clear, tell what is on your mind. People are use to tell you what is on their mind and by this try to influence you doing things for them. My advice is to share the events of every day with those persons and ask them for their opinion, their advise and how they can help you.

C – never take part in gossip. You do not like people talking about you so do not talk about others. Be sure they always will talk about you and when hearing that keep in mind that when they stop talking you are of no interest anymore or you are death. People need to talk and if you are the topic , let it be, they probably envy you even when you cannot figure out for what reason.

D – only visit family gatherings and important events. Do not go to places you know people do not really welcome you.

Remedies against stress are ;

- Shout and scream sessions. During these sessions you shout and scream as hard as you can in different directions to imaginary people, do not visualize anybody !
- Hit, punch and kick sessions. During these sessions you hit, punch and kick a bag or soft (!) object as hard or often as possible.
- Sing and dance sessions. Loud singing and dancing actively helps to get rid of excess stress for more artistic person.



Problem and solution directed thinking methods

In the Positive thinking practice (based on cognitive restructuring theory) we have divided most thinking into category ;

1 / Problem thinking, this is a way of thinking standard in Asia. People do encounter a problem and start considering the problem from every side. In fact the problem becomes the source of many other problems. People will start bothering on how to solve the problem and base al thinking on the problem itself. The focus is the problem.

2 / solution directed thinking. Not the problem is the target but the solution. When the problem occurs immediately solutions are offered. This solutions are listed and carefully researched. The focus hereby is to find the best solution to minimize or eliminate the problem.

In reality this is also one of the big differences between the genders. Women in general tend to think via the problem way and men in general will make more efforts of the solution orientation. This on it turn is also the difference between east and west. In the west creativity in finding solutions have made a strong progress over the years, Asians do tend more to the problem focusing.

The result of problem oriented thinking is that the risk of spiraling down to negative thinking is very likely. Often when a problem is rather complex the owner of that problem will go into a so called downwards spiral thinking to discover it is harder and harder to get out.

Problem oriented thinking is magnetic. When you encounter one problem soon after that you discover another and again more others. It is proven that problems are “magnetic”

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they never come alone and will attract one after the other cause stabling. For most people the thought is that when they have solved the mayor problem all others will disappear after that. But then again the pressure of the follow up problems often becomes higher than that of the original one cause high tension and stress with the carriers.

Solution directed thinking will relieve you from the pressure of a problem right away. The first thing you do is to visualize the problem and strip it of all unnecessary emotional or factual factors. With other words you “undress” the problem. Right when done you put up as many solutions as you can think of and start trying them.

Sample ; imagine we have a piece of wood with round holes of different sizes. We also have a number of marbles that must go through these holes. The approach of the different thinking method is as follow ;

1 / problem oriented – the first step is to measure all marbles and holes, second step is to connect the measurements together and try to get the marbles through the holes

2 / solution oriented – all the marbles will be thrown onto the wood and let them go through the holes one by one

The first impression you get is that method one is more careful, thoughtful and very target directed. But the method will take a long time and if mistakes happen during measuring you have to start all over again. The second method do give a sloppy impression but it is very fast and shows direct effect. It is possible to discuss about the method but the effects are clear. The solution oriented method is faster with clear results.

Sleep disorders often come from problem oriented thinking. You go to bed with in your head already the thoughts of “how to get to sleep” but these thoughts must become “ what will I eat after I wake up ?”. Not the sleep is the orientation anymore but the happy event of the eating in the morning is. Change focus and you will have a different feeling.

The positive thinking Theory or cognitive restructuring

Your own brain has the solution for a problem it has created. Sleep disorders are a serious problem of the own mind. Often due to our negative approach towards sleep we trigger the self-fulfilling prophecy of sleepless nights.

Working with a positive thought method I did consider the fact that people who suffering from a sleep disorder are self-sustaining in this habit. If a person already have a bad experiences of getting into sleep he or she will start to have negative thoughts about getting into sleep. As sleep is an ever repeating system, the thoughts are returning every day and become a program.

The idea to break this continue self-program is good. When we get drug addicts with negative self-reflections in, we start first deprogramming the negative thoughts. Negative thoughts are very strong and hard to change. Here I write a few samples to consider ;

“ another night, last night I did not sleep well, so tonight I will stare at the ceiling again”
“ I am already exhausted from not sleeping, tomorrow I will not feel better again”
“ it is hard to get a good sleep, it is the same every night”

As you can see all these Negative thoughts have a common core. All say “I will not sleep”. This is a self-fulfilling prophecy. It is a form of self-hypnosis. When you repeatedly say something to yourself, you start to believe in it. When you believe in it you can be sure it will happen. This goes for negative but also for positive thoughts.

The best way to counter negativism is to rapidly change thought for thought from negative into positive. In fact you reprogram yourself. A clear sample of this is :
“ tonight I sleep well, what shall I dream of ?”
“what activity can I do tomorrow ? a sound sleep will enable me to do it better”
“ the coming few hours I am out to dreamland, I will think of you when there”

During daytime we have to continue go into positive mode. When facing a problem do not think of the problem as being an obstacle in your way, see a problem as a hidden solution of which you need find the key. Often people panic when they do not see a solution directly. But the best way to solve a problem is not to think of it to intensive. Intensive thinking creates negative brainwaves as the orientation is on a negative direction.

Positive thoughts are very powerful. You must try to fill your day with them and soon you understand that a positive attitude toward life helps you feeling happy, sleep better and connect with better people and it is healthy for your life as whole.

