

## Lessons From the Zen Master

Steven Visentin | DIGITAL EXCLUSIVE

Clarence Thatch is a professional fighter known as "The Zen Master." He came to me for chiropractic care and recovered quickly from his mixed martial arts (MMA) injuries. We became friends and went to dinner. We were leaving a restaurant when a huge man came out of the darkness and pushed him, nearly knocking him down. Filled with rage, he challenged Clarence to a fight. I was shocked and afraid.

Clarence took a breath, stood taller, opened his eyes, and leaned to one side, then the next. Ranked #3 in the world, I knew Clarence could easily dispatch him, but was it even necessary to react?

Clarence said nothing; he just listened to the man's taunts. The man was drunk and thought he could take on a top-ranked fighter. Clarence took a deep breath and we walked away.

Fighting some drunk would not get him to the World Sabaki Challenge, his ultimate goal. What seemed urgent was unimportant - and he knew the difference!

*Do you know the difference? Are you ever upset by trolls / scam artists who want your immediate attention or want to get you to act on their agenda? When you're at the top, people come to knock you down!*

Later, Clarence was teaching a self-defense class to a group of ladies in a gym. After the class, another martial artist appeared and asked to spar with him. I watched for a while. Clarence was patient, but this "sparring partner" was not pulling his punches. I heard Clarence repeat, "We're just practicing, take it easy. Don't follow through, pull your punches!"

I went to the toilet, came back and his sparring partner was knocked flat out and unconscious. He'd been warned several times, but obviously took no heed. I was impressed, Clarence is nice, but he'd had his limit. Even "Zen Masters" get pissed off.

Do you know when to draw the line, when to act ... and when to be patient? Gang members would show up at Clarence's *dojo* with guns, challenging him. He would say: "Wait here!" and then run out the back! Again, most of what appears to be urgent is not. More than likely, someone wants you to act on their agenda. If you do, it may not help you get more out of life.

Zen Master Thatch would overcome many obstacles on his way to the world title. He wanted to compete as a heavyweight, even though he was a middleweight. His goal was to defeat the biggest and strongest contenders.

To prepare his mind and body for the fight of his life, he received regular chiropractic adjustments, and focused on winning against the odds.

A crowd of screaming fans filled the arena. I stood ringside, pounding on the canvas yelling, "Finish this, finish this now!" He was about to fight for the title.

Clarence tried to hold his ground as a very large fighter charged at him and pushed him out of the

Sabaki circle. The referee had to restart the fight twice. I watched Clarence sweat, breathe heavily and open his eyes wide. His opponent used Clarence's size and weight in an attempt to dominate him.

On the third restart of the match, Clarence saw an opening. He struck like lightning and his opponent fell like thunder. The crowd gasped. His adversary wasn't moving. The referee knelt over him, wondering if he should give the final count or last rights. Should he call an ambulance ... or a hearse?

Instead of doing a victory dance with his arms held high, Clarence went to his corner, then returned to lean over his foe out of genuine concern! The crowd was silent, as he did it again and waited, a very long time.

Finally, the fighter came to. They bowed to each other. The crowd burst out with cheers and applause. Clarence was the Sabaki World Champion!

Remember, most of what seems urgent in life is unimportant. Clarence is acutely aware of the difference. His fighting record is impeccable. His analysis is flawless. He is a "physical genius."

The Zen Master's Success Formula

Pause and breathe before you take action. Decide if your next move will bring you closer or further away from what you want. Finally, when you have an opportunity, move. Exert all your skill and talent to capitalize on the right moment.

What percentage of your actions will allow you to fulfill your mission, talent and destiny? It's a very small percentage! You must be patient. Trust that a critical moment will appear after you have prepared.

When it presents itself, gather all your resources. Strike! Make it count and enjoy your sweet victory. By waiting and doing less, you'll achieve more.

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