

Budo versus Christianity

The Possibilities of Counseling and Psychological Aid in Disaster Management

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The educational level of a society brings about an improvement in the attitude towards health as the increase in wellbeing. Social environment plays an important role in defining mental health. The possibilities I have examined also define the states of mental health. Socialization, the effects of communities, models, strategies also have an influence on the evolution of self-image, managing conflicts, dealing with frustration, and the ability to integrate. In counseling also new techniques are being tried. The educational method of Budo focuses on improving personality, separating the civilian and service life and helping handle emergencies. In Christian counseling the fact of redemption can create the harmonic operation of body-soul-spirit, the development of the appropriate control functions. The comparison may give an insight into the values and deficiencies of different ways of education-learning. As a theologian, I think it is important to study the doctrines of various religions and how they are used in practice.

Both international sources and experience in Hungary prove that the way of processing a catastrophic event and its psychological effects can be very different from person to person, that is why it is good to choose from given methods in counseling.

Keywords: Budo, Christianity, God, counseling, psychological assistance, disaster recovery

Budo, the Way of War

Even amongst animals we can observe the striving against each other, the everyday battle to stay alive, which is also crucial in the life of today's people. When it comes to different situations and handling crisis, individuals differ in how they understand complex situations and how they accommodate the circumstances. There can be significant differences, because the intellectual performance of one individual can change according to the timing, the different fields and the circumstances. The battle for appreciation is not a game, because the winner gets serious social recognition and sometimes even material goods.

Budo has become a common way for gods and human beings. Today's budo has evolved from the martial training and exercises of the medieval Japanese soldiers, the Bushi. Both in China, Okinawa and Japan, religion has played an important role in people's lives. It has several sources: Buddhism, Shinto and Confucianism. In the Far East, various religious elements and beliefs could coexist in a natural, simple way.

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The common basis of the Japanese martial arts is Budo, “the way of war”. Over time, these martial games developed into combat sports. The essence of these is to resolve or avoid conflicts.

Budo is the basis of Bushido, the unwritten moral law of the samurai. This expression is also used as a generic name for martial arts with a Japanese origin. It is a common feature in Japanese martial arts, that the aim is one final, mortal strike, the philosophical background is Zen Buddhism. Practicing Budo – as we can see in Chinese Kung Fu – requires a certain lifestyle, and competition is absolutely not characteristic of it, neither is doing this activity as a sport. [1: 11–18] [1: 48–123] Budo exercises are done in a specific way, in a specific place and in specific clothes.

All of Budo arts are martial arts, but not all martial arts are Budo. With aging, the aim of this martial art changes. For young people, the aim is the joy of competition, for elderly people self-development and self-knowledge becomes more important. Practicing Budo requires a sort of special lifestyle. Its spirituality follows its practitioner his whole life through. There are three main spheres, aims of practicing martial arts, these are the following: physical education, self-defense, competitive sports. In traditional Budo martial arts, willpower and moral development is greatly emphasized.

In Buddhism – like Japanese tradition and Shintoism – there are several minor gods helping the warriors. Doctrines of Shintoism and Buddhism completed each other very well in the life of Japanese society, their gods and their doctrines were a great help in the everyday life of simple people. (For example: people had good contact with these gods, they offered sacrifices to them, they went to temples, and they visited sanctuaries.)

Opportunities inherent in Budo have also been discovered by sociopsychology during the last decade. Wolters (1992) writes about success in personality development, work- and social development in numerous articles, in every case he emphasizes how we can conquer ourselves, how we should face our fears and worries.

Confucianism is the religion which determines the basics of Budo’s spirituality with its moral and behavior regulation. The foundation of Confucius’ – who lived in the 5th century B.C. – message comes from his moral orientation influenced by his charismatic personality.

His key thought: every person is originally good. He lifts the tradition of vernacular religiousness to the heights of moral philosophy and state-theory. He suggests temperance and the golden mean in practical life. According to him, everything is led by five virtues: humanity, righteousness, discipline, intelligence and honesty.

The oriental man lived following his heart, as he himself considered it right, and he also led his family, raised his children and served God this way. He found himself in his own commitment.

