

No Such Thing as “One Way”

How do you bring out the best in yourself? Mentors are certainly important in that respect. But what may be more important is this: not to think there is one person who knows it all or has all the answers. When people follow one person exclusively, and don't keep an open mind to other possibilities and teachers, it becomes dangerous.

Martial Arts legend Bruce Lee knew this and that is how he accomplished so much at such a young age. He believed that what others might call “The Way” was not “The Way”. Lee knew that there is no “one way” to fight or handle any situation. In fact, when people lock themselves into a system, they constrict both their movement and also their ability to be flexible and adaptable.

martial art; throughout his life he studied many arts, including aikido, wing chun, gung-fu, ju jitsu, boxing, fencing, judo and karate to name a few.

Lee studied the movement of animals from the tiger to the heron. He was most interested in how they defended and attacked when fighting. From his observations, he took what was useful and discarded the rest. This philosophy enables people to not just learn, but to use knowledge in the way that's most suited to their specific purposes.

For me, the most effective way to learn a new subject, sport, craft, art or business is to use what is called the CDC principle: Collect, Discard, Create.

The first step is collect all the information you can. Read everything you can find about the subject you're studying. All of us also need to surround ourselves with quality people who possess both high intelligence and high integrity. As I mentioned in a previous column, you do become what you think about. And we are all influenced by the people we choose to include in our lives.



DIAMOND MINDS

The second step is to discard what is not useful. Our brains are not large enough to hold every fact known to man. Bruce Lee did not study all those arts to try and incorporate every move from every style. He chose only those that would better serve his needs. Sometimes knowing what to let go of is the best knowledge we can have.

Step three is to create your own method, your own style, your own uniqueness based upon the knowledge you have gathered, and what works for

you. This is what differentiates one person from everybody else, and what makes people stand out from their competitors.

As the famous UCLA coach John Wooden once said, “...it's what you learn *after* you know it all that counts.” So learning should be something we do throughout our lives.

Our minds are a lot like wells. If we don't keep taking water from the well, it becomes stagnant. It's the same thing with the mind. If people are not constantly inputting new information, learning new things and eliminating what doesn't work, they become stagnant. Learning is what keeps us fresh, current, and motivated. ▲

*“To attain knowledge, add things everyday;
to attain wisdom, remove things everyday.”*

-Lao-Tse, Tao Te Ching

What most impressed me about Bruce Lee's life is this: how much he studied and his passion for learning. His personal library consisted of over 2,000 books on all forms of physical conditioning, martial arts, fighting techniques, defenses and related subjects. He was never a proponent of one particular

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