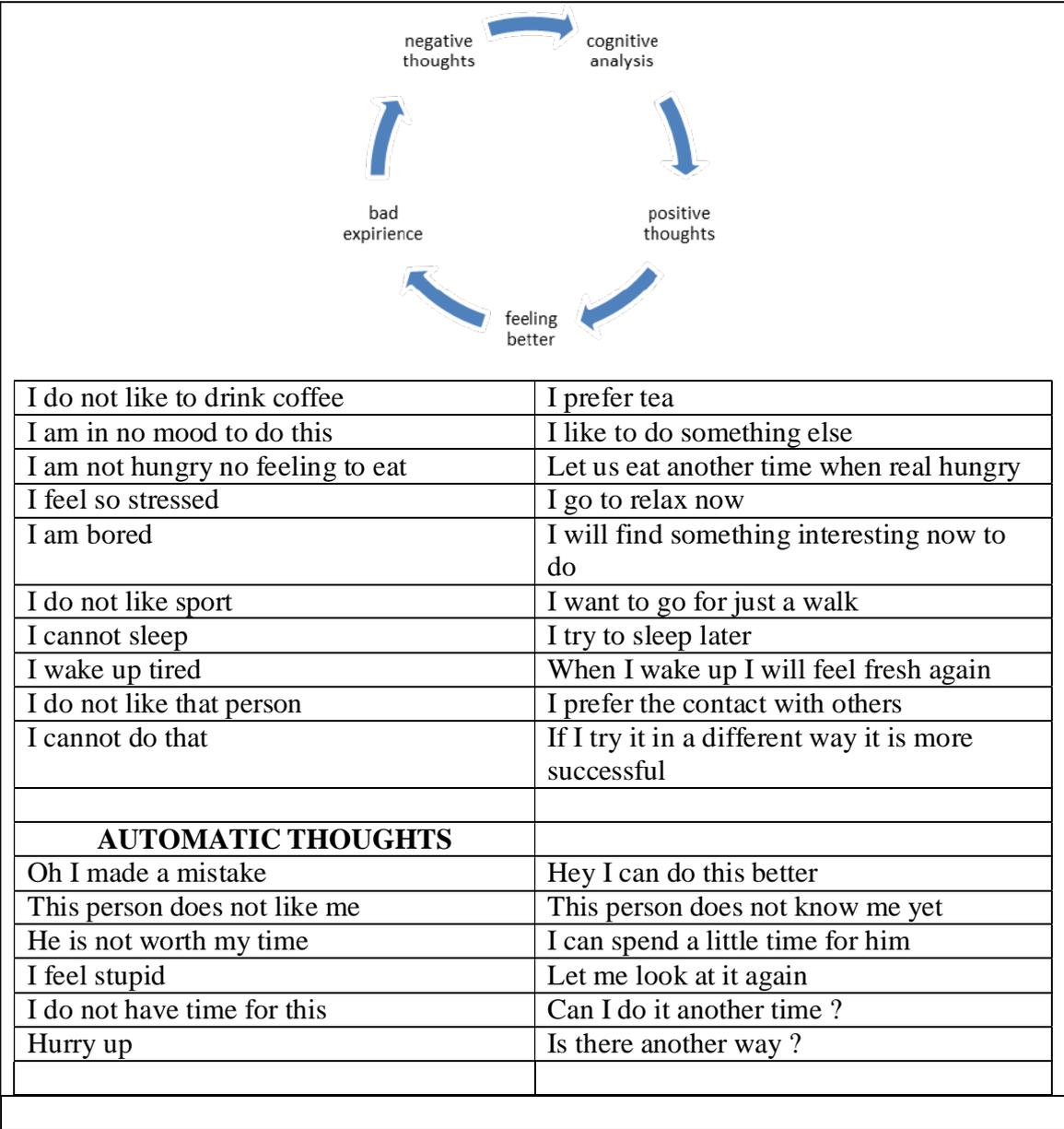
CRASH COURSE COGNITIVE RECONSTRUCTION

This is a short course positive thinking. Try this every day and the results are show clearly and directly.

Basic rules ;

- 1 / stay close to yourself
- 2 / do not blame the others
- 3/ listen to positive options
- 4/ learn from experience
- 2 / be positive to others

Exercise change in thinking every day and if possible all day long, the more you try the easier it get and the better you feel yourself. Consider it like physical exercise, constantly trying will bring results and finally the championship in our case a happier life and better sleep !



This chapter is directly connected with the case of Maya, Mantra and Physical activity.

Positive mindset

The mind controls all. In fact you build your future only based on your thoughts, cause all your deeds are controlled by the thoughts. Each thought delivers an action. When you think negative your actions come out negative, when you think positive the result is positive. This is in short the explanation of my training in positive mind setting.

How does this training work and what influence can it have on your sleep ?

First I want to tell you the effect on your sleep to make you understand the importance of the method for sleep disorders. Sleep disorder is caused by a negative influence of the mind. When you go to bed the first thing that comes to your mind is “wondering what time I will sleep tonight” often followed by “I think this will be another night like always” . About the future you have the thought like “ tomorrow I will feel bad again, how will I cope with the job ?” . You can see all these thoughts are negative !



Your first task is to change the attitude towards sleeping. You got the 90 minute rule and know everybody in the world sleeps at least one 90 minute cycle per night. This must be your first thought “I am going to have my 90 minutes of rest” the second thought is “after this sleep I will feel fresh again and if I need more, I just take another 90”. You know the next day you have to be up and on the job so you will have thoughts of that also “ tomorrow I will meet..... And we will discuss the new plan, nice I will give my new ideas on this topic”.

All thoughts must have a positive direction. It is important that you think and consider every sentence, take away a negative word and replace this by a positive one. Sure, your way of talking in the beginning sounds strange and when changing this in a week or longer, you get used to it. You discover a new positive orientation that makes life more worth living. Be sure you get reactions of people in your surroundings, they will remark on the positive attitude as fake because they know you the old way. Be sure that, specially persons who are negative oriented, will try to convince you that the old “you” is better than the new “you”.

To have a good result I always promote the positive mind setting in a group. This way all participants of the group are able to support each other. It is important to have people who are in the same situation and following the same route (like working in a shift) as you do.

The best way to realize positive mind setting and make it work is focus training. Focus training is short term result training to make things happening to get believe in yourself , in the method and realistic results. Believe and facts must be shared in the same sentence. The task I set are never complicated to start with but overtime I will make it more and more complex so the worker have to be sure of the faith he / she will place in the target.

Positive actions must be specific and with a clear target that you can name !

Set short term targets such as ;

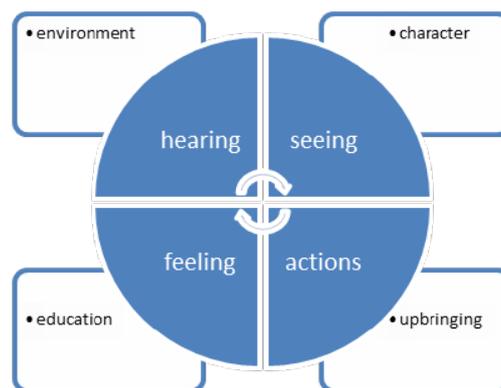
- I will enjoy my favorite music tonight (mention name band and title song)
- I want to get me a bike (search for a specific trademark)
- I want to walk at least 5 km today (tell from where to where)
- I want to get that book (name of author and title)

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- I will save this amount of money (make realistic amount)
- I will go out for a spa treatment (set date and time)
- I finish this (specify what) amount of work than I go away
- I clean this room in the house , tomorrow I clean that room etc. (specify which room per day)

Positive actions are directly deliver result. Fact is that you need to believe strongly in the fact that you are able to complete the task. That is the main reason I want to urge you to start with clearly specified small tasks.

In this figure you see that all is connected with each other. The connection creates interactions. Each interactions will create more actions and like the waves of the sea it is a never ending stream of action and reaction. Understand that you are the center of your own life, it is all in your hands. If you think you cannot do something you surely will never succeed in doing so. Give yourself a break and do what is suggested in the list of positive actions and start working on yourself to see that after every little result, whatever how small you will feel the satisfaction of success !



Practical application

The teachings of Buddhism can be used in strictly theoretical sense and in a practical way. In my daily life and work I prefer to use a practical approach. We are no longer able to go for a long period of retreat in a forest or monastery, at least not for most of us. Choosing a spiritual life in the care of the monastery or a lonely retreat to a spiritual inspiring place is for most people an impossible act in life. Buddha also did understand that the majority of people will never be able to give up the day to day life for a devoted spiritual life. This part of the book is written to be a guide line for daily activities in the most practical way.

How did I find these practical road to a better spiritual life ? The most simple explanation is that I combined sport, study and work in a daily practice. In my daily life I also had the care of a family with children, a housekeeping, shops and employee. As to all people sometimes the situation became so tensed that I had to find a way to escape the reality of the day. My sport Muay Thai has guided me to a better reality. The hard training of the sport, the hours of daily practice and the needed discipline in training and teaching have been my guide to a better spiritual life.

In Buddhism we all condemn violence. For the outsider Muay Thai is extreme and practical violence. Especially in the Western world it was seen as a criminal linked, hard and merciless sport. In fact Muay Thai as Therapy (or Rak Muay) teaches compassion, respect, tolerance and gives a road to a higher spiritual lifestyle. The opposite what has been shown by the display of kicks, punches and other fighting to the outsider.

As we all learn from this book what we see is not reality. Most of what we see is illusion, made up by our brain of thoughts and memories. Hitting and kicking is often connected with violence to the innocent. Originally Muay Thai was only designed for the warrior, the soldier. A soldier in peacetime had to be well trained to come into action in a time of war. Muay Thai is developed as a method of proper exercise and test of the individual. A test for the individual as we undergo every day.

We all are tested every single day in our lives. In a city environment even more than on the country side. Today more than yesterday or the ancient centuries in which the Buddha lived. Throughout the centuries there have been wars and crime always. But due to the amount of people it was less possible to become a victim than in the current day. Our society has changed and we all have come under a constant treat. No longer of a visible enemy, most of the dangers come from hidden places, from places we cannot see, feel or touch. We fight with unseen enemies that are threatening our daily lives.

Who are these enemies ?

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First of all we can consider the things we see as our best friends : our computers, the internet, our social networks , taxes, duties, schooling, examinations and so many more realistic but untouchable entities. Most do also feel threatened by them. For some they are the source of daily sorrow and even fear. The question we need to answer in this book is how we deal with these enemies situations.

Who are our friends ?

We feel bounded to some people in our live. These people we consider friends. But the word "friend" did get other dimensions in the current time of internet. People do no longer really know how to define real friendship, most cannot define a real relationship. Our friends are the people we feel really connected with. Most friends support in good and bad times, they share our life. But some friends are on a distance, they are there but you do not often or ever see them. The cyber life has changed our ability to make friends and even our emotional binding to friends. We will need to ask our self again who are our friends ?

