

For those
who wish to make
a difference in the
world



KINO MARTIAL ARTS

Adult

STUDENT HANDBOOK

A Guide for Everyday Living With Purpose

Grandmaster Eric Kino ~ McCartney Green

Kino Martial Arts

Adult Student Handbook

【 A Guide for Everyday Living
With Purpose 】

Grandmaster Eric Kino

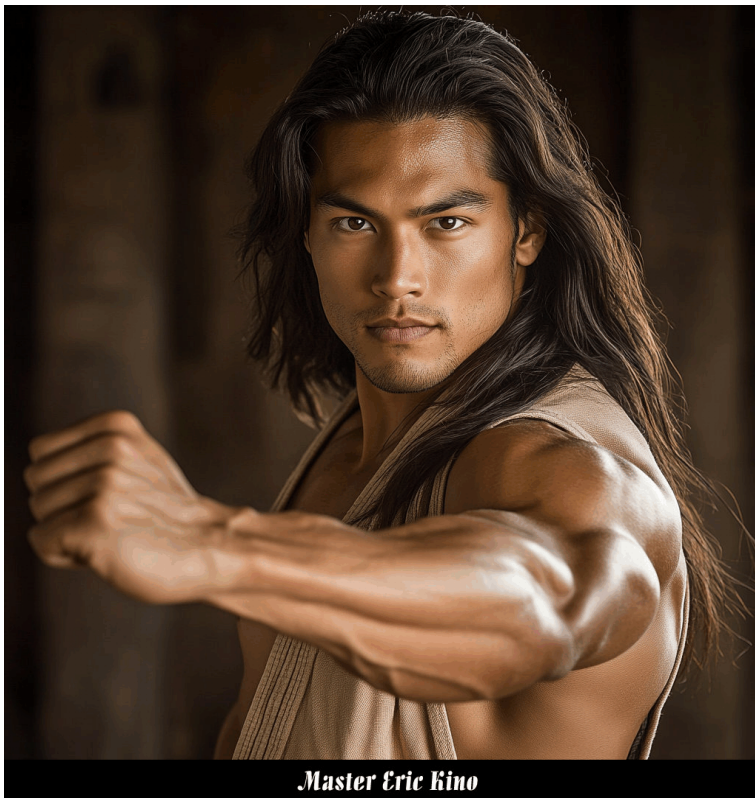
McCartney Green

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I'm supposed to say that, but really, share, share, share. You may share this work in it's entirety to any and all.

This is a work of fiction, or is it? This is a work of allegory filled with truth. Names, characters, places and incidents are either the direction of the Almighty, or the product of the author's imagination or are *used fictitiously*, and any resemblance to actual persons living or dead, business establishments, events or locales is either unintentional or a very cool synchronicity!



Master Eric Kino

****Note from Grandmaster Kino:**

This online manual is an enhanced version of the manual I give to my students when they enroll in Kino Martial Arts. I've had many who are not my students ask for a copy of my student manual, therefore I decided to make a version available to the public. I believe this manual to be a guide for anyone who would like to live life on purpose rather than by default.

****Note from the Author:**

This manual is inspired by the Christian based allegory, *Messages from God-The Memoirs of Grandmaster Eric Kino*. This manual is further allegory. Grandmaster Eric Kino is based on a real and true heavenly angelic messenger who miraculously appeared to me in 1994. Unlike this handbook, the appearance was a real happening and is not an allegory.

Master Kino's life story is found not only in *Messages from God*, but also throughout the allegorical Christian series, *In Jesus' Name*.

****Though the series is allegorical, Grandmaster Eric Kino's character was based on the real and actual appearance of the heavenly messenger who appeared to me.**

injesusnamemanuals.org

mccartneygreen.org

Our Mission

To train, teach, enlighten and create God's warriors of light who strive for peace and love, honor and integrity, honesty and truth, and always protect the innocent.

To raise our own vibration, the vibration of our schools, of our communities, of our nation and of our world to be close to the highest vibration, which is that of God the Father, His Son, Jesus Christ, and the Holy Spirit.

