



Embracing Personal Transformation in the Year of the Dragon

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Embracing Personal Transformation

Self cultivation through continuous learning was prescribed by the ancient sage kings 3000 years ago as a pathway towards moral development, self-realization, and human excellence. In these profound words, we find the essence of our journey moving into 2024, embarking on a path guided by the virtues of compassion, respect, rightness, trustworthiness and wisdom. Just as the ancient Ruists suggested, the pathway to true sageliness lies in cultivating moral excellence, fostering genuine connections with humanity, and continually striving toward the pinnacle of goodness.

As we enter the year of the dragon together, lets take a movement to review some of the facets relating to personal growth, fostering meaningful relationships, and the noble goal working towards leaving a positive impact on humanity—themes deeply rooted in the timeless wisdom of the classics. Our journey unfolds through the universal domains of the intrapersonal, where our individual well-being takes shape; the interpersonal, where bonds with family and friends find their meaning; and the broader community, where we endeavor to leave a mark that transcends time.

Cultivating Personal Health

Within the sphere of the intrapersonal, let us envision a year characterized by profound self-discovery and holistic well-being. At its core, the journey toward personal health and fulfillment commences with the cultivation of a compelling vision—an intricate tapestry of our desired future. This vision, akin to the guiding north star, shall illuminate our path as we traverse the terrain of wisdom, recognizing the intrinsic value of harmony and holistic wellness.



Master Luo Guang Yu
罗光玉 1888-1944

While the cornerstone of intrapersonal growth often rests upon physical health, it is imperative to acknowledge that the odyssey toward well-being transcends the corporeal. It delves into the intricacies of mental and emotional fortitude. In a world characterized by ceaseless distractions and relentless demands, continual learning and mindfulness emerges as unwavering companions, nurturing the spirit and fortifying emotional resilience. With the alliance of vision, wisdom, and unwavering dedication, we shall craft a image of holistic well-being, resonating with positivity and resilience—a living testament to our unwavering commitment to self-care and personal enrichment.

Fortifying Relationships with Family and Friends

In the intricate tapestry of our lives, the vibrant threads of our relationships with family and friends imbue existence with warmth, meaning, and profound significance. As we navigate the trajectory of this year, let us embrace these connections and pledge to their nurturing and expansion. At the very core of every enduring relationship lay the foundational stones of love, respect, honesty and loyalty. Each interaction should be regarded as an invaluable opportunity for deepening our bonds, facilitating genuine listening and compassion, and extending unwavering support. Laughter and shared moments serve as the vivid canvas upon which these connections are painted, for it is through these shared experiences that we unveil the beauty of vulnerability and the strength of unity.

In our quest to fortify our interpersonal relationships, we must bear in mind the profound wisdom that authentic connections resemble fine wines—growing richer, more intricate, and more nuanced with the passage of time. As we commence this year, let us approach it with patience and understanding, cognizant of the fact that enduring relationships are products of ardent dedication and reservoirs of lasting joy.

Career, Passion Projects and Impactful Contributions

Beyond the confines of our immediate social circles, the broader community beckons, offering a stage where our individual and collective endeavors can sculpt a brighter future. Whether it be within the contours of our professional careers, our commitment to volunteerism, or our tireless endeavors aimed at engendering positive transformation, let us confront these challenges with unwavering courage and a resolute commitment to integrity.

In order to envision a world wherein we contribute

meaningfully and bequeath an enduring legacy, we must exemplify the values of sincerity, excellence, leadership, and unwavering dedication to a higher purpose. It is imperative to acknowledge that impact is not always immediate; often, it arises as the culmination of steadfast and well-directed efforts.

In our quest for change, perseverance shall be our unwavering companion. We must remember that the ripples of positive change may, at first, appear subtle, but they possess the innate capacity to culminate in waves of profound transformation. Armed with this realization, we navigate the realm of the broader community engagement with the patience akin to a craftsman meticulously carving and polishing the jade stone, understanding that the results of our labor shall flourish in due course.

Roadmap to Setting Goals

The process of goal setting is a profound and influential endeavor, empowering individuals to envisage their ideal future and igniting the motivation necessary to translate that vision into reality. In essence, it serves as a compass navigating through the intricate and vast terrain of life, aiding in the determination of the direction one aspires to traverse. In the contemporary, dynamically evolving world, the importance of vision and long-term planning cannot be overstated.