Buddhism is the way of the middle. I mention enemies and friends in separate chapters but they are the same. In our mind we make a strong distinguish of who we like and want and who we prefer or not. This is all based on our emotional connection with people. We want friends and by discriminating people we also get enemies. We will never ask for enemies but get them anyway in live. People who do not like us from the size of our shoes or the color of our hair or skin. Our target in Buddhism is to learn how to find a way to love even our enemies. It is easy to love our friends but being positive or even neutral of our enemies is one of the most difficult tasks in life.

When we look back at the warrior in this case symbolized by Muay Thai we can see that no matter who we fight against in the competition of life, we need to fight, friend or enemy alike. We need to show the same respect and have the mentality while fighting. We fight not to let our emotions take the upper hand but to control them in all means because the warrior knows that when the emotions take over he/she will lose the fight always.

Our first step is to visualize good and bad. Look around you and distinguish what you consider good and what you consider bad. The second step is to take a distance from the topic and become an interviewer. Think of you are standing there and watching from a distance with a microphone or camera in your hand. You are no longer a part of these good and bad things. Now analyze how good or bad these things are. Is the good really that good and the bad really that bad ?

Your first task is to learn to distance yourself from an everyday situation, become an observer. Control your emotions from a distance. The first thing we need to learn is to make everything less personal. Life is connection but to live life in full you need to dis-connect sometimes to oversee it.

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What is the meaning of the teachings in our daily life

Before his onset to become the Gautama , the Buddha searched for all ways to reach enlightenment. He went through different stages of extremity to test the human body and mind. He found that only the Middle Path could lead to a better life and enlightenment. To us this is important. Our daily life consist often extreme happenings. Most of us are under extreme pressure every day. Work, school, private life, commercial standards, official duties, name them and you understand what I say.

The Middle Path is a way to find stability in life, to find a way to survive and to reach a healthier mental state. Yes, I do not mention any more than just a healthy mind in a healthy body, that is the beginning. We all need to make a beginning, the first steps are the most important.

We need to create time to get space in our life to evaluate the teachings and pay time to meditate. In the beginning we must try to combine a physical and mental exercise together for the best result. The best way is to use a short Sutra / Tantra as a way to focus on exercise and mental awareness. Mindfulness is an important step remember the 8 fold path of wisdom and you discover the Right Mindedness, also called: Right Thought ('samma-sati'); To be aware of what we do and how we do it. This exercises help you in the struggle for daily sorrows, you become aware of the faintness of them.

The most important part to know when you study the teachings is what you personally can do with them. Most books and teachers will refer to a more spiritual setting of the teachings but Buddha was also a very practical man. He was in a house that did offer him everything, a future that was set and ready for all things in life and yet he choose to leave all behind to find his way. This is not so ideological as most people think, it is very practical.

He KNEW that when he stayed in the castle he would never reach peace of mind, stability of his senses and surely never would have the space to explore extremities of life. That would never been allowed by his environment. So he choose to leave. This is a first step to be practical. Know where you are, know your environment.

After you read this, look around you. Is this the place you want to grow old, is this the place that will allow you to reach a higher state of mind ? Look at who you are , your responsibilities, your ambitions in life and most of all toward the satisfaction of the current life. Are you satisfied, are you able to grow here ?

I am sure that most readers will think that they do not have a choice in life. Maybe that is true, but a little doubt can bring thoughts and ideas of how to change your life, how to create space for mental development. In the pure form of Buddhism we can find the solutions for the everyday problems as you will discover.

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In former part I did ask you to look around. What did you discover ? Could you get a clear image of your life now ? For most it is impossible ! While looking around your mind will flow from one thing to the other. You see the dirty dishes on the table, you need to clean the room as you see dust. Fact is that your mind swings from an internal to an external thought. No longer you care about yourself or your mental state, you care of the exposure outside.

Today you get another task, sit in the room, even when many people are around, it is still not the way you want the room and close yourself down. For a moment try to close all incoming senses down. Try to get silence inside your head, even it is for just a little moment.

The use of Buddhism in our program

When bring up the topic of the Buddhist implication in fighting arts the first reaction I get is that Buddha did denounce violence of any kind. According to this simplified statement we practice violence only. There is no mental development nor improvement of the person in what we do. No personal gains to reach the state of Nirvana. This is the short sighted vision of the comment.

First of all what we do is sport and therapy, our intentions are not to harm but to help and cure. According to the Buddhist philosophy , the intention is the mother of the thought and also the power of the deed. Our deeds are in no intention to harm any living soul. Even in Muay Thai competition during the most fears fights the intention is the winning and not to harm the other person. It sound very to the contrary for an outsider as we beat the other person with every possible effort.

- But both sides did train hard to reach the same level.
- There is respect for each other.
- Two people get into the ring with a goal to win, to grow as a person.
- Both did train very hard to reach the level of competence.
- Both do not have personal feelings involved (in a normal case).

Still the sound of violence is there when we read objectively.

To understand more we will need to go thru the training of a fighter and see where the direction changes between our therapeutic way of thinking and the actual fighting in Muay Thai ;

- The first acknowledgement with Muay Thai is basic training. The student learns basic movements such as punches and kicks, ways of walking , breathing and physical impact.
- As a second part the student will train with a coach on striking pads to learn how to focus and create an impact based condition. This part is already different from most Martial Arts known in the world.

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- The third part is the preparation for a competition fight. The student now is thought to think in terms as “never give up” , “take a punch to give a punch” and other fighter related issues. Our therapy will stop here.
- At last the student becomes a fighter and will enter the ring for battle. The battle in itself is honorable and fighter do respect each other. But the ring part is also a corrupting part. Behind the fights there is criminality such as gambling, cheating and conspiracy. This is the part we do not agree with and what should be banned.

The last part is also the most visual part to the world. Fighters make name thru the competitive channel but every person involved also is aware of the negative side of the game. This awareness has created a negative status of a sport with complete disregard for the positive possibilities.

These negative aspects are also the reason why most loyal Buddhist have taken away their respect and support although some monks are still involved.

The Gautama Buddha (Sittardya) started his life path to become a Buddha after the age of thirty. Before this he had to train martial arts a lot as his duty was to become a king of a country with an army to guide. According to history he should have been a master in swordsmanship and combat. Most of this we have to withdraw from the nature of his future job (being a king) his position and the family he came from. But if we follow the scripture carefully he probably would never have been involved in actual battle as he had never seen a death person before. A person in battle would have seen many.

The practice of martial arts had laid a foundation for him to be able to focus his mind and body on exercise and determination, to be able to handle pain and stress. From this point of few we can say that the use of a martial art is a positive admission to the mind and body of any person. Being in actual battle, to most people, will be counterproductive. Most people are not made for battle and should not be exposed to it. That is why we will withdraw from this in the third part of our program.

The focus we follow is the positive building of a focused mind, the control of the body and slowly a mind over body situation where understanding comes that one cannot live without the other and we have to choose the “path of the middle” to reach the highest possible destination for ourselves.

To most people problems occur when they cannot stay in life with an open mind, a clear conscious and the ability to close cases and move on.

Opening and closing the daily doors of life

When we are young our responsibilities are only too school and parents. It is a very practical way of life. We need to study hard to get the right result and everybody looks happy. The better the marks the more satisfied the people are. It seems all simple till the moment we get into a down period. Our performance goes down. Marks are no longer high and people start to be impatient and sometimes even angry. You do not know what is happening cause the harder your study, the more time you spend on the homework the lower the marks become. This is something nearly everybody encounters some day in life.

Our body and mind are no longer stabile. We have lost the stability in work / learning ability / performance. Something happened that made us lose control. The urgent question is what happened ? . Most of the time the young person becomes frustrated and is trying to find ways to break the 'spell' . Parents and school also try different ways, pity enough most use 'force ' as a way to improve results.