To reach for perfection physically, emotionally, mentally, and spiritually.

To live in humility, love and gratitude.

Student Credo

I will train diligently, do my best, and never give up.

I will honor and respect my teacher, my school, my fellow students,
and my fellow man.

I will handle myself with integrity.

I will be honest with the world and with myself.

I will search for and follow my true path to the best of my ability.



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“Finally, brothers and sisters, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things.”

Philippians 4:8



Part I - Practical Applications



The Student's Role

Welcome!

If you are now a student of Kino Martial Arts, you know that we do not accept just anyone into our midst. You have been interviewed by one of our instructors and informed of what we expect from you as a student; honor, hard work, dedication and a commitment to follow the rules of our art to the best of your ability.

You are free to choose to learn from us, and if you have made that choice, then we expect you to follow this handbook as much as humanly possible. You may keep this handbook, even if you choose to no longer work with us, for it gives an outline for a healthy and enlightened way of life that would benefit all who partake.

We accept all ages, at any level, as long as your heart is in the right place, that place being one of love, compassion, nobility and integrity. That place is also one of mutual *honor* and respect, for us, for other students, and for the instructors.

Our schools are much more than simply learning a martial art. We address more than learning a skill. We teach the entire person, body, mind and spirit and work to train a group of peaceful, enlightened warriors, who can wisely discern between light and darkness and who are willing to protect the innocent and bring love and compassion to the world.

Again, welcome!

Grandmaster Eric Kino

Honor

Honor and respect is of the utmost importance at our school. It is of such importance that even though we have already mentioned it, we are dedicating this page to reinforce the importance.

If one cannot honor and respect their instructor, then there is really nothing they can learn from them. You cannot learn from one whom you do not respect. We expect honor and respect from each of our students. In return, we promise to never be disrespectful to you.

Your questions will always be acknowledged and never be considered inconsequential. You are important and we will treat you as such. However, if you wish to obtain the same level of skill as myself or of your instructor, then you must understand that some teaching opportunities are taken through your mistakes. Mistakes are good. They are important, for we learn the best when we have made a mistake or two. If we honor you by using your mistake as an example, please realize that we believe your heart to be humble and capable of being used as that example. If you feel you cannot take that role, then possibly you are not in the right place.

In other words, we ask for your trust and respect as your teachers. If you would like to speak privately to your teacher or to me, we will be available for consultation at certain times before or after class or we can make an appointment. We are accessible and honor you as our student. We want you to succeed.

Another word about honor. We expect each of our students to honor and respect their fellow classmates. Be kind and courteous to each other. Discrimination of any kind, or rudeness between male and female, or between races will not be tolerated. If you cannot love all of mankind, you are not welcome.

We guarantee that no one will receive special treatment simply because of their sex or race. However, each student is constantly being assessed by their instructors and will receive the amount of instruction one-on-one that is deemed necessary.

We expect each of you to be helpful to your fellow classmates. We expect you to be good sports during sparring competitions and other games and not only hope for your own success, but for the success of your classmates and the success of our schools as a whole.

We believe in positivity, in random kindness and in doing good in our communities and our country. We believe in each of our students being a pillar of honor.

We do not pick fights. We do not commit crimes. We treat women and men with respect. If we find ourselves in a precarious situation, we will always try to find a way to settle it peacefully and with wisdom. We are honest, with the world, yes, but even more importantly, with ourselves. In order to be a great warrior, we must be at peace, and in order to be at peace, we must learn to be honest with ourselves. You will learn more about this honesty as we progress in class.

If you have read this far, and can HONESTLY say that you are willing to follow these guidelines, then we look forward to working together with you as you progress and evolve.



Daily Schedule

We realize that each of our students has a different lifestyle and family situation, thus, simply do your best to encompass each of these activities daily. Students have been instructed to turn in a copy of their daily schedule to their instructor for consultation. Non-students are similarly encouraged to create a daily schedule. This helps us to live life on purpose, not on accident or by default.

