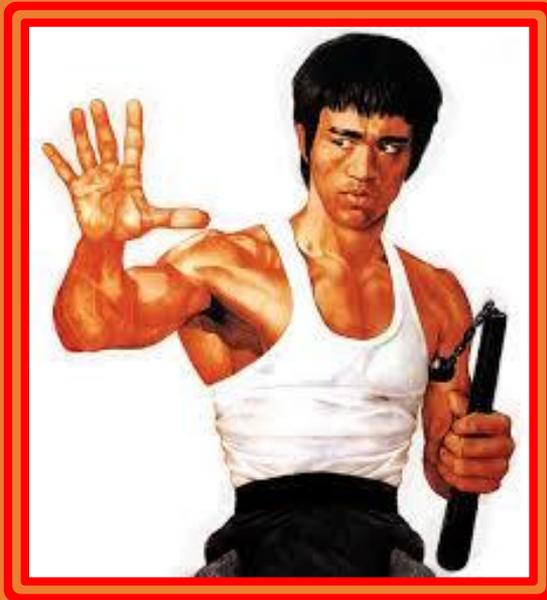


Inner Light

*Learning From The Essence
Of Your Own Spirit*

10 Insights Learned From Bruce Lee



By Eric Sander Kingston

*"A Warrior Is One Who Does
Not Live Their Life In Regret." Hagakure*

& Thanks To Jeff Villalobos Sanchez

W.o.W. tm

Wish On Wisdom

Writings For Inner Cultivation



There was once a person, who was granted from Heaven, a wish. They could either wish for wealth, or wish for wisdom. The person replied: "I wish for wisdom. For through wisdom, I will attain great wealth."

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**Excellence, Is A State Of Mind, Body & Spirit:
Practiced Daily, Lived Constantly & Mastered Within. The
Individual Self, That Embraces Self-Evolution & Goes Beyond
Preconceived Limitations, Inspires All Those Around Them To
See That The Human Potential Is Unlimited**

Eric Sander Kingston

The Purpose Of My Life, Teaching & Work
Is To Cultivate A Space To Be:

Strong enough, to face hardship
Brave enough, to endure defeat
Courageous enough, to live in wisdom
(no matter the external conflict)

&

Honest enough to learn from lessons of loss,
Without having to live a life of blame, anger
Or regret

The Purpose Of My Martial Arts Is To Become:
Strong enough to HOLD that space for life

Inner Light

Learning From The Essence Of Your Own Spirit

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This book is dedicated to Bruce Lee
Who Gave The World A Vision Of Freedom
He Was Born November 27, 1940



&



To Arlene Kingston
(My Mother)
Who Taught Me To Always Live Free
She Died In My Arms November 27, 2013

Introduction:

This book, is simply 10 philosophical principles I wrote, to ponder upon as you develop and cultivate your own life and evolving destiny.

One cannot stay the way they are, no matter how much resistance one has to change. My hope, is that after reading this, you take away a few degrees of higher awareness about internal self power and inner development, and continue to grow both intellectually and emotionally as a person of higher wisdom.

Ultimately, I hope these words I have written, will add to your cultivation for

INNER awareness, for a deeper internal perspective and internal communication with the self, not simply be another “technique” for some form of outer control alone. Always, keep in mind, the inner struggle lost, can never be fulfilled by endless outer battles with others, or endless battles within the self where mind, body and spirit never merge as One.

The purpose of writing this book, is to showcase some philosophical wisdom’s, inspired from Bruce Lee’s way of living a unique and powerful life in the realms of “self-examination” and personal overall development.

On a fundamental level, I believe, Bruce was an example of LIVING (not merely theoretical) courage, inspiring others to seek and develop one's inner cultivation to fear nothing, and be true to your own path, destiny and spirit. I believe, this is what Bruce truly wanted others to learn, and then, when possible, pass the ultimate wisdom on that: If you choose to truly be completely successful and free, at some point, on whatever path you're on, you'll have to make that path, internally and externally, uniquely and "honestly" **your own, as you take FULL responsibility for your own choices and actions;** As Robert F. Kennedy said:

“Our future may lie beyond our vision, but it is not completely beyond our control... the work of our own hands, matched to reason and principle, that will determine our destiny. There is pride in that, even arrogance, but there is also experience and truth. In any event, it is the only way we can live.”