Intermezzo

Circadian rhythms are regular changes in mental and physical characteristics that occur in the course of a day (*circadian* is Latin for "around a day"). Most circadian rhythms are controlled by the body's biological "clock." This clock, called the *suprachiasmatic nucleus* or *SCN* , is actually a pair of pinhead-sized brain structures that together contain about 20,000 neurons. The SCN rests in a part of the brain called the *hypothalamus*, just above the point where the optic nerves cross. Light that reaches photoreceptors in the *retina* (a tissue at the back of the eye) creates signals that travel along the optic nerve to the SCN.

Signals from the SCN travel to several brain regions, including the *pineal gland*, which responds to light-induced signals by switching off production of the hormone melatonin. The body's level of melatonin normally increases after darkness falls, making people feel drowsy. The SCN also governs functions that are synchronized with the sleep/wake cycle, including body temperature, hormone secretion, urine production, and changes in blood pressure.

By depriving people of light and other external time cues, scientists have learned that most people's biological clocks work on a 25-hour cycle rather than a 24-hour one. But because sunlight or other bright lights can reset the SCN, our biological cycles normally follow the 24-hour cycle of the sun, rather than our innate cycle. Circadian rhythms can be affected to some degree by almost any kind of external time cue, such as the beeping of your alarm clock, the clatter of a garbage truck, or the timing of your meals. Scientists call external time cues *zeitgebers* (German for "time givers").

The biological clock in every person has a rhythm that we do not know. As you can

read , this can be one of the reasons why every person has a physical and mental down time in life and things seems harder than they actually are. To some extent we can explain this with Nāmarūpa. When we refer to constituent processes of the human being: **nāma** is typically considered to refer to psychological elements of the human person, while **Rūpa** refers to the physical. The Buddhist *nāma* and *rūpa* are mutually dependent, and not separable; as *nāmarūpa*, they designate an individual being. Namarupa are also referred to as the five shandas 五蘊(T) / 五蘊(S)

Force is considered a negative emotion toward a person. It takes away the free will and choice and throw a person into a vicious cycle leading to an emotional struggle for results and understanding. Numerous proves are delivered that force leads to destruction and hardly ever to positive results.

The best way to help a person in distress is to teach mindfulness in a positive way. We all know the task of the child going to school. Yes, it is clear that “we” know it but does the child know ? In our society pressure seems to be needed for everything. This pressure is building up over the years and for many people starts to play a major role in life. Often I refer to it as a house with only open doors. The ability to close down a door is gone.

- ☒ The truth of suffering (*dukkha*)
- ☒ The truth of the cause of suffering (*samudaya*)
- ☒ The truth of the end of suffering (*nirhodha*)
- ☒ The truth of the path that frees us from suffering (*magga*)

In the 4 noble truth we find the first is dhukka. Dhukka is the fact that we all undergo suffering, in past text all is referring to what we do to each other. In fact we are all the cause of suffering (*samudya*). But we all think to know how we can end this suffering (*nirhodha*) by postponing the salvation into the future. We press each other to get better and better because in the future we will have a better life. But the fact is that along the way we have destroyed so much of our inner self, lost so much stability that there will be no end to suffering.

We all search for the path to end suffering (*magga*) but even while walking on it we are unable to see it as we are so occupied with what possibly will be in the future. Our eyes are all directed to the benefit that may come in the future (*Saḷāyatana*). Like looking through the house with all these open doors. But we forget that the house with open doors can cause severe danger to our health, is hardly possible to heat or cool and is never private. A house with open doors can never solve a problem.

Our first step is to start closing doors in our life to create a better living space. When we close the door of a room we are able to control the heat or cold, and can feel more comfortable. With all doors closed we can see the walls and shape of the room better. A certain control start to exist. To gain control over our life we need to find

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first the cause of our suffering. Most psychologist will start to discuss this and analyze the reasons of suffering first. In Buddhism we teach to become an observer, a person on distance, to become disconnected too the problem.

When we become observer we can start to see our own suffering but also what we do to others, our demands on others, our pressure system and most of all what this hunting for fame and fortune actually is doing to us and others. We become able to even the review the "house" with open doors, discover the loss in energy and take action.

If I translate this into our Muay Thai, the observer is the coach on the side of the ring. The fighter is independently moving in the ring but needs the observing information from the corner. The observer (coach) is able to withhold emotions and does not feel the suffering or pain of the fighter while in the ring. The coach is able to oversee the situation and will give advises due to these observations. When you want to become an observer of your own life try to distance you even more and look at the fight from an ever bigger distance and observe both while they are busy on ringside.

Here we start with a daily exercise. This exercise starts after a working day. When you leave the office or factory your mind is full of the days sorrows. Most take the daily job back to home. On the way home the mind is still occupied with all what happened, all what needs to be done and all we could not do that day. We occupy our mind with work.

Let us get back to the moment you LEAVE the office. The doors opens to let you go OUT. Some doors slide open, others you have to manually open. After we pass the door it need to be CLOSED. The closing of the door must cut the wire with the job completely. Let the door be the razor, upon closing the connection with the job is broken. Your mind is no longer allowed to be occupied by anything that is related to the job. You enter a new life, another life with other experiences, with other goals. The new goal for that moment is to empty your mind and enjoy the outside, if only for the moment. Breath in deep and drop all thoughts of that day. Close the door of the day, clear your mind, if only for a few hours the job does not exist.

In the morning, after you wake up, you sit down for a moment and opens the door of your mind and work. Close your eyes and visualize the door. Open that door and enter the work, you are back full force. A new day has come. You work till the end of the day and start the closing of the door ceremony again.

To my customers I advise to open the day with a kind of Ram Muay look dance. This dance may vary with the day as to put in the tasks of the day. Just use the form to shape mind and clear the conscious for what will come. Stamp the problems into the ground and raise the energy with the movements. Prepare for battle of the day.

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Humor

Often it is striking how serious people take themselves. In many of my lectures you can see the intense look on people's faces to listen and consider every word spoken. When I look around during a seminar about a religious or philosophical topic participants seem to compete to show how serious they are. To them 'humor' is something you only have at parties and festivities. Humor is surely not something to use when discussing serious topics.

But humor has a deeper function than most of those serious people realizes. Today we know that when we laugh our brain gets a high dose of oxygen which is needed to create more awareness and makes it able to understand and function better. With other words laughing is not only healthy but very useful for our thinking process. Laughing has more functions ; it relaxes the muscles, produces all kind of hormones in our body that has a long term health effect and above all it will make a topic easier to understand. With humor you can give the most dry topics to new insight and often lead to new experiences and ideas.

But how can we use humor as a way to communicate with each other, how can it help us to understand the words of the Buddha or even make us understand them more ?

The answer to that is often given by good lecturers who tell the message combined with stories. Often these stories contain a clue which is humorous and lead to a sudden insight of the information of the total and it is important for the listener as he/she will remember that 'refreshing moment' that broke the tense of the topic.

Feeling free to laugh or laughing out loud is showing emotions. Chinese, as most Asians, have a bit of a problem showing emotions publicly. Humor seems always misplaced as the show of extreme emotional hilarious laughing you easily can find in the West is hard to find in China, but that sudden smile, the twinkling of the eyes and shaking of the head is a sign of understanding, a sign that the message came through and the tension is broken.

Humor is international and universal, only the way to tell it differs. In each place humor gets a different face due to customs and habits. When a story is told always listen to the core of the humor, the joke within like you do in the lectures. A joke carries a message often deeper than you think at first glance.

Laughing is good for your health and concentration. If you are able to do it at least once a day you are able to extend a healthy life span and ban the negative things from your life, a good laughter a day keeps depression away is my saying. If you want to know more please read the laughter meditation sessions and if you are able join them personally, it will not only brighten your days but gives you a deeper inside of all Buddha did teach.

Focus on duty

How often do we really have focus on the work we do ? Most work is routine. Every day we have series of performances we do as a perfect routine. Duty seems boring and for most people it is. Boring is a negative emotion that restrict a person to open the mind and see the positive effects of the work that is done and to come. Routine work to most is a mind killing thing. To be involved routine work is considered a low status and to most it is below their own status.

But duty is responsibility and demands focus at all time. Imagine the machine worker who needs to check the water pipe system every day. His duty is to control the water flow, the quality of the water, the pressure and more. He needs to do so every working day a few times. When he is doing this he needs (Right Mindedness, also called: Right Thought ('samma-sati') the right concentration to the job. If he does not have that he will miss the moments that things can go wrong.

