

ANTIPODI EDIZIONI

Salvatore Brizzi

THE WARRIOR MONK

(Translated by Rossella Sabato)

*Whatever occurs in my personal experience, in Joe Vitale's experience, is caused by what Joe Vitale is doing within himself.*  
Joe Vitale, *The Awakening Course*

Hero is the one who fights within himself.

The hero traces an initiatory path, facing his own shadows in order to reach a goal, which is never a material object, as the object to conquer or the place to reach are always the metaphor for a inner realization. The hero – the Warrior Monk – knows he must focus on the inside if he wants to achieve any kind of result within the surrounding environment.

The captain of a ship, who is willing to sink with his own ship, does really possess the psychology of an hero. Nowadays nobody would be willing to do it, as this would be considered as a useless sacrifice. Though it is not so. If you're the captain of a ship and you *do really and deeply feel* your ship, your crew and passengers as a part of you, you also know that you are responsible for any kind of event affecting your ship, may this be a storm, a mutiny, a breakdown, a pirate attack... If something affects your ship, then this is a sign that something cracks within yourself. You and your ship are a whole, because the ship cannot but represent its captain's psychology. The same is to be said for an airplane pilot, for a company or a shop owner, for a school headmaster, for a teacher and his class, for a coach and his team, for a Prime Minister and his Country...

If the assistants of your shop, or the workers of your factory, the doctors of your hospital, the ministers of your government work well or not, it is your own responsibility. If the students of your university, of your tango or jeet kune do lessons are good or not, it all depends on the integrity of your soul, on how much you are *balanced*, that is on how much your able to manage your judgments, your complaints, your emotions.

The rule is one and unquestionable: the captain who is willing to sink with his own ship... will captain an unsinkable ship! The Japanese culture, when still *traditional*, could be of example to our cultures, which are now totally lacking of any ethical or heroic meaning: once, if a house fell down, the architect would have killed himself. Or if the company went bankrupt, its President would have killed himself.

That's what "taking responsibility" really meant!

Break the psychological boundaries you were forced to. Become un-restrained. If you observe the desolation surrounding you and you don't find a way to get out, then you have been appointed to create one. We find ourselves at the end of an interregnum era, when the sleepy crowds govern electing their chiefs, while the awake ones, the heroes, have remained hidden. With no more values coming from above, survival at all costs and the urge to satisfy your hunger have become themselves a value. In this dark age though, a different kind of human being, a "vertical" one, as emerged and he's now ready to take back the position he deserves... in politics, economics, science and religion. The world is made of structures, organizations, monolithic systems, established powers which can look inaccessible to a single individual. Common men cannot make it on their own. Therefore we need a »vertical leadership«, which does not take account of horizontal problems and contingent obstacles.

A leadership where the individual does not have to relate with the others, but only with himself. His success in life derives from the level of inner improvement he has managed to achieve. Hundred percent of responsibility, hundred percent of power.

He works tirelessly inside himself to transmute lead into gold. It's very easy: just start to observe yourself every day and stop complaining and judging (use my books to learn more). This must become your highest goal, your only worry in life. Don't think about money, because this is not the right goal. Do not think about success, your mission, your working place or your couple happiness. Success, work, couple, money... all these aspects are due and will sort out naturally; they will be forced to but only as a consequence of what you have changed inside. The world hasn't got a proper will, it can only obey, it can only reflect your inner growth. If you want a different life, you must become a different person.

The relationship between a man's psychology and the events in his life is still a poorly unexplored research field for the official science (the books by the biologist Bruce Lipton represent a good exception to this). But this represents the crucial element in the matter of free will. To understand the fact that the events occurring in the world do not cause but only react to our inner states is the key to transform an individual to a leader of himself. Only the »vertical man«, that is the one who once was called "the Wizard", does possess a free will, as he has completely mastered his inner states (mental, emotional and sexual activity). If the world is projected from my psychophysical apparatus – my biological machine – as far as I learn to get acquainted with this apparatus and to manage it, I can also control the world and acquire a free will, which was not given to me "for birthright".

It is as, if at a certain point, we had decided to step out from the film and take the projector which projects the film in our hands.

Your psychology is your destiny. The fact you find yourself full of joy or full of rage does also inexorably determine what your future will be.

The job you must do in order to manage your inner states and, consequently, modify the external world, is grounded basically on self-observation. Self-observation brings first of all to a deep self-consciousness (the average individual is simply not conscious of himself) and then to self-mastery. The mastery of your inner states gives you power on the world, being the latter one only a passive reflection of these states. By observing and controlling what happens within you, you can be at the helm of your life. You can literally transform your biological machine into a magic wand.

I have written many books where I clearly and simply explain in details what working on ourselves mean and which are the exercises to practice: *Alchemic Workshop* (2006)<sup>1</sup>, *The Wizard Gate* (2007)<sup>2</sup>, *Awakening* (2008)<sup>3</sup>, *Awakening the biological machine to use it as a magic instrument* (2011)<sup>4</sup>.