**An explanation of why each activity is important and how to accomplish them appears in the following chapters.

Begin and end each day with two things:

1. Flexibility (stretching and breathing)
2. Meditation and prayer

Added to the above should be the following:

3. Wake early
4. Drink pure water early and throughout the day
5. Exercise your body
6. Exercise your mind
7. Forms
8. Spend at least 20 minutes outside
9. Eat pure, clean, unprocessed foods
10. Do something you love to do
11. Do something kind for a loved one
12. Do something kind for a stranger



Flexibility

Stretching the body and breathing deeply is essential to everything we are trying to accomplish as martial artists and to simply live a healthy life. This not only keeps us limber, flexible and injury free, but actually promotes awareness and harmony for body and spirit. It is the perfect way to start a day. It puts you in tune with your body, helps you breathe into every inch of you and truly become one with all those muscles and organs that you may have been ignoring.

Stretching has an amazing health benefit, promoting strong heart, muscle strength, bone health, blood flow, and too many benefits to explain here.

Simply do the stretches we do in class, remembering to breath slowly and deeply into each movement.

For those of you who are not a student, stretching your body in any way each morning while breathing deeply is basic and effective.

Simply choose some deep stretches, (toe touches, side bends, etc.) There are plenty of stretching videos on Youtube if you need further instruction. No need to make it complicated. Stretch, breathe, repeat. Hold a stretch while taking three to five deep, slow breaths.

This stretching keeps us in touch with our bodies, unites our minds and spirits with our bodies, wakes us, refreshes us and is always the best way to start a day.



Prayer and Meditation

I do not dictate my student's personal belief system. That being said, I do recommend that they take a moment both at the beginning of the day and at the end of the day for prayer and meditation or simply a time to reflect on things/people for which you are grateful and things/people you love. Whatever your personal beliefs, speak to what you believe.

My student's usually ask me what it is I do and believe personally and so I include my own practices in this manual. I begin my day with prayer and meditation.

I am not ashamed to declare that I am a disciple of the Lord and Savior Jesus Christ, and that I pray to God the Father as Jesus instructed us to do. I pray in the name of the only begotten Son, Jesus Christ, because He said, no one comes to the Father except through Him. I am not a preacher and I do not preach these things in class. I only set an example in my own life, I call upon the light of Christ. One caveat, and a serious one; I do not work with those that call upon the darkness, for the darkness is my enemy and I rebuke it daily.

Personally, I pray first and then meditate. I do this in that order for a reason. My prayer is to give gratitude, and to ask for guidance and to offer my service. My meditation is to quiet my mind so that I may hear God's voice. We can all hear that if we simply quiet our minds enough.

When I speak of this meditation, I am not speaking of a guided meditation you listen to where you hear soft music or chimes or nature and hear affirmations or subliminal messages. These guided meditations can sometimes be helpful, but this morning meditation is a time to still the mind. Simply sit very still and focus only on your breathing. Your mind may wander, and when you realize it has, do not chide yourself. Just lovingly move your mind back to your breath as it enters and leaves your body. This will get easier with practice. A quiet mind will be able to hear and eventually recognize God's voice.

You will be amazed at what inspired thoughts may rush in once you have quieted your mind and simply listen for a short time. I have heard many people say that God does not answer prayers. How can you expect an answer to your prayer when you do not quiet your mind long enough to

hear it?

God's universe is filled with light and knowledge, just waiting for someone to raise their vibration enough and take time enough to let the knowledge flow.



Wake Early

Many complain that there is not enough time in the day to do all the things I ask of them. Sometimes there is just no time. Time management can be a major problem it seems, especially for those who have several young children or more than one job.

If you research time management, you get hundreds of thousands of articles, and hundreds of books telling all about the newest system to manage your time. Make lists, use a recording device, do this, don't do that. Even trying to read about time management takes up time and causes stress. My advice— stop stressing. Let go.

Now that doesn't mean that I think you shouldn't plan your days. As my students, you already have an assignment to turn in your daily schedule. We ask this of you to have you start to live on purpose instead of stumbling through your days, weeks and years without a plan. Yet, the very next thing we teach you is to let go of your plan enough to allow for detours. Do not stress over the detours, for they may bring you wonderful experiences. Keep in mind that God's universe is not chaos and there is a purpose for everything.