The martial art practiced by the Bushi had 18 basic forms. From the 19th century A.D. – because of the changes of historical times – these have turned away more and more from actual martial use to the psychological-spiritual side of practicing martial arts. In the martial arts of Budo, cognitive learning and developing personality is very important, it is also an emphasized expectation to only use the acquired techniques for self-defense. [2]

Comparison of Budo's and Christianity's Evolution

Opposite to the Western world's hectic lifestyle, Budo proposes an alternative of the more humble East. For Budo, it is stillness and modest lifestyle that gives opportunity to find ourselves. Amongst its basic ideas we can find straight character, the spirit of righteousness, courage and persistence, good will and compassion, courtesy, truthfulness, honesty, honor, faithfulness, self-control, openness, wisdom, sense of duty, and the constant readiness to die.

These great human characteristics can be excellences of an acquired, disciplined lifestyle, however, Christianity calls these the gifts of the Holy Spirit, and we do not have to crucify ourselves to gain these, because the love of God proclaims these gifts in the lives of those who fear Him. Courage, faithfulness, honor, dignity are elemental values also in Christian society.

Persons who do an activity with psychical pressure need to maintain their psychical balance, as it is their main source of strength during hard times. This is by all means a common point with Christians, because if a believer has a personal relationship with God, he or she is filled with calmness and inner harmony.

This can be a source of strength during the daily routine, as it is a fundamental human characteristic to try and maintain our psychical balance.

Amongst the elemental ideas of Budo there is always the feeling and the thought of openness to death. It teaches how to be constantly ready to die.

The principles of Christianity are a lot different from this, because believers always prepare for eternal life, never for death. The concept of Christianity was "created" by Ignatius in the first part of the 2nd century A.D., after the separation from Judaism and the Judeo-Christian era.

The purpose was to reach the pagan crowds averse to Judaism, to show them Jesus's life, death, resurrection and what that has brought to everyone, and how all this was new and different from the Old Testament.

The expression Christianity is not to be found in the Bible. Jesus and his disciples always verified the happenings of the New Testament for the people with the revelations and prophecies written in the Old Testament. They paid great attention to point out that the gospel is not to be seen as a belief system opposite the revelations and statements of the Old Testament, on the contrary, it is about the life and work of a Jewish person, whose destiny, whose acts and crucifixion, resurrection are historical facts, totally and exactly corresponding to the messianic expectation based on the Jewish prophecies about the first arrival of the Messiah.

Christianity is a faith based on a revelation from God more than 6,000 years old. In this faith the combination of righteousness, peace and joy in the Holy Spirit are inseparable. A God-fearing person believes with his whole personality that he must help his fellow men. This is the foundation for a community with God. This is what Jesus from Nazareth says when a religious leader asks him about how to gain eternal life. The answer Jesus says: love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength and love your neighbor as yourself. This is the law, the sum of the Old and the New Testament.

The Word of the Lord says about the heart that above all else, guard your heart, for everything you do flows from it. It also says that the mouth speaks what the heart is full of. God

does not estimate the spiritual condition of a person from doctrinarian rituals he does, but from the condition of his heart.

Christianity could always be energized by its hope in the future and vision about the future. Although it is important for Christians to look back to the death and resurrection of Jesus Christ, because this is their propitiation and it is also a historical fact, actually this event will show its truth completely if we look ahead to the return of Jesus.

This way we can understand that He will come back because He died, he rose again and He lives forever – and He will realize all the promises about the re-creation when coming back.

Ceremonies of different religions mostly pointed out the foundations of existence: without faith there is no life, without vocation there is no faith, which could keep anyone alive. There are a number of situations in the Bible to demonstrate the right attitude to people in need.

Physical training played a great role in preparing for a battle. Those days, people had more contact with the world surrounding them. What we call sports today was a part of everyday life back then.

Sports from the Beginning

As far back as in the Grecian world they had already realized the importance of sports. The propagation of the virtuous, noble life was the mission of the Olympic Games, during which even combatants had to stop fighting. [3]

According to Nagykáldi, one of the most important pedagogic benefits combat sports have is evolving and developing the ability to fight. This evolves through a sure-footed and systematic exercise which is constantly imbibed by a spirit of competition.

