



Brendan Lea: Peter Ralston's Effortless Power and Body-Being



Brendan is the only active Cheng Hsin black belt in the world and teaches workshops internationally. He facilitates Peter Ralston's consciousness workshops at the Cheng Hsin Center. Find out how Brendan illustrates the nuances of different principles of Effortless Power using the video of a demonstration by Peter Ralston.

TOP EMBODIMENT TIP: Be the body.

Effortless Power: The Ability To Have A Completely Relaxed Body and Still Apply a Force

- It applies to standing-up striking, throwing and pushing. Peter Ralston wanted to master fighting, which in turn required that he discovered power. His goal was to exert power without effort. He trained for a whole year with a relaxed body before he had the first hint of how he might be able to exert power without making an effort. He then perfected the technique until he could teach it to others. This art is called Cheng Hsin.

Apply force without using your muscles: Use Your Center

- Connect your body to the ground and use it as a conduit. The force directed at you moves you to the ground and that generates the power. You use the intrinsic strength of the body. While you use your core, the force is not issued from it. It goes all the way to the ground and then reverses.

Outreaching: Feeling The Whole Body

- It is the ability to touch an object or a body and feel the entire thing, rather than just the part you are touching.

The Circular Press: Help The Other Body Do What They're Doing

- If you're going to reach and push somebody and then they yield out of the way of what you're doing, try to join with the push, not resisting what they do.

Mind-Body Alignment: Align The Mind To The Process And Not The End Result

- This is the main principle of effortless power. There is no end result without process. Therefore, removing yourself from the process will result in lack of power.

The Shifting Push: It is modifying the force in the middle of a movement.

- When starting a puch with effortless power, if the other body resists, you move your body to align with that new force and use it to move the other body, only in another direction.

Resources

- ❖ **Courses:** [The Art of Effortless Power](#)
- ❖ **Website:** thebrendanlea.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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