I recommend that everyone take a moment each evening to think about the day to come and make either a mental, or, if it helps, a written list of things to accomplish. If you have completed your assignment of a daily schedule, then you already know the general flow of your day.

If you have full days yet still want to complete the items on your daily schedule, wake earlier. I wake an hour earlier than my schedule dictates, to make sure I have time to start my day out right. Consistency in these things is the key to true success and I am motivated enough to lose sleep to accomplish my success. Are you?



Drink Pure Water

Water is the perfect detoxifier, that is, pure water, with no chemicals or fluoride. It's getting harder and harder to come by. Do your research. There are some filters that are said to remove the impurities including fluoride. Find what works for you.

There is more to water than keeping our bodies hydrated and removing impurities. Our bodies are mostly water. This water is a conduit for the spiritual. Keep the water in our bodies flowing and pure. It is an important piece of the puzzle.

You will read on many diet plans to drink at least eight glasses of water. This seems to cause stress for many people, complaining that they have a really hard time drinking so much water.

I never recommend the forcing of water. I do recommend you stay hydrated. Many people don't realize when they need to drink. By the time we have symptoms, such as dry mouth, thirst, fatigue, headaches and body aches, we are dehydrated. Everyone is different. Their diets are different, their body masses are different, they may take medications, they may have other medical conditions they don't know about. Because of this, it is impossible to say that you should all force yourselves to drink eight glasses of water each day. Yet, you should try to stay hydrated. That is why I ask each student to pay attention to their bodies, take a quiet moment to assess their needs.

Most people flourish when drinking at least four glasses of pure water daily. It's doable and it is a number that most people do not stress over. It's a number I intuitively feel good about recommending. That being said, develop and use your OWN intuition about every single thing you do or don't do for your well-being. That is my real goal, to have you stand on your own.



Exercise

As a student of the martial arts, we want our bodies to be strong. We cannot have strong bodies unless we use them, stretch them, exercise them, push them, test them and treat them with love.

Each day we need to get at the minimum, thirty minutes of exercise. This can be all at once or in ten minute intervals. This can be walking or running or dancing or playing with kids. The point is to challenge our muscles, challenge our hearts, challenge our endurance and therefore become stronger in each area.

If you are a student in our school, you have been shown several workouts. I have published this student handbook so that those who are not my students can also benefit. To you, it doesn't matter if you go to a gym, or do jumping jacks and crunches in your living room, go for a jog, or ride a bike. Try to get exercise everyday, even if it is a walk to the end of your street. You can do this. You CAN do this.

Do not get discouraged. I have a wheelchair student, and the only thing she can do is raise one arm, so she works out with a small dumbbell. She started out with it being one pound. She can now lift a twenty-five pound weight over her head. She can break a board with her fist. She is amazing and I am very proud of her. More importantly, she is proud of herself. So, take ten more steps today than you did yesterday. Go for it!



Exercise Your Mind

Ahh, the mind. If only everyone could understand just how important and powerful is the mind. Everything on this Earth that exists, including you, began with a thought produced in the mind. This Earth was created in God's mind before He spoke the Word. Everything was a thought first. Therefore, I like to encourage my students to expand their minds. We are not a school filled with dumb jocks who like to punch things. I teach that in my very first lesson. We are educated, thoughtful, expansive, enlightened, and with that we are just scratching the surface.

Every day do something to expand your mind. Make a goal. Read a book. Do research. Learn a language. Learn to paint. Study art. Study dance. Go to a museum. Attend a lecture. You have vast resources online. You may be surprised just what information there is out there, free for the taking. How to fix your car, how to build a cabinet, how to grow a garden, how the mind works, the examples are infinite.

Learning new things is part of an awakening individual. There are layers and layers of new information and layers and layers of awakening. To grow as a person, as a martial artist, as a warrior, we must continue to expand the mind.

Learn something new every – single – day.



