

EAGA Business Builder

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We are not a political organization, so no political comments here. Consequently—nothing to say about the dismal status of our state.

February 02, 2021

Today's speaker was Michael Johnson—Shockwave Defense



Mr. Johnson had a lot of information to present today so he got right to it. He did not discuss any of his personal history or any of the many events that brought him to this place at this time, but we do know that he is here if we believe the philosophy “I think therefore I am”. Michael is definitely a constant thinker. His company has managed to survive rather well during the pandemic because of Michael’s ability to remain in control of his environment. Responding to limitations within our state, Shockwave has expanded its operations into other states. The company has created an alliance to share an 8,000 sq ft facility with a not-in-New Mexico cross-fit gym. Mr. Johnson is even negotiating to purchase a helicopter so he can learn the intricacies of shooting from that type of aircraft. Interesting ways of not allowing limitations from outside sources to be placed on the company’s success. But for today’s presentation, Michael decided to provide our members with some very beneficial information regarding self-defense. He showed us his four secrets to unleash your inner guardian in order to take control and keep yourself, your loved ones and your livelihood safe. At the forefront - Stop trying to fit in. You actually have the knowledge and ability to determine what is best for protecting your loved ones and your property. Reassess your principals and figure out to what level of action you are willing to go to protect what is important to you. You don’t need have permission from anyone before you take appropriate action. Concerned about over reacting to a situation? It is acceptable for someone to use extreme force in situations where failure to do so would likely result in their (or their loved ones) experiencing organ damage, loss of blood, broken limbs, loss of vision or long term impairment. It is, however, not good enough to just decide that taking action would be good. You have to be willing to do it, and you have to be willing to do it quickly. An ‘offender’ that intends to do you harm, does not play by any perceived rules of engagement. Proper defense has to be immediate and at a level sufficient for you to prevail. Any protective actions should be well thought out – BUT NOT AT THE TIME OF THE ENCOUNTER. That is waaay too late to be thinking about how to react. The ‘thinking’ has to begin today. Learn to make your body respond to the directives of the mind. Learn to control your thoughts so as to better respond to any situation. When a thought occurs, the mind experiences it and then send messages to the other parts of the neurological system to generate a physical response. Years of living through tons of thoughts each day will, most likely, have conditioned responses to be based on fear. When you can train your mind to send those neurological messages based on opportunity instead of threat, then your actions will be directed toward resolving a situation instead of just trying to figure out how to get through it. You have to regularly force hard (specific intentioned) thoughts into your head to replace the soft (standard action) thoughts that automatically appear. An example: When a knife wielding intruder comes into your house, a soft thought is likely to be “he could hurt me with that knife”. That would cause your mind to be fearful and less likely to respond correctly. Whereas a previously ingrained hard thought would be “what am I going to do to get that knife from him”. That would cause your mind to direct actions appropriate for actually resolving the situation by disarming the intruder. As noted earlier, defensive actions have to be done quickly. Both of the thoughts just mentioned may seem appropriate, but there is not time for our mind to scroll through a list of options. You have to be ready to react in a sort of subconscious way. Thought control is not just for protecting something from wild and crazy guys. Thought control is very beneficial for all aspects of one’s life. Public speaking; handling financial matters; feelings of inadequacy are examples of non-life threatening situations that can benefit from cultivating positive thought processes. So how can you get your mind to respond to hard thoughts? Focus. Force the hard thoughts to the forefront of your mind. Identify old habits in your automatic response system and then direct your mind toward more beneficial actions to be taken in those situations. Condition yourself about how you perceive what is going on around you. Michael also noted using a “secret weapon” called the Diliji Method. Basically that is a way to connect to your instinctive predatory responses, and to establish your authority over internal conflicts in order to get massive results—FAST. There is no need to buy into the old methods of training that require long discussions, repetitive and drawn out self defense courses, emphasis on tradition and a general approach of hope that the other guy doesn’t know what he is doing. A better approach to training is to activate what is natural. Condition that to be on demand (turn it on only as long as is necessary, then turn it off again); and learn cross training of the different platforms (learning only how to protect yourself with a gun, will not be very beneficial when an intruder is already next to you). And don’t try to go it alone. The thought control, the defensive actions to take; just the figuring how to proceed, will all have more productive results when done with a mentor. Having a mentor provides the opportunity for different perspectives, different ideas, and accountability. All very beneficial for proper growth, direction and success. Mr. Johnson is expert in self defense, and in a lot of other life style beneficial activities. If you want to discuss any of it, give Michael a call at 505-554-3888. He can certainly train you to have the ability to protect yourself and your loved ones. And he can offer you great guidance for improving your life in ways that you probably hadn’t thought of before. He can also get you on the early waiting list for learning how to shoot out of a flying helicopter (you should probably have a working scenario about just what situations for which that training would be beneficial).

Michael has provided EAGA members with free access to one of Shockwave’s training courses via his website. The coupon code is EAGA and the link is: <https://www.shockwaveonline.com/course?courseid=5shifts>

Contact information for Executive Director: Mario Hernandez

Phone: 505-239-0259 email: eagaed@gmail.com

8100 Wyoming Blvd NE; Suite M-4 #35 Albuquerque, NM 87113

- ◆ Six members have offered to host an in-person meeting on Tuesday, February 16th. The participation at each venue will be limited so that the meetings comply with state mandates for the Covid-19 protocols. If you are interested in participating in one of those meetings, please contact Mario right away so that he can make sure you get signed up before all of the available slots are full.
- ◆ The Our next meeting will be at 7:00am on February 9th. It is again via the virtual format and the link remains the same. Our speaker will be Paul Jew—Moji Cinema. Please log on to the meeting by the starting time so that you don't miss any of the presentation, or announcements. We look forward to seeing you there.

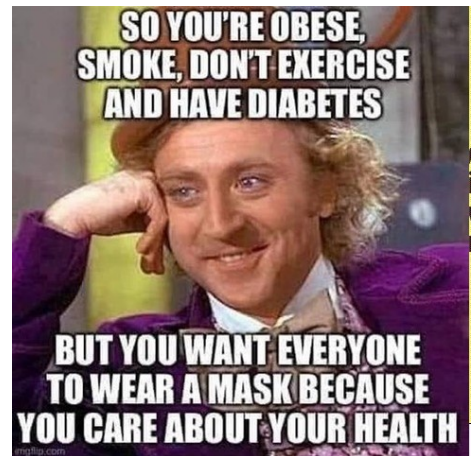
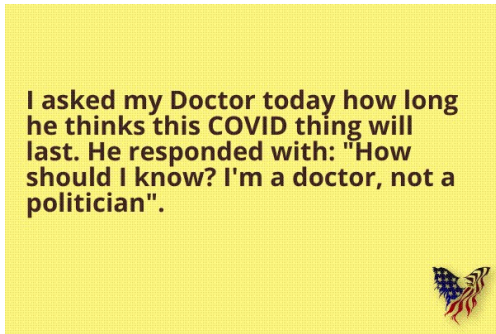
<https://global.gotomeeting.com/join/940475581>

You can also dial in using your phone. Call (646) 749-3112 Access Code: 940-475-581

- ◆ There will be a Board Meeting on February 9th, right after the regularly scheduled meeting .
- ◆ Upcoming speakers:

Feb	9th	Paul Jew—Moji Studios
Feb	16th	Small Group Meetings
Feb	23rd	Recap of the previous week's meetings
Mar	2nd	
Mar	9th	
Mar	16th	
- ◆ We are in need of presenters for all of the March meetings. Please contact Mario if you are able to speak on one of those days. Your participation will be greatly appreciated.

Some humor from one of our members:



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