

Energy Pervades Everything By Ellis Heyer

Who am I?

I am a martial artist.

I am a person who loves to smile.

I am unique.

What do I want?

I want to live a long and fruitful life.

I want to help people realize their full potential.

I want to be happy.

Who do I serve?

I serve people in need.

I serve myself through cultivation.

I serve.