For myself, I believe in the unlimited potential of humanity and the world, and that Martial Arts, utilized with deep living principles, can be a way for our inner victories, in transforming our fears, insecurities and prejudices between each other, into a bridge of unity, more so, than merely utilizing

Martial Arts as a way to deal with external conflicts alone.

Understandably, we may not be able to control the future, but WE CAN determine how bravely we face our own destiny, and WE CAN choose to believe, trust and learn from the essence of our own selves along the way, as we make the path we are on, our own. Yes, there is pride in that statement, even arrogance, but (once again) it is the only way we can live in courage, strength and unending peace.

With Our Humanity In Thought,

Eric Sander Kingston
Schayel

1. Rely on your own spirit, your own power, your own freewill to direct and cultivate your destiny, AND if you don't have a "destiny" create one, and do not judge its importance by the size of how it "appears" to others. This is certain ruination. Remember, both the mother nurturing the child, and the child who goes on to lead a nation, are both of great value. Define the importance of what you are doing POWERFULLY, by YOUR OWN FREEWILL, and all things will find their rightful destined place.
2. You are already (all ready) everything you need. In the self, you have everything you require.

Right here, right now is all there is. Any external, is only an instrument to guide you along the way, like the compass and a map, **BUT the compass and the map are not the treasure, YOU ARE**, if you're brave enough to cultivate this philosophy into a living, breathing self truth.

3. Fear of taking an action to better oneself, once a plan is thought through, is only a lack of will to face something that is an illusion. One should ask oneself first, if what you are facing, is even of any importance in the first place for your life or destiny. If it is, you **MUST** face it. **BUT** to answer this honestly, one must truly know

oneself. One must realize, that the real fight-ring of fear exists inside your mind and around your heart. Lay your heart and mind on the line, and go for it, beyond a place of insecurity, or trying to prove something, but simply from doing what TRULY needs to be done for your life's purpose: NOT from a false sense of self or requiring others limited validation. When your actions stem from this root, you will become a force to be reckoned with, and the illusions of your fear will dissolve and transform into courage.

4. Emulating others (to be validated and accepted) leads to imitation.

Imitation leads to conflict. Conflict leads to failure. If, one can go from failure, to conflict, to imitation, then one can lead oneself back to the beginning of falsehood and ignorance. Then, one can start from a purer point of being, from the place of ONE'S TRUE INNER SELF, without the need for validation, which most likely led to the way of falsehood and ignorance in the first place.

5. Have no fear of death. Life kills you, not death. This does not mean to follow death, it simply means to be free of the fear of death. Yet, one must not cling so tightly to life that one kills it.

6. Mastery isn't a philosophy, it's a frequency, a way of inner being. When the need to prove anything to others, or the world does not exist, true freedom will arise. When the need to NOT do, beyond what is necessary, becomes the way, peace begins in the land. When the need to compete for selfish reasons dissolves, so too, do the chains of ignorance and duality which will release your spirit. If you want to be completely free, you must not only choose it, and memorize a concept, but live it, until you are like the fish who cannot see it is living in water because it is such a part of it.

7. If there is little to be done, why worry about it? If it will be dissolved, why worry about it? Therefore, do not worry. Have the belief, that what is enough, is enough, and leave it as such. Action needs stillness, as much as stillness requires an action. The master is the one who can hold such opposites in mind and remain eternally tranquil.

8. A guide is fine, but you must one day make your own choices, if you seek to become a leader. An example is good, but you must one day be your own example, if you ever seek to learn from your own spirit. Another's path may be

great, but you must one day cut your own path, if you seek deeper inner truth. Finally remember, one day is now.

9. Who can live without need of victory? Who can live without excess of wealth? Who can achieve simply for the sake of achievement? One who is beyond duality. The one who understands both loss and gain, poverty and wealth, misfortune and power are the same teachers.

10. Reach for a moment, but it leave you. Hold onto to your glory, but it will fade. Try and stay in one spot, but all things change. One must

remain still, yet go with the flow,
endure hardship, yet remain in joy,
achieve without over-achievement,
and be content. The wise man goes
with the flowing nature of the way
and endures, because he is one with
a Universe, that exists both within
and outside, of the self. Only our
illusions separate us from the
infinity that we all are, just as our
illusions separate us from learning
from the essence of our own spirits .

With Your Self-Development In Thought,

Eric Sander Kingston



Eric Sander Kingston is a Martial Artist, writing, film maker living in Los Angeles, California.