Forms

Forms, commonly known by the Japanese word ‘katas,’ or ‘hyeong’ in Korean, or ‘tao’ in Chinese, are choreographed patterns of movement within a martial art discipline that leads to the development of that art. They begin as simple kicks, blocks, hand movements and strikes and become much more intricate as the student masters each movement.

Forms are important. I liken them to a baby who begins first to make sounds mimicking his parents, learns to move his mouth and tongue to form words and eventually understands what he is doing and learns to put a sentence together. If the child never learned to make sounds, he would never learn to speak. Forms are like the alphabet, or more like phonetics, helping students learn to “make sounds.” Eventually, those forms will be the tool used to put movement together and help them “speak” the language of a martial artist. Practice your forms every single day.

If you are not a student and have no wish to become a student, I have a suggestion for you, one I think you may find quite enjoyable. First, watch a few videos of martial artists performing their katas so that you can get the idea of what they’re all about, and then, create a form of your own! Create a series of movements, a slow dance, so to speak, that has movements you enjoy. For example, what is your “happy dance,” or your “victory dance?” That is, the silly dance you like to do when something makes you happy, like when your team scores. Take this movement and slow it down to controlled motion. Add to it until it takes you about two minutes to accomplish.

Once you have this choreographed, do it every day and then, as you get better at it, perfect each movement, add to it, or change it to make it more difficult. Let the creative side of you take over. See what you can come up with. Have fun. Smile. Raise your vibration.



Spend Time Outside

It is important to your sleep cycle to spend time out of doors, breathing fresh air, taking in sunlight, (even if it is cloudy,) communing with the Earth, this beautiful world that God created for us. Twenty minutes at the least is preferable. If you do this, drink water and get exercise, you will find you sleep much better and wake more refreshed.

There are other benefits, like getting Vitamin D, for obvious health benefits, and communing with nature which allows your spirit to breathe.

The color of green is prevalent outside. There are many papers written about the psychology of colors. Intuitively speaking though, green is soothing to the spirit, it is the color of new beginnings. Go outside where the Earth is green, breathe deeply. Try it.



Eat Pure Foods

I won't go into what constitutes a good diet for diets and diet preferences are numerous. I NEVER put my students on a diet other than recommending that they try to eat real food. Real food is that which is unprocessed and chemical-free. Apples instead of applesauce is the example I like to use. Do your best.

I have many students who come to me and ask how to lose weight. As I said, I never put my students on a diet. Diets don't work. The only thing that works is loving our bodies, loving ourselves and being so grateful for our bodies and our lives that we take good care of them. So don't diet. Just learn to love yourself. Eat whatever you want. If you want to eat a treat like a piece of birthday cake, then eat it. Eat it, and love and cherish every single bite. Indulge the senses. Enjoy it and do NOT feel guilty, for the vibration of guilt is many times more harmful to your body than a piece of cake. If you can't eat it guilt-free, then don't eat it. Be honest. Deeply honest. And stop worrying about losing weight. If you follow all the advice in this manual, you will eventually find your balance and your body will seem to transform effortlessly.

My personal diet consists of eating pure, non-processed organic foods, including fruits and vegetables and high vibration proteins. No sugar, no white flour, no caffeine, no preservatives, no chemicals. However, and this is a big however, I do not and I encourage you to do not frown on others for what they choose to eat. I do not judge. I do not ridicule. For the act of judging and looking down on others would destroy any benefit I get from eating clean.



Do Something You Love to Do
Do Something Kind for a Loved One
Do Something Kind for a Stranger

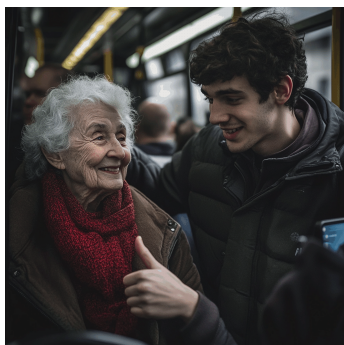
These last three things raise not only OUR vibration, but they also raise the vibration of many around you and even the vibration of our planet. If someone sees you pick up a piece of paper off the street and throw it in the trash, they are affected. Do these things with a smile and love in your heart and watch the world change for the better before your eyes.