The Warrior Monk feels he always is, consciously or unconsciously, the creator of his reality, the King of his Reign.

The Warrior Monk – being this a state of consciousness – can either be a man or a woman; you often find Spirit Warriors among women.

The Warrior Monk does not fear to die, because he's already dead: he has no more ego to defend and he doesn't have to demonstrate anything, neither to himself or to others.

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<sup>1</sup> *Officina Alkemica* (2006)

<sup>2</sup> *La Porta del Mago* (2007)

<sup>3</sup> *Risveglio* (2008)

<sup>4</sup> *Risvegliare la macchina biologica per utilizzarla come strumento magico* (2011)

He performs the job he has come to this planet for... in silence... waiting for the day his body will die too, finally.

The Warrior Monk lives within the present Moment, he is not conditioned by the memories of the past and does not invest energies in creating any expectation for the future. When he fights, he doesn't think about a final result, but only concentrates on giving his best, instant after instant, because he knows that only the instant really exists. If he has given his best by always remaining in the HereandNow without getting distracted from thoughts and emotions, then he has already won. Beyond the external result, which is only apparent, the Spirit Warrior has won because he has won within himself, with his psycho-physical limits and the fact that he could meet an even stronger opponent outside is already foreseen and does not affect him anyhow.

The Warrior Monk wins when he finds the perfect *centering* within himself, when he finds the total Quiet, the verticality, and not when he beats someone outside.

The Warrior Monk knows that the opponent is always only a part of himself. Actually there is no one outside, there is nobody beyond the boundaries of his conscience. His enemies are those within his house. While fighting he sees in the other person only a fragment of his unconscious that needs to be reintegrated. His main goal indeed is not killing him, but learning to get acquainted with him and dominate him. The opponent's death is necessary only if that part of himself needs to die too.

While he faces the enemy, in a state of total presence, firm in his Center, with his mind immobile, his emotions absent, his body in balance, his breath under control, his attention oriented inwards not less than outwards... at a certain point something happens: he sees that the opponent moves within himself, he's only a product of his psyche, the extension from a unknown side of his soul. He thus becomes conscious that the events do not occur *to* him, but *within* him. This is the inner awakening of the Spirit Warrior - the kshatriya from the Hindu tradition - and such an awakening can occur to any new battle.

Have you ever seen two great martial arts' masters meet? They face each other immobile for some minutes, in total listening, sometimes with closed eyes, almost without breathing. Each one is irradiating the vibration of his being and simultaneously tries to get acquainted with the other's being. It's a subtle and inner scanning. They wonder why they met and both discover something new about themselves: an emotion, an uncertainty, an expectation, any kind of egoic manifestation... that is a rift in their souls. At a certain point a Hierarchy becomes silently established: one's inner power turns out to be greater than the other's. One is more upright than the other, one is more present to himself than the opponent. Said in poor words: one has won and the other has lost, without need to fight on a physical level. They greet and hug.

The custom to embrace the opponent and showing gratitude by bowing assumes then a different meaning. This gesture, which is left today as a void act of courtesy, once was the obvious manifestation of a inner understanding about what had occurred during the match.

Nowadays the inner awakening is no longer to be reached through ashrams, synagogues or mosques, but by means of our daily battles. The new monasteries are cities where the Warrior Monk gets molded by fighting with his own shadows in finance, politics, factories, offices and within the family. After-work spiritualists flourish everywhere: people who make a job they do not like for 8 hours a day, with people they do not stand and then dedicate a couple of evening hours to readings, meditations, spiritual exercises or martial arts. But the modern Spirit Warrior – the Western Warrior Monk – builds his being right thanks to his working place and not despite of this.

His colleagues, customers, superiors, employees... are all part of him, they are all fragments of his unconscious which just emerge. The Warrior Monk's attitude on his working place is a study and training behavior, he goes to work as one would go to the ashram. "Which parts of me will emerge today in the office?" he wonders in the morning when he wakes up.

The Warrior Monk escapes from the categories of a dual mind: I like him / I don't like him, he's a smart guy/he's clumsy, he's cute/he's ugly. "He is myself!" he should conclude each time he meets a new customer or meets an old colleague. "What is he showing about me?", "Why am I creating him in my life?".

Only in this way the Warrior Monk can cry of emotion, because he will see the perfection of what occurred to him: the encounters, the friendships, the dismissals, the perfect matching of people and places, the synchronicity which led him there.

In offices which look like as cramped insect cells, the modern slave industriously works for need, not for passion. The manipulation inside the neuro-prison is perfect, I would say ingenious, and consists in making a slave (who must work 8 hours a day to survive and enrich someone who's at the top of the pyramid) believe he is a free man who exercises his "right to work". Make people perceive detention as a right... this was a right masterpiece of psychic engineering. Crowds that take to the streets and manifest for their right to be slaves... this is the invisible madness.

The Warrior Monk never bends to need, accepts to work only if he works for passion, otherwise living or dying makes no more difference. He works because he wants to realize a dream, not just to survive. When the dream is bigger than the fear to starve, then the Warrior goes for life, he risks... and if his ardor is authentic, life prizes him... always.