For most people the word 'duty ' already contains a form of mental resistance. A duty refers to something you have to do, a force from outside. To most people it feels like something you need to resist against. We all have this feeling sometimes. The main reason why we wish to resist is that 'duty ' plays with our 'Ego', our individuality.

The Ego is who we think we are and not who we really are. It is our own impression of "self". What is an 'ego' ?

In our life we need to build a self-vision, an image of who we are, who we wish to be. This character / image building start when we are very young. After we start to interact with our environment . The first steps are all about sharing and caring. When we get the proper care most of us will develop the ability to share with others. Sharing makes us a more social being. But when the care is not sufficient or short in action or feeling, sharing becomes less possible , we will have the feeling to keep, to get and to collect. We look for a replacement of care, an alternative. This will build more need and greed.

An Ego is a reflection of the way we have grown up and our basic characteristics. In an Ego we find the persons protection towards its environment, his/her survival shield. Every person is interacting with its environment and needs to have an image. When a person says he has no image it implies he is not alive. We cannot confuse image completely with Ego. Image is something that plays completely inside the head of other people, the so called observers. They observe a person and when interacting they build an image of that person in their own head. This image is a mixture of what the person wish to express (reflection of the Ego) and what the receiver wish to think of that person. So image is a mix of internal and external impressions and thoughts / experiences / memory. Ego is soly an individual thing.

The Ego is compiled from ;

- Characteristics as inborn such as genetic transferred abilities, physical and mental abilities
- Environmental education, this is considered every contact with all living beings even plants, animals and human alike
- Mental development, this is a mixture between intelligence and education. Hereby education is basically of learning , religious and morality
- Personal idea's, thoughts and developments. These developments are often strongly influenced by the physical developments in puberty such as the body and face on the scales of attraction. For some people the physical attraction is an important part of the Ego, especially in a Western society oriented lifestyle.

As you can see the Ego is a very complex 'thing' but we all have it. To some people the Ego is built on a positive scale and others have a strong 'egocentric' tendency. As you can read the word already shows that it is a self-oriented way of living. The word ego-centric is clearly showing a mentality where as the person is focused on a self-image. We all need to have this feeling to some extent. All Buddhist who wish to reach enlightenment or go into a higher state of mental development must have a higher than general egocentric state of mind to be able to accomplish this. An egocentric attitude cannot be seen as always negative. In our life we all need to have stages of more ego focused times. In short the Ego has an important function into development of mind and body.

The negative Ego receives all the attention in media and teachings. Before moving to the positive Ego I would like to address this state of mind also.

Affliction (kleśa, 煩惱) is something that agitates a person's mind, resulting in negative karmas which are done with body and/or mind.

The three root corrupting factors, also called the three poisons ;

- (1) greed,
- (2) anger,
- (3) delusion.

Derived from these three are

- (a) arrogance,
- (b) doubt,
- (c) wrong views.

The Ego as in fighting arts. When most people enter the training of fighting arts they want to be stronger, better, have more self-confidence or have other reasons. All those reasons are external oriented. The focus is to the outer world. But the training of Muay Thai is purely based on denouncing the ego and to obey others, most time in training you put your own fate in the hands of others. They are able to endanger and harm you just by single actions. When we start training it is important we do so with a group or person that is willing to have fate in others for the time being. With other words to set the personal benefits aside and share.

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Here the ego gets its first blow. No longer is your own goal most important. While training with another person I give you also the responsibility of that persons wellbeing as your task, in a group you change partner again and again, with the turn of partner responsibility changes.

Responsibilities are felt as a burden, often an important stress factor. The only reason why we feel like that is that responsibilities do limit our personal possibilities, it is limiting our ego expansion. But we have to learn that responsibilities are a natural part of life and when we take them seriously and consciously mistakes can happen because they are out of our reach.

A good sample of this is the moment you are holding pads for your partner and suddenly a loud noise makes you get a shock. You pull away the pads suddenly while your partner is still busy with the kicking action and the kick lands on your elbows or elsewhere injuring the partner. This is unexpected and unwanted but still possible.

The first action of the partner will be to blame you and yours to apologize. Suddenly you both realize that the cause was not any of you but external. Most people will ignore that fact and continue to argue, this is one sign of egocentrism. Both know there is an external factor but will ignore it just for the sake of being right and wrong.

Ego

What is an ego? The ego of each person is the character, experience, knowledge, environment, thoughts and all other things concerning the mind. The ego is who a person is in every element of life and how he she wants to present this to the outer world.

The ego is not only depended on development since childbirth, an ego comes with the soul at the moment of conception. In the Western world it is still discussed when life starts. It is suggested that the existence of humanity start after around 3 months of pregnancy. Before this time the fetus is considered equal to animal life.

This book is not written to reconsider the start and occurrence of life but to understand why we are not able to sleep well. The above question is one for woman who lost a child or had an abortion. They do care a lot to get this question answered to get peace of mind and sleep well, again that is the reason why I address his issue.

Upon conception, two cells collide together and when matched they will start to merge and divide. The moment of merging and first dividing is already the moment that a new life has started. But life and conscious are not the same. A real conscious can only exist when the basic state of humanity is reached. The moment the first parts of the brain develop is the moment the soul will enter the body and consciousness occur.

Consciousness is the base of the ego, according to our knowledge it is energy directly deprived

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from the universal / cosmic energy. We consider the ego and consciousness of life the same but the external expression of both are different. Conscious continues as long as life is in the body, it is linked to the dynamic energy of living. The ego is the force that brings us in a position to express life, with other words the ego is the driver behind the wheel of life and the consciousness the car that is driving, the vehicle.

As driver we have the possibility to decide which way to go, what risk to take and how fast we can live. The car only carries us as well as it is able to. But most drivers are not as careful with the car as needed. They speed too fast, take unnecessary risks and often damage the car. The scratches can be covered, real damage repaired but the car gets older and the age will show more and more. The more damage on the car, the less it is worth, but who can see the inner parts of the car, the engine. Only a mechanic is able and allowed to understand what is going on. But even the mechanic cannot foresee how long a car can drive or even in what condition the car is after a thorough careful check of every part. The mechanic knows that because of all different elements must work together to make the whole car move, there are always unpredictable elements that can suddenly breakdown.

The ego is expectation. We expect something of life. For every person, this expectation is different. Some wish a simple life, just to be loved, have children and be happy. Others expect to become rich, wealthy, and famous. All this expectation reflects in our daily occurrence. Our behavior and character are displays of the expectation. Our ego is based on an illusion and that makes it difficult to control.

In our daily life we need the ego to state our position, to show who we are. At the same time being an illusion it becomes hard to get in touch with who we really are. When growing older, the basic ego is covered by illusions that complicate our existence.

Sample; you have a car stored in a garage box. You also stored all kinds of other products inside without proper storage. When you open the door, all products fall out, you hardly can control the avalanche of products wanting to get out of this small garage box. As you want to keep all those products, you have to pay attention to an orderly way of storing them, so you give them your attention. You forgot that the main purpose of opening the door is to get the car out. You pay interest in the products (the illusions) but forget the car (the ego) and time passes by.

The ego becomes polluted like the car is hidden under the products stored. All these products collect dust and dirt, over time the lacquer of the car is damaged and holes come in sensitive parts of the car. A damaged ego is hard to repair and needs careful attention to regain its original stability in which a balance of good and bad is found.

Originally, the ego is in balance at birth, but the birth itself loads energy into the balance, this can be positive or negative depending on many circumstances. One of the main influential energy factors on the balance of the ego is love. This love is not related to sex, it is the affection that one human feels for the other, an unconditional devotion to care. This devotion gives loads of positive energy into the ego and will plus the balance a lot.

We do call it balance but in fact we better see it is to connecting energy levels, a positive level of which we use more in life and a negative level of which we use lesser in life, at least that is what we hope for. But we need both to drive our life.

Negative energy - for some people their driver in life is revenge, hate, eager and mistrust they

will do anything to get to their target and be successful whatever the personal and other cost are , these persons "go for the kill" or "walk over corpses" to get all they want. Nearly all, when they reach the final target, will realize the damage they left behind and reconsider life as it was, most will try to restore the positive energy in their life but not all will succeed or even come to that point. As you see even negative energy can lead you to a, for the environment, positive result.