Likewise, when you do something you love to do, it shows in your eyes, in your countenance and is evident to those around you. The affect you may have is encouraging others to also pursue things they love to do.

Doing something kind for a loved one enhances the relationship, teaches us love through service and raises our vibration. Keep in mind however, if you do it and receive no thanks or recognition, do not become bitter. You are not doing it for the “thanks.” The raising of your own vibration and your loved one’s vibration is thanks enough. For myself, it is simply a matter of being in service to God.

Doing something kind for a stranger can be an extremely rewarding act, for you, for the stranger and for the world. Whether you know it, people are watching your every move. Make them count.

You will find each day that when you are actively searching for a stranger for which to perform a kindness, you become a much better observer of the world around you. You gather information and ideas that may not have occurred to you otherwise. Be an observer, of both yourself and the world around you.



My Daily Schedule

Many of my students have asked to know MY daily schedule. It is as follows:

- Wake early
- Pray with my wife and family
- Drink water
- Stretch and breathe (This and the next two are usually done outside)
- Forms
- Prayer and meditation, pull light (Pulling light is an easy technique for spiritual connection which you can read about in the book *Messages from God*.) It is essentially putting on the full armor of God.
- If I am not teaching a class this day, I will either train or work out at this time
- Shower and dress
- Breakfast and drink more water
- Attend to my business depending on what hours of the day this must be done.
- Read (One of the things I love to do.)
- Throughout the day I am mindful of those around me and always find someone that needs a smile, a helping hand, a seat, a ride, a kind word or some counseling. Being mindful of those around me, rather than being oblivious, makes it easy to accomplish a random act of kindness. I do not do this to accomplish the task, rather, I am careful to truly understand and get involved.
- Back home I show gratitude for my loved ones by paying close attention to what they have to share with me. I have learned that my service to them gives me much more than my wanting them to cater to me.
- Help with dinner, eat, hydrate
- Tai Chi, stretch
- Prayer and meditation, pull light

Typically, each of my days are different, though I am usually able to accomplish all of my goals for the day. Let me point out that this schedule does not include some very important activities, those that I encourage each person to find time to do; Talk and listen to your spouse and children, siblings, friends or parents. Take time to laugh and play with your spouse and children, siblings, friends or parents. And of course, for my married students, always save enough energy for intimacy, to let your spouse know they are loved and cared for beyond measure.

Part II - Vibrational and Spiritual Aspects



Your Body

High Vibrational Diet

What is a high vibrational diet? This is food that is grown and prepared in ways that are healthy to the spirit. For example, when a parent lovingly prepares pure, healthy food for their children and gathers the family around and they sit and eat together in love, this food is presented in a high vibrational way. If they were to give gratitude for their food in any way, a prayer, a blessing, a nod of thanks before they eat, that creates an even higher vibration.

So, what are some qualities of high vibration foods?

- Organically grown fruits, vegetables and grains with no pesticides or GMO's.
- Animal protein taken from free-range, grass-fed, humanely raised and humanely slaughtered animals, and wild fish. I realize this is another whole discussion which I will eventually get into one day. Whichever path you choose to take, do not condemn others for their choice.
- Pure water, teas, or naturally flavored waters such as lemonade.

Many students have told me that they cannot afford to buy the more expensive organically grown, or free range foods. I do not judge and I ask them to not stress over this. I do suggest something that may sound strange, though to me it's a logical action. Before eating, pronounce a proper blessing on the food, expressing deep gratitude for the life of an animal, or for the grower of the food, for the rain, the sunshine, etc.. Then ask or intend for yourself, (for you are part of God and your words hold power,) that the qualities of the food be transformed, the vibration raised, and also intend that soon *all* you will have will be of high vibrational quality.

Your Temple

Your body is a temple, a temple that contains your spirit. This phrase is very often laughed at or said tongue-in-cheek. The fact is this phrase is very often taken for granted. I prefer to look at it this way. *There is a point in this world where the physical world meets the spirit world, and that point is the body.*

Using your body as it was meant to be used, training it, honing it, taking care of it, stretching it, feeding it, these activities keep your body and spirit aligned and with that alignment, comes amazing awakenings, personal development and a strong spiritual connection.