It is an interesting question, whether physical training could have a part in the life of God's people?

People lived on a whole different level of comfort. David won in the battle against Goliath with the most common sport of the ancient times, the sling. Conscious developing of the body had great importance also in the times the New Testament was being written. One parallel between Budo and sports could be that somebody who exercises can keep himself away from a lot of unnecessary trouble. A good sportsman cannot afford to damage his body any way.

It is a goal you want to reach that you be able to submit your individual interests to the common objectives.

In tactics, only those that learn to move on can win. With a rebellious or opportunist attitude you cannot stay in a team for long. Martial arts teach you to be disciplined and self-controlled, and as a consequence, instead of satisfying your desires and needs, you become goal-oriented. With weight-category sports, it gets more important to defeat hunger in favor of self-realization than to satisfy it and the ability to overcome tranquility and the sensation of pain may develop with persistent practice. Due to the former, the ability for self-control and self-regulation can appear with respect to the deeds and inner processes, on which the ability to act optimally and efficiently can develop.

The question may rise if Budo and faith can be means of help in the time of disasters and emergencies.

In counseling you have to focus on the qualities humanity got in creation: their subconscious spiritual contents and ways, psychical needs, the dynamic laws of their psychical en-

ergies, behavioral motives, the type of their personality etc.– everything that God considers and takes in order for the person to be addressed and saved by his Word. [4]

According to the life care programme of Gyökösy Endre, a counselor can contribute in three ways and provide the person in care with a consoled (paracletic counseling = comforting, encouraging counseling) life: through deepening, contenting and relationship-care.

The supernatural power, that determines the meditation and spiritual life of monks, has been integrated into the techniques.

This is why trends where spiritual-psychical values are emphasized can evolve and this is how Budo may have formed. It is a special phenomenon where the development and interaction of body and soul are inseparable. There are numerous prejudices towards the different martial arts, which may derive from the fact that outsiders do not know the spiritual-psychical background, the moral requirements, and personality-improving effects of the above mentioned sports.

Public opinion presumes about ones pursuing combat sports that their aggressively level is higher than that of athletes of other sports. This is a misconception, though. Among both wrestlers and boxers a weaker aggressive pursuit could be perceived than that of the control group's, what is more their remorse tension can even be hindering their fighting efficiency. Combat sports can teach you to respect and appreciate others and ourselves. A persistent attitude to struggle and the ability to restart may continuously develop through them. And their positive effects on beating stress have been proven since 1987.

Films about heroes able to free the supernatural, divine forces of the universe are more and more popular. They covertly or openly reflect Eastern mysticism in a modern and attractive wrapping. [5]

The main objective of these philosophies is to free people's souls from the circulation of reincarnation. During this process, with the help of different ascetic and meditative methods, the soul attempts to be delivered from the sensations of the physical body. Spiritual leaders having reached the greatest results acquire supernatural powers, about which they presume that they are made possible by the divine force from the universe.

From the point of view of the biblical ideology the Buddhist philosophy, originating from India is false, therefore the force which some yogis use is nothing but the deceiving supernatural force of occult demons.

Christians have to draw strength from the Spirit of God, so as to avoid spiritual barrenness and to be able to recognize the occult forces and philosophies that can give a false picture about reality. When you watch films or read publications, the ideology, which gets its inspiration from Eastern mysticism, will, despite modern wrapping, get in connection with the same spiritual beings, as if you dealt directly with Buddhist philosophy. A spiritual state cannot only be indicated by the sword, but also with the wisdom of the heart and mouth.

When we are at the beginning of a learning process, so when we just try to acquire the mere techniques, then, be it about either Budo or other sports, in fact our consciousness directs our bodies. Our physical being, our body is more and more controllable by our mind, finally by subconscious powers. The concept of a cognitive scheme has played a central role in the research of thought. These schemes are units of our thinking that actively direct perception and our mental operation. The first step of self-knowledge, more precisely finding ourselves, is the hardest, no matter which area of life it is taken in.

However, in difficult situations fear, insecurity, nervousness will occur through all means. It is like when a precisely worked-out muscle starts working in an inappropriate way.

