



## Cultivating Excellence in Life and Work

is Dr. Stuart Heller's poetic translation of the Chinese term, *Kung Fu*; an approach to life's events that is so much more than a martial art.



The quality of energy and awareness that accompanies those moments when we are at our best emerges spontaneously as we harmonize **being** and **doing** in our daily activities.

*At its heart, Kung Fu is about action.*

You can have it as a fighter, as a craftsman and as a thinker.

You can also have it as an executive or as a lover.

Kung Fu does not happen by magic,  
nor is it constructed by following the numbered steps.

It is the fruit of a process of cultivation.  
It can be encouraged but it cannot be rushed.

Attaining Kung Fu involves using all of your self:  
awareness, thought, feeling, posture and movement.

With the proper combination of elements  
the path opens and the way grows clear.

Learn the secrets of change  
and empower your life and work.

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