Clean and Healthy

I'm sure you've heard the old saying, "Cleanliness is next to Godliness." It makes one think of a strict religious leader standing over a child belittling them for making a mess. Wipe that thought from your mind. For cleanliness certainly has its virtues and can indeed help us to align spiritually. Taking care of things you own, keeping them clean and shiny is simply how you maintain those things. Taking care of them shows your gratitude for those things. How much more should we be grateful for the body we have and how should we maintain that body? Should we keep it clean, keep it groomed, keep it healthy the very best we can? Yes of course. Should we look down on those who, for whatever reason, are dirty, or slovenly? Of course not. Each has their own path. Do your best to keep both your body and your space clean and clutter free. This is conducive to a higher vibration.

Body Image and Self-Esteem

This is one of those subjects that I may need to address to students individually. However, let me say in general, your body, exactly like it is right this minute, is a beautiful thing. Say that out loud and strong. Did you feel awkward? Then say it every day until you begin to feel it.

No matter what work you feel you may have to do with your body, if

you do not love it, love yourself, accept yourself, be kind to yourself, and be grateful for yourself, then you will never be able to change it.

So take the pressure off. Maybe you love yourself just the way you are. Great. Maybe you feel you have some work to do. Great. Either way, if you feel guilt, stress, self-hatred, self-disgust, then you will not be able to fix anything until you are able to change that vibration to one of love. Love your self. Easy to say. Harder to do. Work on it.



Your Mind

Awake and Aware

Our minds are amazing, almost magical things. Rather than magical, I prefer to use the term, supernatural. Everything begins with a thought...everything. So, be awake and aware about what you are thinking. To awaken your mind, come to terms with the fact that there are things both in this world and beyond this world that you do not yet comprehend. It is time to awaken the mind by searching out new information with a healthy, open-minded attitude. This does not mean to be gullible. However it does mean that there is much more going on and you might need to be aware of that before you simply accept everything at face value.

Be aware of trends in the media and instead of following along, question why a certain trend is developing, why is everyone watching this, reading that, listening to this, protesting that. If your thoughts are not your own, but are originating from what you're being fed by the media, then maybe you should take some time off and spend more time in meditation and prayer. I want you to awaken, but not be what is currently termed, "woke." *That* is following the media trends. If you are truly awake, then you will think for yourself and will not ever accept or compromise with anything that is dark or evil.

Being Teachable

Do you consider yourself teachable? There is another word for being teachable. It's called humility. Humility simply means that one realizes that one does not know or is not aware of everything in the world and has opened their mind to being taught new things and new ideas. Humility = teachable.

Knowledge is Power

You are never to a place where you cannot benefit from learning. Open your mind and search out things that are of interest to you. Research them deeply. Don't accept the norm. Go deeper. The internet and books provides us with unlimited access to knowledge and knowledge is power. Be powerful. But be careful. Just because some website fact checker says this or that is false or true, you have to understand the agenda of a fact checker site. This is for those who aren't able to think for themselves and need to be told what to think or what is true or false. If you want to know the real truth of something, take it to God.



Your Heart

The Spiritual You

There is much more to this life than we can experience with our five senses. There is a spiritual aspect to our lives and when we open our minds to explore this aspect, amazing and miraculous things can happen. Things that may help you with spiritual alignment as you go through your time as my student, or, if you are not a student, as you go through life, are an open mind, focusing on the positive aspects of any situation, love and kindness, and gratitude. Implement these things into your life in a strong way, and then listen. You will grow and change. Quiet the mind and meditate. This action will allow you to commune spiritually.

Love and Compassion

Having a loving heart is the epitome of light. Having hatred in your heart is the epitome of darkness. Practice a loving nature by choosing to not be critical of others, by choosing to be kind, and by zeroing in on the positive aspects of any situation.