The world is your whole creation, and if you change, it's compelled to follow you. But if you go for it hesitating, life crushes you because it doesn't like the half-hearted. If you're escaping from someone or something, life forces you back, because it doesn't like cowards. If you're still slave of the "permanent job" psychology - what slaves yearn for -, if before throwing yourself into adventure you worry about having a sufficient amount of money on your bank account, if you worry about having a chance to go back "in case things do not work properly"... then you will get crushed by the same world you are scared of. How can a Warrior win if he has already prepared for retreat? The German soldiers, during the second World War, once crossed the enemy lines, used to blast the bridges they had crossed, those same bridges which could also ensure their possible retreat: either victory or death!

The Warrior Monk does not beg for work... he creates it!

For him there is no crisis and no unemployment; he's «vertical» and this means his well-being does not depend on what occurs in the world, but on the force of his dream, because he feels the world is inside him and reflects what he is. The economy of the «vertical man» is not subjected to the circumstances of the external environment... because according to him there is no external environment at all.

To be chosen by somebody for a job, like a bitch who offers herself on the streets and is chosen by a customer; to attend an interview and hope to be suitable to somebody's needs: all this harms the Warrior's dignity. It doesn't matter what he is and what he makes me do, as long as he pays for my performance: that you like hearing this or not, this is generally what a salaried worker is, even if he earns ten thousand Euros per month.

To teach a young man to look for a job, or to write a c.v., to tell him how to dress and what to say during an interview... all this means training a new beggar how to move the people walking by to pity, it's like teaching a bitch to make up to look like more provocative.

Between a window cleaner at the traffic lights and a manager working at FIAT there's only a difference in quantity, not in quality, they both lack a dream, they both lack a vision and are begging for a salary from somebody else.

Those who have no dream are destined to follow the ones who have one.

There is nothing bad in following somebody else's dream, if this has become your dream too, if you feel it passionately within your Heart. All new enterprises need collaborators and employees who share the same goals and dreams with enthusiasm. Frustration emerges when you have been doing, for a long time, something you do not believe in and which doesn't make you happy, but you still go on with it only because you're well paid (at best).

The Warrior Monk pursues a dream, a passion and if his soul is upright, centered, fearless, then he irradiates a Force around him which attracts the circumstances, money, collaborators, other warrior monks who help him realizing his project. He's the only responsible for it, he's the only one who can realize it or make it fail. The external success is always the natural product for the development of a individual soul. The true leader knows that the bases for the success of an enterprise must be built within himself. If his soul is impeccable, his actions will be sure and his results will be certain.

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In the ancient initiatic schools the training of the Spirit Warrior was always distributed on three different levels: physical, emotional and mental.

At the end of his long training the Warrior Monk was usually able to eat only one meal a day and sleep only for three or four hours per night. If you only eat the essential you don't need to sleep a lot.

But in order to eat and sleep just a little, you need to introduce energy in other forms: the general rule is that you cannot leave out anything forcefully, but you always need to proceed by replacing. The aim is not trying to eat or sleep as a great Warrior Monk – this would prove only an external imitation – but to train as he would do. As a consequence of this training the level of inner energy will be increased and, if at this point the body asks to eat and sleep less, the trainee can feel free to follow this feeling, otherwise he will not have to modify any external behavior. You must not confuse the cause with the effect, nor “put the cart before the horse”.

To have more energy at your disposal you need to train. The training, besides a regular physical activity, includes a hard job on two more levels: emotional and mental. From these two aspects the Warrior Monk gains a greater quantity of energy.

You need to respect some rules both on an emotional and on a mental level. The self-observation, the effort not to complain or to judge the others’ behavior, the ability to stay on the pain without escaping... all this makes the inner being upright, irreproachable, invulnerable and, with time it brings serenity, success and abundance also on a material level.

The mental discipline consists in eliminating the complaint, the criticism, the gossip and the judgment from your life. Said in one sentence: stop attributing to the external world the responsibility for what occurs to us. After all, what sense would for the Warrior make to blame the world for something which is not okay, when he knows very well that he himself is the only one who unconsciously creates his fortunes and pains?

If he stops complaining, he will acquire more and more inner power [see to this purpose my book *Awakening the biological machine to use it as a magic instrument*<sup>5</sup>].

The emotional discipline initially consists in not expressing the negative emotions outwards; which does not mean that you will not feel anger or jealousy any longer, but that you only will not express these outwards through words, actions, facial expressions, voice tone. This makes you store up energies inside. This is not the right place to go into the matter – which I have already treated in other books of mine – but be aware that this has nothing to do with repressing your own emotions. It's just like playing a game: you don't have to show outwards what you feel inside. This allows you to observe with care the entity of energies which move inside us. And that's enough for our aims.

Salvatore Brizzi (profession: D.O.G. = Dogs Of God)

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<sup>5</sup> *Risvegliare la macchina biologica per utilizzarla come strumento magico* (2011)