The traditional physical Budo training, the switching on of the subconscious, autonomous nerve function, that is physical practice, aims to strengthen the performance of the soul, as no matter how many of the most efficient techniques you have acquired, if you do not apply them according to the right concept, you will not be effective. Discipline, self-control and persistence increases stamina, which improves mental and physical abilities, thus helping the secure and efficient carrying-out of the tasks.

Technical sports play an important role in teaching self-defense sports, when the use of coercive means can be necessary. The practice, learned motion units assist the acquisition of techniques that are vital when a measure is taken or a possible attack takes place. Cyarto has reported on the positive influence of group practice on the willingness to do individual exercise.

Brudzinski have proven that the fact itself that one can belong to a community, is a satisfactory reason for people to start training and then to pursue it regularly.

Sports and faith can both offer a possibility for self-realization, that is for combining one's own abilities and the possibilities offered by the environment, which can be an advantage with authorities as well.

An athlete has got more vitality than the one without sports, is more active, aggressive, has got higher self-esteem, self-confidence, can adapt emotionally more easily and is more helpful. One gets more developed in self-control, more disciplined, honest, tolerant, and persistent and conscientious. [6]

A great advantage of Eastern martial arts against Western sports is the personality shaping effect, via the philosophy attached to it. Budo is a significant disciplining and organizing power. The perseverance, spiritual surplus, discipline, which you can acquire pursuing Budo, will mean lifelong emotional support, inner strength, and this, especially in these difficult times or a mission as well, is highly necessary.

According to the point of view of psychology, emotions, though have been considered as independent and having no direct connection with musculature, will suddenly make an impact on our physical performance and motion.

According to MÉRÓ László, mathematician-psychologist, “there are emotions the biological determination of which is a learnt emotion, for example love. It is true for the love of Christ, that its role of making – in the scientific sense – a genetically encoded emotion, indescribable as a raw emotion, a basic concept of human existence, has become vital. As the six basic emotions originating from biology are present with primates, this very form of love, the love of Christ is purely human, that is a human specific emotion”. [7]

There is no harmony any more between the operation of the soul and body, in modern sports this problem must be resolved. Beside the physical training of the body, the training of the soul is necessary as well.

More precisely, in modern sports so far the target was to develop muscular power, even if reckoned important to concentrate in emergencies, focusing or alertness, instinctive, subconscious emotions were not considered important.

The job of disaster management bodies is special from all aspects, as it is built on teamwork and the improvement of emotional consciousness and effective communication is very significant about it. The unified disaster management body guarantees the security of life and

property of the inhabitants by taking extraordinary measures. The new, unified body ensures the effective operation of the organizations with new means and methods.

For the soldiers of the Hungarian army, due to the contribution to international issues, the fulfilling of missions requires capability. The newer and newer results in science broaden people's opportunities, and experience concerning various methods.

Summary

It is reasonable that in order to carry out tasks successfully, a high-standard of professional training is a must, but it is not demonstrable that the switching on of the subconscious functions independent of the mind is necessary for this. This duality is about the connection of body and mind which finally unite. In what faith and methods agree, it is necessary to provide the people in mission with counseling. Soldiers during their work may get into special situations where they have to solve problems filled with emotions.

For organizations taking part in counseling it is also important to improve the area of emotional quotient. It is observable that a leader or commander cannot provide maximum performance in an emergency because he cannot really identify with the emotional condition of his subordinates.

If emotions do not matter, then demoralizing decisions are made, creativity becomes impossible, indecision takes its place, motivation is missing, empty slogans are born, leadership is without zeal, and team spirit vanishes. Typical of these badly and inefficiently operating organizations are work-overload, lack of autonomy, scarce rewarding, the loss of connections, and inequality in treating people [8].

For those who have to resolve emotional problems, it is important to prepare for their own professional area individually.

Learning the steps of direct touch, empathy, and efficient communication highly attribute to successful problem-solving.

During professional service the qualities shared by Budo and the Bible are naturally an advantage: reliability, the possibility of continuous improvement, greater load ability, openness to the new, psychic security, knowing what they believe in, they carry out the directions, hard work, and the importance of integration. One should know that whatever people believe in, persistent faith will always be honored and respected.

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