

HEALER

JOHN MIRRIONE



Sensei John P. Mirrione has been training in karate for 40 years. He was bullied severely, and this led to him being a lifelong teacher who focuses on the healing aspects of the martial arts. He is the founder of Harmony By Karate that is rated in the top 10 martial arts schools in the U.S.

Sensei John took his martial arts expertise and combined it with breakdancing, leading to him becoming a well-known solo dance performer. As an Air Force

entertainer, he danced all over the country. This later led him to having four performances at the Apollo Theater, and 72 episodes of Club MTV which broadened his understanding of human equality and celebrating diversity through dance.

He traveled to 17 cities to get a glimpse into the bullying crisis in the U.S. This deepened his understanding of the root causes of bullying. As a result, he founded the Harmony Power Foundation. Its mission is to “stand up to bullying and stand for human equality.” He was a featured guest on Deepak Chopra’s One World, discussing the healing aspects of empowering children on a worldwide scale.

Most recently, Sensei John set a new world record, doing 42 one-arm/one-leg push-ups in 30 seconds to teach children that anything is possible when you put your mind and great consistent effort into it.

His experience as a martial artist and dancer led to him living a more fearless existence as he achieved countless goals. His main goal is guiding the planet to heal itself is by empowering humanity to look deep inside and make the necessary changes to make the world a safer, happier, and healthier place to live and thrive.

Acknowledgments

To my friends, family, and most importantly, our divine guidance. My divine guidance is Jesus, the archangels, and all highest spirit beings of all time.

Harmony By Karate Method

By John P Mirrione

Presence Heals

“Now is the future of yesterday and the past of tomorrow.”
—Sensei John

When we think of presence, we think of being grounded, rooted in the earth, and centered in who we are. When we're centered, we can learn focus, discipline, and respect, affording us the chance to experience personal transformation as well as physical agility. Like a turtle that moves slowly and spends much of its long life in stillness, when we focus on being in the now, we lose the sense of time and become timeless. A practice as simple as deep breathing can do wonders for our ability to learn presence, such as the position of child's pose in yoga. This feeling of deep presence will bring joy in our day to day life. As we continue to cultivate this concept, we are learning to deeply listen to our inner selves, raising our inner vibration and intuitive consciousness.

Once we have this great presence with ourselves, we can apply it to our relationships. We can spend more time deeply listening to our lovers, friends, and family. Either our relationships will greatly deepen or we will awaken to the idea that some of these relationships no longer serve us. Most importantly, bringing a deeper presence in ourselves will transcend our relationships and bring great joy and

fulfillment. Everything we do and everything we are is all about connecting to others in meaningful ways.

Openness Heals

Once we become present, we can open our minds and hearts more to teachings. With an open heart and mind, we learn tolerance. From tolerance emerges an acceptance of who we are. This acceptance expands to include others, deepening our connection to humanity.

Choosing to be open to how we feel inside and then being open to making the changes we intuitively know we need to make to transform and evolve our soul is why we are here together on this planet.

When I was 40 years old, I developed a life-threatening case of pneumonia. I spent eight days in the hospital. While in the hospital, I spoke to one of the mentors, who later became a dear friend, martial arts icon, Leo Fong. He told me that the only way to recover was through deep breathing. I then began conscious, slow, deep breathing. I recovered so strongly that my lungs felt stronger than before the pneumonia. Breathing practice has become an integral part of my life, and deep breathing is integrated into all training sessions at Harmony By Karate. My choice of being open in mind and in my breath was essential to survival. This open-mindedness to learn saved my life, and two years later, I was able to swim the full length of a swimming pool without coming up for air!

Giving Heals

It's important for us to be giving, both in our movements and in every aspect of our lives. In martial arts, when

someone is attacking, the student gives way, exactly like water yields around an object. Then, the student closes back around the attacker. The attack can be physical or emotional. Water is an extremely powerful element, and when we practice movements that flow like the water that we are, it raises our energetic vibration, improves our vitality, and brings great power to our overall being. Applying the idea of giving physical movement into spiritual interaction is truly a profound experience when we choose.

The most important thing you can give to anyone is your time. Time can never be taken back. When we give our time and do it with love, what we give to the other is already given back. The act of giving feels amazing, and there is no longer a need to have an expectation of a return. Living life in such a way that we give love in all of our interactions is incredibly powerful and transformative.

Courage Heals

Courage is the one quality that is required for our transformation. In order to change, we must have enough courage to face our fear. Developing courage is a three-step process. The first step is to face the fear: to see it, look at it, and acknowledge it. The second step is to embrace the fear, to accept it, and acknowledge that it's real. The third step is to conquer the fear either by taking a small step or a bounding leap. In martial arts, if a student is sparring with another student who seems bigger, the student must first experience this massive force. Then, acknowledging and accepting the anxiety is crucial. Finally, their next choice is to conquer it. This can be done by one small step, such as a

punch, kick, or a bounding leap, using several hand or foot techniques in one burst.

I remember being at a tournament many years ago and confronting an opponent who was seemingly impossible to beat. He was about 6' 7" and 250 pounds to my 5' 6" and 140 pounds at that time. He was destroying me until I realized it was not about competition. He had evil in his eyes, and kicked me so hard I became airborne, landing onto the spectators and bleachers. I was kicked in the groin and punched in the face until I woke up. I knew I needed to break his spirit to survive. After I charged him with a leg kick and a flurry of punches, the match quickly came into my favor. After several matches of me chasing this seemingly impossible warrior to beat, I realized that anything is possible. It takes great courage to stand up to your greatest fears. This will liberate and heal your soul. Anyone can physically harm another, but if you stand up verbally and physically, your spirit prevails!

Harmony Heals

Harmony is the ability to balance all things. When we're present, we can be open. When we're open, we can give. Giving is the most courageous act, and inspires more courage. When we're present, open and give with courage, we can source balance and harmony within ourselves and in our world. When we achieve this, there is only a deepening of peace and self-belief in what we do. Peace and harmony are not destinations; they are journeys. Harmony is discovered and deepened only through dealing with our challenges with relationships, particularly, the relationships within ourselves. Spirit represents our life energy, and the

butterfly embodies harmony. It flies, lands, and interacts with other beings as a harmonious, beautiful, flowing, free being. It has enough courage to land fearlessly on a much bigger creature, such as a human. The way of the butterfly is gentle.

Power Heals

Our inner power is the life force in us that defines who we are. It is our energy field, aura, spirit, soul, and inner vibration. Here, we discover our power of creativity. This creative source must be challenged to evolve our soul. This creative aspect of our being defines our life purpose. Using this purpose is our gift to serve all humanity in all ways possible.

Our thoughts dictate all of our experiences. What we think all the time truly impacts how we feel and all the relationships we attract. Science has already proven that our thoughts directly impact our DNA on a physical level. Therefore, if we think we are strong, flexible and smart, it will significantly impact how we feel physically and mentally.

If we think we can't do it, it is likely we never will. If we think we can, we most likely will. To affirm is to say, "I can do anything." This idea said throughout the day will impact how we feel, what we do, and what we will attract each and every moment. When we are met with great adversity, it is the best time to say, "I can do it!"

Freedom Heals

Freedom is spontaneous and unpredictable. We are free and only constrained by our imagination and ability.

Whenever we have fear to conquer our goal or plan, we must choose to conquer this fear to liberate our soul. This is a never-ending concept. As we meditate/pray and take action on these fears, your spirit becomes more liberated. The joy it brings is immeasurable. Avoid those voices, whether they are yours or others', who say that you can't, and know all things are possible and you can affect things in your life you never thought possible.