

2/25/2023

High Healing Rate in Test Results

I got locked up in my office with a lot of work to do past three days. I thought spring was here already feeling the warmth in the air and sunshine from the inside. I had to fast all day on Ash Wednesday depleting my internal energy stabilities and strength. I quickly replenished myself with rice and fish vegetable dinner meal eating at about 8:30pm outside. I quickly boosted/charged up all my internal strength and energies to prepare myself for a great workout. What I felt was just the energies and strength surging but the body wasn't really following... I felt warm and strong within 30 minutes in my meditation after I ate the meal, ready to go into a workout. Once I was in high-speed-high-energy movements during the training, I scraped up on my toe tip on the concrete ground. This happened often by accident or by me doing it intentionally but it didn't usually rip the skin. When it rips the skin, that's the signal that body hardness couldn't follow quickly. My scraped skin got pretty deep about 0.3 cm and blood dripped all over. I ignored it and kept training in the dark although I knew that rip feeling I sense was kind of deep. I looked at it inside the house under the light and sealed the ripped skin with blood and switched to sword training. I sat down and did Life Force concentration on the injured spot and continued training. The high-speed movements from sword in my hand scraped my thumb's skin a bit with its tsuba. Another indication that my skin really was weak from fasting and the lapse times in trainings. Lessons to learn for you who's reading this is that skin hardness, bone hardness, density change, vision focus, blood flow rate, and movement precisions and mental alertness are all real and intertwined with over-all foundational internal strength, AKA Life Force. The boost in charging it up is only based on the over-all foundational stability. Although your ability to boost is still possible, it can become shaken when you don't train for some time. It's a cycle I went through in my life over and over, work vs. training/ascension.

Nevertheless, I took that opportunity to reassess my "reserve" abilities-- the healing force and ability to fight within the damaged conditions. It has been about 50 hrs past since those injuries. I see my skin has ability to regrow/repair at least 3mm in 24hrs. I am almost 90% healed now. Now I can tiptop on it and won't feel the pain anymore. Many people would run to hospital and get stitches and complain to a doctor in panic. I wouldn't mess around with martial arts, breaking, ripping, and rebuilding my body over and over if I couldn't take care of the problems by myself. I abhor scornfully to lying idiot tough guys who act tough in people's eyes but they were crying little scared babies with regular visits to doctors.

Don't call yourself a martial artist if you can't repair yourself, master your own body, and can't become a doctor to yourself. I don't go around calling anyone lowlife without reasons. What makes you think you are better than someone? What can you do? You think you are better because of your skin color, your money that you somehow obtained via laughable way, your facial appearance, your national origin, and etc? Well, if your skin, bones, organs, and body is better than others, let's test how durable and better in martial arts contest by trying to destroy each other. You'll be pissing in your pants just by thinking about it. How about your intellectual capabilities? Most weakling idiot immigrants in the USA can't feel anything special or proud of themselves as individuals so they look back to hide in ambiguity to feel proud as race in other ridiculous false attributes, such as how they look like, their skin color, their lame sinful behaviors (cultures) in group, their nationalities, and any other attributes that will make them feel secure in ambiguity because they are garbage as individuals! You are in the USA because you couldn't live over there, whether something or someone was killing you so you ran here like a coward instead of fighting over there and die fighting. I know who I am very well and I am proud of myself as individual! I despise anyone who feel proud of themselves in any other way than as individuals!

I'm so disappointed with the weather today. I purposely rested up my body, ate all good food and filled up with vitamins for a break-through workout but no beautiful weather like past three consecutive days when I was busy. I don't go around selling myself as damaged goods when I ask for dates to some girls I am interested in. I am a god compared to most of you or your ignorant knowledge. Most of these women I know act nice, agreeable, and submissive and try to sell themselves only when there is something wrong with them biologically. No one can hide anything from me, so most people just stay away from me...

I don't want you to agree, but come disprove in martial arts challenge match. I wasted my times/life challenging many lowlife clowns who acted cowardly with many excuses and ways that's why I wait for your challenge. There were less than 15 challenges I received from other side initiated and I didn't deny once in my life; but out of about 1000 challenges I issues to the other side, in the USA, less than 15 happened. Most wanted to start pissing in the pants when they heard the rules.... I fought countless battles and wars that I classify differently from "challenge matches."





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