The Power of Reflection

Commencing this transformative journey necessitates a moment of reflection, a retrospective examination of the preceding year. This introspective exercise entails a meticulous scrutiny of both accomplishments and deficiencies. It is imperative to approach the latter with candor, for within these areas lie the essential lessons to understand the ramifications of past decisions. This retrospective self-examination serves as a map to circumvent analogous missteps in the future.

Defining Core Values

As one peers forward into the impending year, a crucial facet of this journey involves the reassessment of core values to ascertain their continued alignment with authentic convictions. These values, elucidated in clear, unequivocal terms, serve as the compass that guides individuals through the intricate terrain of life, providing benchmarks for decision-making. Further exploration of the profound concepts embedded in the San He Wu De can furnish invaluable insights into the intricacies of one's personal odyssey.

Identifying Areas for Enhancement

Prior to embarking on the voyage of goal setting, it is imperative to identify the pivotal facets of life that demand focused attention. This process begins with the delineation of broad categories encompassing personal growth, family, career, education and community engagement. Gradually, these overarching categories are dissected into increasingly more specific sub-categories. This meticulous exploration culminates in a precise roster of sub-domains earmarked for the establishment of meaningful objectives. These objectives may encompass a broad spectrum, including career progression, educational pursuits, family harmony, enriched relationships, holistic health, the nurturing of a positive mindset, and the enhancement of physical well-being, among other facets.

Defining Goals and Setting Targets

The ensuing phase entails dedicated time for brainstorming, wherein one selects one or more goals within each sub-domain that most authentically align with aspirations for the forthcoming year. In this process, temporal considerations play a pivotal role, necessitating a discerning evaluation to ensure a manageable number of significant goals that merit undivided attention. In parallel, the formulation of specific, quantifiable targets for each objective becomes imperative. These quantifiable metrics, akin to navigational coordinates, function as guiding instruments to monitor progress throughout the year.

Formulating a Comprehensive Plan

The culmination of this strategic exercise involves the formulation of a granular action plan. This comprehensive roadmap should span the duration of one year, incorporating six-month intervals, quarterly milestones, and monthly checkpoints. It includes progressively smaller goals and targeted accomplishments. Additionally, on a week-by-week basis, a daily itinerary should be devised, meticulously outlining the actions required to steer one toward the realization of monthly, quarterly, bi-annual, and annual objectives.

The Concluding Review

The final step in this meticulous preparation process involves a meticulous review of the plan to ensure its alignment with the envisioned life path. This review process also serves as a litmus test, confirming that the established goals adhere to the SMART principle, characterized by their Specificity, Measurability, Achievability, Realism, and Timeliness. Should any objectives fall short of these stringent criteria, it is incumbent upon the individual to recalibrate and refine

them to meet these rigorous standards.

In summation, the journey of goal setting and planning is akin to an architect's blueprint for the manifestation of one's vision and dreams. It serves as the rudder guiding the vessel, the celestial map charting the course, and the linchpin bridging the gap between aspirations and their materialization. As individuals embark on this odyssey, it is paramount to bear in mind that transformation unfolds gradually over time. Furthermore, it is essential to acknowledge that compassion, integrity, and trustworthiness constitute the bedrock of all meaningful relationships, while wisdom, willpower, courage and perseverance serve as steadfast navigational aids, guiding individuals safely through the turbulent waters of life.

May the year of the dragon manifest as a chapter marked by personal growth, enriched connections, and meaningful accomplishments. Rejoice in the boundless potential residing within you and the limitless horizons that await.

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 而后能靜，靜而后能安，安而后
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 事有終始，知所先後，則近道矣。

《武英殿十三經注疏》
 (漢)鄭玄注 (唐)孔穎達疏

"The way of the Great Learning is to manifest bright virtue, to care for people, and to rest in the highest excellence. Once you know where to rest, you can become settled. Once settled, you can be tranquil. Once tranquil, you can be at ease. Once at ease, you can deliberate. Once you can deliberate, you can attain your goal. All things have a beginning and an end. All affairs have a conclusion and a starting point. To know what comes first and what comes last is to approach the Way."

*From the Book of Rites, The Great Learning
 Hall of Martial Excellence, Thirteen Classic Commentaries*

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October 28, 2023



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Who We Are

We are a diverse group of people dedicated to the transmission and promotion of traditional Seven Star Praying Mantis Kung Fu (Qi Xing Tang Lang Quan). We represent the proud family lineage of Master Luo Guang Yu, who made the style famous in the Shanghai Jingwu Association in 1919. In 2019 we celebrated the 100-year centennial anniversary of Seven Star Mantis in Shanghai.

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