



## Teja Fudo Myoo Bell: Balanced and Resilient in Challenging Times



Teja Fudo Myoo Bell is a Rinzai Zen Master and Aikido Instructor. He is also a lifelong practitioner and teacher of Chinese Internal Arts and Qigong. Find out how to embody the qualities of resilience and balance, gaining clarity and alignment of body, heart and mind by learning some of the tools of breath and natural harmony. Experience a series of practices which help to restore and reset the nervous system.

**TOP EMBODIMENT TIP:** Courage can be developed by staying present with what is, and our direct commitment to the integrity of our being.

### Resilience: **Resilience Requires Embodiment.**

- Resilience requires coming home into our bodies, without which, our experience becomes purely intellectual, rather than direct.
- Direct knowledge of resilience is found in expansive awareness and resting in presence.
- Balance from an internal martial arts perspective is the ability to feel into flow and return to centre and ground.

### Recognition of an Emotional State: **Recognising the Felt Sense of The Nervous System.**

- Recognition of feelings helps to bring a genuine acceptance of who we are and deep connection with what is happening in the moment.
- All of our experiences as human beings are embedded into the cellular fabric of our bodies, so when we do skillful practices, this helps us to release tension, and return to a sense of centre and balance.
- When we do our practice to connect with resilience and natural balance, we restore and reset our nervous system, hormonal system, and our whole being can settle for a moment.
- How we identify with emotional states is affected by the use of our language.

### Developing Courage: **Courage Does not mean that we never experience fear.**

- Courage can be developed by staying present with what is, and our direct commitment to the integrity of our being.
- Breaking through limiting beliefs allows us to release the embedded nature of our habitual unconscious patterns.

### Resources

❖ **Website:** [qigongdharma.com](http://qigongdharma.com)



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Rafe's work has been featured in TEDx, the Journal of Ancestral Health, Paleo Fx, the Ancestral Health Symposium, The Embodiment Conference, multiple health and well-being podcasts, and he even organized the first international parkour events in the United States.



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