Positive energy - is a more caring way of life. Persons following this energy level consider the feelings and actions of others of importance to their own decisions. They will try to reach goals with as minimum harm as possible.

Life is a balance and positive and negative energy must come to a standstill the moment we balance the virtues of the ego. In life some seemingly positive actions are negative and the other way around. Only time proves the effect of action. That is called Karma, the result of action and re-action in the physical, mental and energetic world.

Our ego is directly depended on karma. Karma is the life source knowledge we carry with us at the moment the universal energy creates consciousness in the body of the fetus. It is our link back to the universal energy. The energy balance we strive for during life influences the karma and fills it with new information to be stored in our ego.

But how much influence has Karma and ego on our sleep?

Sleep is considered an exchange of information between the brain (ego), loading the karma (in the west we say a filing of past events) and the conscious. The conscious "upload" events to the subconscious to be "cleaned" for new events to come. Something compared to what you do in a computer, you store the information on an external hard disk. The subconscious closes after the deep sleep to be "recalibrated" and your sleep moves again to another level (back to level 1). You can compare this a bit to what happens when you work on the computer, first you store it in the working memory (the conscious), then you store it in the Harddisk (this is the rough storing of information is a memory base between conscious and sub-conscious) to be later stored in the external harddisk (the subconscious).

When we do not sleep, the storage is discontinued and the conscious becomes a bit overloaded. That is not the real problem. But the feedback between the energy levels of karma and ego become out of balance. This slowly causes mental disturbance which can end in depression. A depression is considered an overload of negative oriented energy within the karma / ego balance exchange.

People with severe sleep disorders or even insomnia in general have problems with their ego, the daily personality performance eventually can change completely when the disorder continues. The ego becomes severely damaged but karma loading will not change. Karma is based on action / reaction of all actions, not on ego instabilities. The ego is connected with Karma but not ruling it, nor is karma ruling the ego

Developing your mind needs time and space. Most people are not able to create space in their own mind due to the constant stream of thoughts. A mantra can help to create space in the mind and develop focus. It is important we have not only one mantra as situations change and if we use only one it is very likely we will enter a state of hypnosis more than a clear mind.

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In many “religious” activities the focus is on an external mantra where a super being is hailed as supreme and divine. During our therapy and work we focus on internal mantra’s which are created for the benefit of the user only. There will be no external goal.

While in training the mantra is often the breathing and not a single word. Before the training starts in an advance level, we agree upon a specific way of breathing and apply this breathing through most part of the training. The focus is solely on the way how to organize breathing and control it during all activities.

Create your own Mantra

It is important to be creative with you own development. If you do not want to continue using the regular mantra’s create your own by using following guidelines ;

1 / first consider your own feeling of the moment. As you are stressed, write down – stressed, if you are tired write down – tired and so on. After you have analyzed and written down your negative feelings we move to the next step.

2 / Now you write down a series of points with ; I am stressed , I am tired and so on

3 / After this you write in a column next to the negative emotions the opposite , like “I am relaxed”, “I feel energetic” and so on

4 / when you read the column of positive energy you start making sentences such as “Today I am very relaxed and full of energy

5 / When you are ready with a few sentences like this , never more than 5, you write them down on a nice card, or even better a few cards, and hang them at places you often visit, like the kitchen, bedroom, car and so on.

6 / Every time you visit this place read the Mantra’s out loud while smiling.

Within an couple of weeks you will feel yourself very positive and energetic again.

In our training we impose the use of a mantra also. When people arrive for the first session we create a start mantra to energize and target a person. After leaving from the first session it is important the person is able to have some mental guidelines that can be immediately used in daily life. A therapeutic mantra changes after reaching targets. Each mantra carries a specific message inside on which the customer can work during every day and evening.

The advantage of the individual

As individual we are born and as individual we will die, in between we share life and space with all others. There are only few places you can be a complete individual and only one you will be all your life and all the time ; inside your head ! To some this is a very depressing thought to others it is a happiness. It is my target to make you consider it as an opportunity.

Our body is a temple in which we suppose to live a good life. When we are young the temple is used to play and challenge. Our minds develop with the body no matter we are able to all or disabled. The body carries our soul and conscious living. This is our individuality. When you get older you often come to some very important individual choices made. Women goes through some more stages during this process than men.

When the temple is cracked with the growing of the baby it takes time to recuperate and sometimes it will not come back into the desired shape. Your temple has changed in shape and you need to accept it once again. It is a fact that the woman's mind must endure more experiences and is swept through the higher seas of emotions than men ever will experience.

Men have a relatively simple life compare to that of the women. His life is like a time line slowly going up, flattens and goes down. But the men have other problems. Competition is a build in programming. Men need to compete with themselves and others. This competition gives emotional stress. Men must deal with women which are often a complete different specie to them.

As individual we try to find bindings with others, it all start with parents, family , friends, lovers and children. At older age we can count the grandchildren or even more steps. But all these will not touch our individuality in body and soul. There are some exceptions ; Twins, they share more than single born.

Buddha has sought in his individuality and found a true identity, not the identity we know to mirror to the world but the core of it Self. It is possible by meditation and guiding to reach to the core of your own permanent individuality, the core of your existence , the real identity of your own personal self. The advantage of individuality is your ability to search for your own place in the Universe, your own universal identity which will last forever. Individuality can make you free from suffering, free from all earthly matters and will release the core of your existence.

It is most interesting to know that you only can reach this supreme form of identity with the help of others.

But in the current society most people are forced to work with others. This force can create severe frictions in the personal identity and in some people even have a worse effect. One of these factors can be a burn out.

Kids problems in our current time

The attraction of communication is luring a lot for children of all ages. Computers, phones and tablets are all part of the daily life of children. Most develop information stress and reading disabilities at young age. More over many cognitive functions as creativity, innovativity and craftsmanship are disappearing. The over-communication of devices and the computer stress (often addiction) becomes a pressing challenge for parents and education.

One of the biggest drivers in chat communication is to stop psychological negative emotions such as loneliness, depression, anxiety and other feelings. The act of communication gives people a way to express themselves to a (relative) stranger. They do not need to be themselves at that moment. The confrontation with the unknown can lead to change of personality. People start to develop a special internet identity. This identity can be very far from the reality.

Living in a lie

Some people go as far as to develop a complete second life, a double personality. This internet personality (some behave like this in second life program, a virtual world) is often completely different from the one that person is living in the current day life. To some the identification with these fake personalities will make their real life near to impossible. The mixing of fake and reality will lead to chaotic and unrealistic thoughts and behavior.

Self-centering or egocentric sex disorder

Internet is a perfect place for specific sex disorders like all kind of sadistic, sex with children, specific kind of male sex and so on. Each group has special communities, some even hidden behind all kind of secret entrances and site addresses. In many cases we can no longer say that this behavior is addiction but surely we must call this a psychological disorder / phenomena. It is only an addiction when the visiting of these sites no longer can be controlled and has changed into a compulsive need.

Fetish

Fetishists are people who get a sexual or psychological stimulation of object. These objects can be of different nature such as shoes, female clothing, watches.

Risk profile of internet addict:

- living alone
- unhappy in relationship
- in need of attention
- in need of visual impulses (mainly male)
- bad feeling in job / carrier

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- few hobbies and / or interests
- unanswered goals in life / still searching for goals
- scare of personal attachments
- not confident on physical looks

Here I would like to give some important parental or care taker rules to keep in mind at all time:

- **1. Develop individual responsibility** – help people to learn and develop proper time management, let them understand the importance of proper planning and that there is a time to work and a time to relax, but that both need to be balanced. Never start using relaxation as a tool to escape.
- **2. Always use positive approach** – Talk about responsibilities and not addiction, show clearly the reasons why a responsible behavior is much better and delivers more positive feedback from and for everything. Do not only talk but show how to develop this positive attitude toward life and things. Make them aware of new ways to think and act.
- **3. Understanding** – Try to understand why people do something. If they are good in it let them explain you how they do it and what they do. Show respect and participate as far as you are possible to do. It is important to know what is going on and do not judge, stay open but alert.
- **4. Alternatives** – Offer alternatives to former activities. Stimulate this activities. I found that kids playing video-games were not able to mimic the moves in the games even they did like to try it. Due to their own limitations (no teachers, no place, no opportunities) they did stay only with the game. I did teach those children how to become real life fighters with swords, in combat and so on. For this we developed safety gear and most kids did enjoy it so much more than computer gaming.