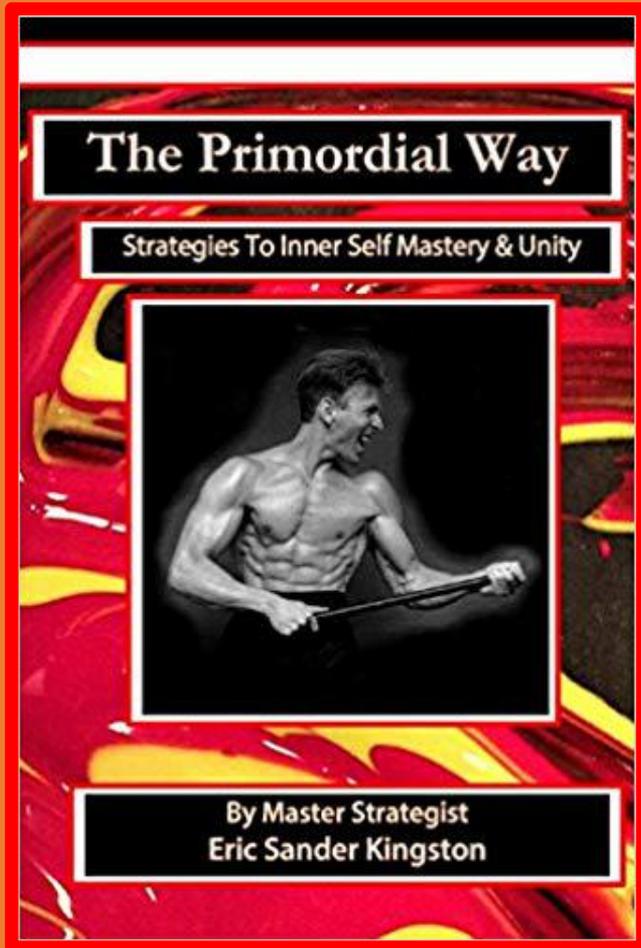
His main objective is creating works that unite people through showcasing the wisdom's contained in each and every culture, to create bridges of unity and understanding.

"In the final analysis, our most basic common Link is that we all inhabit this small planet. We all breathe the same air. We all cherish our children's future. And we are all mortal."

John F. Kennedy

**Ericssanderkingston.com
Wishonwisdom.com**

**OTHER BOOKS BY
ERIC SANDER KINGSTON**



The Primordial Way: 110 Pages

Strategies to inner self mastery through the stripping away of dualism to merge with unity. These works take one through an essence of transformation, to attain a cultivated primordial awareness on both the intellectual and emotional level. Once mastered, these strategies, allow one to merge mind, body, soul, as well as thought, speech and action into a unified field which can be applied to any endeavor one chooses. To seek only to master others yields the finite of external limitation. To master the inner self is the way to primordial infinity. **Please Note:** This book is NOT intended for beginners, who do not have some background in ancient energy literature, conflict resolution based on transformation towards inner mutual resolution, or for Martial Artists who do not grasp Gandhi's Wisdom: *"The greatest demons in the world, are those running around our own hearts."*

To me, Martial Arts is a way of resolving
conflict, ESPECIALLY INNER CONFLICT,
not creating it.

Still

For M.R. written by Eric Sander Kingston

To defend with the concept is harder
than to defend with the technique

To defend with the technique is harder
Than to defend with the body

To defend with the breath is hard
Than to defend with the mind

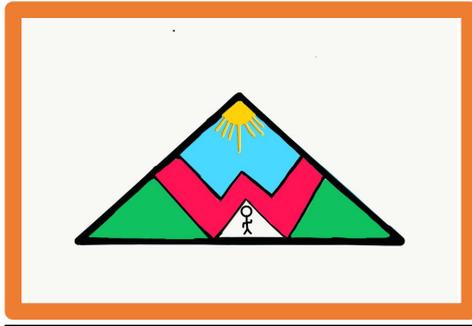
Therefore,
To strike with the concept is harder
Than to strike with the technique

To strike with the technique is harder
Than to strike with the body

To strike with the breath is harder
Than to strike with the mind

To not strike at all,
Is harder still

W.o.W. tm



Wish on Wisdom is a book series, created by Eric Sander Kingston, for the purpose of sharing the wisdom contained in every race around our world, through original writings, music and film.

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