Are you one who is highly critical? When you see a movie, do you immediately begin to focus on all the things that you don't like about it? A good exercise is to practice ignoring the things you don't like and focus on the things you do like, even if they are few and far between.

This practice can help you in many other areas of your life. This does not mean that I suggest you becoming an ostrich. We can be aware of unfavorable things without focusing on them. Instead, always focus in on the solution. Envision the perfect solution. Make this a habit. It can and will change your life. As always, I have a caveat. There is nothing positive about evil things. Do not compromise with evil.

The Ability to Discern

I teach constantly about high vibrations through loving and positive thoughts. However, I also ask that my students learn to discern between light and darkness, between love and hatred, between freewill and imprisonment. For though I encourage you to be loving and kind, I equally encourage you to not compromise with evil. I realize that sounds quite ominous. Evil IS ominous. It sometimes is hard to discern for it disguises itself. Use not only your brain, but your heart and your gut to discern. Remember, evil is darkness and begets hatred and loss of freedom. Make all decisions based on these, 1) Does it dwell in love and 2) Does it maintain individual freedom? It may do one and not the other. It **must** do both. Every single one of us is endowed with God-given rights, even those who cannot yet speak for themselves. That is why we at Kino Martial Arts vow to protect the innocent, which includes the unborn.



A Word of Encouragement

You have embarked on an wonderful journey. Your life is about to change. Do not feel overwhelmed by all of the rules and advice set forth in this manual. We will take small steps each day and you will be amazed at what you can accomplish.

To begin, the writing of your daily schedule is a good place to start. Do not be surprised that once you've written it, you will have to revise it, probably more than once. It is not a failing. In life adjustments are needed. So adjust until you feel comfortable. Remember that this schedule I ask you to write does not require strict adherence. It is a guideline, one that will help you to stay on track to meet your goals. One that will help you to live life on purpose rather than by default.

You will make mistakes and have periods where you become discouraged, or maybe simply tired. Do not be disheartened. This is what life is all about, facing those times and learning to handle them better with each occurrence. When you face those times, one of the best things you can do is pray and/or meditate.

The world is filled with darkness, but don't worry, the light is much stronger than the darkness. We are learning to let our lights shine brighter than ever by following the guidelines in this handbook.

“For, where there is light, there can be no darkness.”

~Excerpt from Messages from God: The Memoirs of Grandmaster Eric Kino~

Be a light. We at Kino Martial Arts vow to be a light to the world. But then what?

"No one after lighting a lamp puts it under the bushel basket, but on the lampstand, and it gives light to all in the house. In the same way, let your light shine before others, so that they may see your good works and give glory to your Father in heaven."

Matthew 5:15-16

We will stand shoulder to shoulder in these trying times, in strength,
in love, in joy, in service and in light.

Grandmaster Eric Kino



Let's Connect!

Website:

injesusnamemanuals.org
mccartneygreen.org

Share your thoughts and testimony
Or have questions?

Connect with McCartney Green aka Susan Milner
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Email her at

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Books included in the DND
 In Jesus' Name Series
 by McCartney Green
injesusnamemanuals.org

- #1 A Healing-In Jesus' Name
- #2 Suffer the Children-In Jesus' Name
- #3 Finding Home-In Jesus' Name
- #4 Weeds Grow-In Jesus' Name
- #5 Angels-In Jesus' Name
- #6 The Worth of Souls-In Jesus' Name
- #7 Warriors-In Jesus' Name
- #8 June Flower-In Jesus' Name
- #9 Circle of Life-In Jesus' Name
- #10 Circle of Life-In Jesus' Name (Part Two)
- #11 Circle of Life-In Jesus' Name (Part Three)
- #12 Feed My Sheep-In Jesus' Name
- #13 For Unto Us-In Jesus' Name

coming soon...

- #14 Such a Time as This-In Jesus' Name

ALSO AVAILABLE in the series . . .

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This is a short but ultra important part of the series. It is the Prequel that tells of Eric's Calling: Learn what miraculous event takes place for Eric senior when he is a boy of ten on the island of Kauai that brings him such clarity, such wisdom, and makes him the man he is today.

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