DYI self-research ; Do I use or mis-use my internet connection?

It is important for us to know when are we talking about over-use of the computer. The first step to understand the problem is to answer the following questions:

Internet Abuse Test. Answer each question and write the answer down. Keep the answer short.

1. You find yourself spending often more time on internet than you actually planned. We can set the rules here on 2 or more hours every day of the week.
2. When I am busy with internet or gaming an add extra time every time when I plan to stop.
3. I try to change my internet/gaming behavior but feel like it is not possible.
4. When I am not “online” I feel anxious to get online as soon as possible.
5. I get easily irritated when people “disturb” me while I am busy with internet.

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6. I spend often time behind the computer in the evening till late night and get to less sleep, so I feel not good in the daytime at work / school.
7. Internet helps me to solve my problems. I feel better when I am behind the computer.
8. My friends and family is complaining of my use of internet.
9. Lately my school/ job results are not as good as in the past when I did not use internet a lot.
10. I feel strangely guilty toward others for my internet use. I often apologize or start telling stories about my reasons why I use internet. Some of the stories are even lies.

If you can answer 2 or more of these questions with yes, you have a problem and it is important to recognize this. Now you know that there is a problem we better get to the solution. A first step to a long term solution is the fact you did realize you have a problem. That is the biggest step of all. Most people will ignore the problem and continue the life.

Another test is to answer the questions:

- You do not take care of your personal hygiene well as in the past.
- You have health problems such as dry eyes, pain in shoulder, elbow, wrist, hands.
- You suffer from depressive moods.
- You feel a lack of self-confidence in an increasing amount.
- You have obsessive and uncontrollable thoughts.
- You are using stimulative products such as energy drinks, drugs or medicines.
- You deny to be depended on gaming or internet.

If you answer more than 2 questions with yes you do have a problem but it is not sure if these problems are directly related to internet or gaming and you should have counseling with a professional.

First step to the solution:

A – Make a list of all what you consider advantages and disadvantages of internet. Make two columns next to each other and seriously try to put them next to each other. Try to make the list as long as possible and spend time over it.

B – Set targets for yourself. Make clear why you are using the internet. Do the same as in question 1 make columns. Give a reason in one column and explain for yourself what you consider reasonable to justify this reason.

C – Start setting time limits on your internet use. Plan the hours in a diary. Make week plans and add other activities into this schedule also. It is possible you install special time

limit programs on your computer. These programs can limit your access time and also warn for breaks and other things.

D – Make appointment with other people for social events, go somewhere to places without computers. It is often a good idea to meet your game mates in person. Maybe you have to travel to other countries but that will make it more exiting for both ends. Many good friendships have been created that way already.

E – Fall in love, this is even more addictive than any computer ever able to offer you. Many relationship websites have offered this opportunity to people. You can find people close but also far away. Internet made distance no longer exist.

F – Try to play or internet only when someone else is with you, do not start alone otherwise you will sit down “forever” again. If you find a partner maybe you can play with or even against each other, this opens new roads to better and sometimes even intimate friendships.

G – Never eat and play, when you are hungry go away from the computer and eat somewhere out of sight of the computer, drinking is allowed. The practical reason is that food pollutes your keyboard and this on turn can damage your computer. A health reason is that while you play and eat you do not chew the food properly and will swallow big pieces causing digestive disorders.

H – Keep game or chat records so you can read back what you did. When you are in an arousal you write things emotionally that when read back in a normal situation will shock you. It is good to realize the change in personality when playing and when not playing. If you see a big change it must alarm you that something is not right with you and help is needed. If you are still not sure ask a third party to read over the conversation without telling it is yours. Ask for their independed opinion.

I – Do not save pictures or forward them to other of your mail addresses, no saving at all. When you save images and pictures you will continue to look at them. The looking will stimulate to continue to look for more of the same or just different items. Looking around releases other idea's that will often bring you from bad to worse. Not saving has several advantages. One is that you never get caught by people you do not want and second you will not get worse fast as you are no longer able to look offline stimulation.

J- Block certain email addresses. If you are not sure of your own reaction or you just know some persons or companies will continue to bother you block the email addresses or websites completely.

K – Delete and refuse all unknown persons in your chat boxes. If a person is not willing to expose him/her self then it is not worth to spend time on them.

Internet Harassment

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Internet has side effects for children and sometimes even for adults. I found many cases of harassment on the working place. Virtual harassment is often very intruding in the life of the receiver. It seems still to be a shame for the receiver to talk about it with the direct family or friends, often the receiver is suffering alone. It looks that harassment has nothing to do with internet abuse but the fact is that it is one of the important leads for children to start abusing the internet in various ways. I would like to draw a clear picture of what is going on.

A short story: my daughter was sitting in front of the computer at age 13 years. Suddenly I heard her scouting in different ways. When I ask her what was going on she said nothing she could not handle. But I was alarmed as she said “nothing she could not handle”. For a child it implies that someone is attacking her. So I let it continue for a few days and started the discussion knowing she was running to the computer when coming into the office, opening the same pages on a social website and saw her face changing. I knew someone was harassing her. After a few days I demanded explanation and got to know a boy from her class who was not able to handle her in school was harassing her on the internet. I did contact directly to the parents of the boy who took proper and fast actions to the boy. The boy was called to the director of the school and reprimanded for his actions. He was banned from internet and any use of computers for a few months. Surely he found a way to get around this prohibition but he did not dare to hit on my daughter again as she did follow every action he took on the internet. He knew that his time he was in a weak position. This sample story ended nicely but not all will be like that.

It is important for all children to make proper use of internet and this need to be controlled in many ways. With following advises you hit two flies in one action. If you follow each step carefully you will and prevent any form of addiction or misuse but also harassment of the child.

Perpetrators:

are often “acquaintances” (ex) classmates, (ex) friends,

- sometimes “strangers” from online encounters
- often “traditional” bullies
- sometimes they act out of boredom, or delusion that they are “funny”
- many times they do not have any idea of the impact of their behavior
- they have problems of their own and search for situations where they are the boss

Victims:

- are often victims of “classic” bullying
- are often the silent type persons
- they feel very vulnerable, especially in anonymous bullying
- they tend to be careless with personal publishing

Note: It is not yet clear whether digital bullying affects more people than “ordinary” bullying, but more children say that they have been perpetrator (1 in 3 is said to have bullied digital!).

Internet makes it for the offender:

- convenience, in its anonymity and security
- easier to experiment with new ways
- fewer inhibitions
- things they otherwise would not dare (courage) to do in real life
- things you might not otherwise do (decent)

consequences:

- negative: rude behavior, excessive actions
- positive: more open to discuss problems

Remark: Children are searching for borders, they want to see the limits of what is allowed and tolerated. When encountering misbehavior as internet bullying it is very important to make them know the impact of their actions on the life of the victim, the best way is to put the bully in the role of the victim and let it feel it as a personal affair. Often the child understands and will withdraw from the actions.

Ways how bullying is used on the internet:

Verbally / Direct: often text messages are used on public forums such as Facebook and others, mails are sent with aggressive, humiliating, threatening, violent or sexual oriented content followed by messages on phone, chat and communities.

Non-verbal / direct:

- using groups indirectly to exclude someone from the community
- use of real or even fake pictures with sexual explicitly
- violent scenes places on public places of interest to the victim or direct mailing
- damages pictures of the victim be send around anonymously
- personal conversations brought online
- copying the electronic identity of victim and use it to order things
- hacking the accounts of the victim
- popularity tests faked and placed on websites
- use of chat addresses of victim for spamming
- creating fake profiles on different websites the victim never visit
- using phone number and address victim on secondhand sales websites
- opening a condolences website on the name of the victim
- use of dating sites to announce contacts for victim

A more direct form of bullying is:

- sending viresses to the mailbox

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- instal keyloggers
- hacking mailbox and change passwords
- a constant stream of large files

The main problem for every victim is to know how to react. When the first actions of bullying have started a victim will react with defensive actions. The bully will consider this a bigger challenge and will feel encouraged to continue. In fact silence and faster action is a way to stop the bully to continue. Change passwords of all places known to the bully, close social website pages, inform communities that you will be out for holiday for a year and you expect a hacker to use your place so be warned for this. Never act directly to the bully. Be faster and act around him without his/her knowledge, block all effectiveness from his/her actions before they are taken, but do not act against him/her. Destroy the pleasure!

Golden rules for children in using internet and be safe of bullying:

- every password must be held secret at any time
- never share a password with anyone, not even friends, just like your toothbrush
- as mentioned before do not act back when being bullied, discuss what is happening to you with someone you can trust, hopefully your parent, and decide together how to act

Conclusion: internet and gaming are both nice and useful. When we restrict our own or others access to it, we help to prevent misuse or overuse. Officially there is still no thing as internet or gaming addiction yet so let we all try to keep it that way.

CSM Method

Our life is communication, from the first sign of life till the last breath all is linked to the communication we have with our living environment. Most of us are not aware how and why we communicate with each other. Moreover we do not know how our communication influences our feelings and the feelings of others. Finally the communication and the created feelings will sort action and set things in motion. Our life is all about control of these motions. We all want to have the answer to “how can we control the connection between communication and action ? “.

CSM (formerly called CFM) has the answer.

Communication

All communication is verbal and non-verbal, with and without noise. Words describe things, they are created to transfer a message. They are known as carriers of information (for instance in “the word of God”). We distinguish internal and external communication. This internal and external communication effects our view on the world and expresses our image, desires and emotions. Controlling internal communication is important to understand our own mind, control our behavior, emotions, activity and rest. In our communication training we focus on non-verbal language as an important tool to control all our communication channels.

Senses

Our 5 senses ; hearing, touching, seeing, smelling and tasting are the feeders of feelings. What follows on the recording process of the incoming feelings is emotional response. We study feelings as they occur in every possible form and follow the path back into our brains. Feelings become a part of communication right at the moment they occur. The registration, interpretation and reaction on the occurring feelings set us to action.

Motion

Everything are all motions at any moment given in time. Our ground (the earth) is moving all the time, we are a part of an ever continuing motion, this makes motion very important for every moment in life. To survive in life and be healthy we need to control the motion of life itself. Motion is action. Action is on top of the pyramid (triangle) as every motion follows on registration of senses, communication between feelings and motion elements all over our body. The triangle is moving all day long in a speed and we need to control it.

Foundation of the CSM Method

The CSM method is created to train you how to control body and mind. The “secret” of the method is inside you. During our sessions we focus on identity, the building stones of

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personality, life, wishes, needs and desires. You are the center of life. Self-acceptance is step one of the process.

Stability in life depends on right internal and external communication. As center of your world we need to train how to control energy and switch between our senses to make communication better.

When developing the method it occurred to me that people communicate on different levels and from different angles. Males and females are on different communication levels and it is near to impossible they ever really understand each other. The cause is the different hormone and brain structure. People of the same gender look at the things and events from a different angle. The angle of observation directly influences the communication between humans.

Communication is limited by the loss of one or more of our senses. Each of our senses provides bits and pieces of information. This information is stored and combined with other available sources such as memories and are set to action by motion. Motion is a follow up from “feelings” and “communication”. Every motion effects the surrounding. This is the external communication.

Communication and senses are vitally linked with each other. If all senses shut down external communication stops. Internal communication continues. Both are the source of movement. No matter the form of communication our body is in a constant motion since birth. The internal motion is directly connected and depended on internal communication even if all external senses are shut down.

When I started to work with my method I used basic fighting art techniques. Each individual must learn techniques before move to the next level of skills and abilities. There are two ways of work; from inside out and from outside in. The method depends on each individual personality.

Most psychological methods dig out the past of a person while I focus on the future. Digging the past opens often great wounds , opening them seldom makes a healing process work. Wounds leave scars. On earth there is nobody without scars of the past. We have to carry them and learn to live toward a future even if these scars limits us. My method is like teaching the blind to box, without the sense of visualization they are trained to focus, feel the target, listen to the instructions and finally become master of balance and movement. It takes effort, lot of effort and endurance but everybody is able to reach that target with the right support.

CSM is illustrated in my books. The diversity within the method needs specialized training from all users and trainers. Some will reach the master title. The integration of Martial Arts as part of the method is the red line binding life, care, motion and method together.

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ABOUT THE WRITER

Arnaud van der Veere was born in 1960. At age 4 he started with Judo and swimming as part of his exercise program to combat chronic asthma. Till his 11th year he frequently faced death into the eyes and had many near death experiences. From the beginning of his life he was cared for and shared with the Indonesian way of life by people surrounding him. The Hague is called the Widow of Indonesia due to the large group of Indonesians living in the city.

At age 8th he started with Muay Thai and a library study of Chinese. At that time there were no language cause, so his intention failed. But the Muay Thai the red line in his life. Until today he still practice the sport with love and passion.

Due to his rather fragile constitution he was a focus point of bullies and had to fight his whole school period with groups of boys to defend himself and later on also others. To care for his fellows was something he inherited from his parents who were always very considered to the less fortunate.

He followed a rather unusual school pattern. Advised by the school to start with a MAVO he finished there with top-marks and went on to MBO – done in one year instead of 2 – to HBO and University. He finished University in 1981 in Biochemistry.

In 1975 he took his first, unauthorized, trip to Thailand to learn the Muay Thai from the origin. His parents were shocked as they got to know his whereabouts only after he called from Bangkok. In Thailand he trained in various camps and competed from 1975 till 1991 in different stadiums, open markets and fun-fairs from the lowest to the highest level.

During his stays in Thailand he lived amongst the poorest in slums like Kloeng Toy and other area's were people thought him the typical Thai values of life, Buddhism and culture. He also fought and travelled to all other Asian countries such as Burma, Laos, Cambodia, Vietnam, China, Hong Kong , Singapore, Malaysia, Indonesia, Brunei, Philippines, Japan, Korea and further.

During this period he never stopped to educate himself and went to Wat Pho for massage courses, back to University to study Marketing, followed numerous courses such as Sport (from production to retail, included all related to transportation and taxes), Personal Training, many different Healthcare courses, journalism , Travel business and so on. In 1979 he started his first gym in Rijswijk, Netherlands in a church. Here he was requested to assist drug addicts and so called "border line" children. With training and mental education he started to experiment as one of the pioneers to find effective treatments to bring this groups back in line with society. From that time on he worked for and with many different organization such as the Dutch Government, the Municipality, Parnassia / Breider group for this target.

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From 1979 till 1991 he owned different gyms such as Hiyaku, Ranava Gym and Martial Art Academy. In 1984 he opened a new shop starting with second hand articles in a squat in the center of The Hague with only a 100 guilders in his pocket. At that time he was also married and had one child. Over time four children had been born of which three are happy, healthy and alive.

The business grew steady with the gyms, his fighting carrier, the travel business, the publication of his books and articles in an increasing number of magazines. In 1991 he sold the gym to focus more on the business side of life. After the selling of the gym he could focus on national and international seminars and trainings. He thought acculturation at the University of Leiden and Amsterdam. Organized many seminars for medical professionals in health & protection, prevention, self-defense and others.

The business developed strongly and grew to unexpected size. The experiment with social management strategy went awful wrong and the company had to reduce in size quickly to prevent bankruptcy. A new period did start of imports, production, wholesale and retail. We selected different target fields as Injury protection/curative , health & sport nutrition, fitness and all Martial Arts. Until today we are a successful thriving business.

Currently Arnaud van der Veere is active as entrepreneur at ;

- Writing Educators, were we focus on publications of (e)-Books and magazine articles
- Force One, a steady growing MA trademark with worldwide links
- Preventive Healthcare
- MD+ , Medical defense +
- Some charity organizations such as the Burn Out foundation
- WE organize seminars, lectures and activities

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