Jijutsu – the combat training

All spiritual training is to free the mind. Now Morpheus must free Neo's mind from the limitations created by his life in The Matrix. A term often used in spiritual language is purification of the mind. The road to understand our Self is through the cleansing, or purification, of the mind of extraneous material (preconceived notions, negative thoughts, and attachments), no matter how defiant and resistant it might be to this change.

One of the essential requirements for spiritual life is mastering the senses. It is easy for the senses to run wild and drain the energy required for spiritual growth. Our senses can never be satisfied if we pamper them or give in to their demands. They are like wild horses wanting to run amok and pull us away from our goal. Their force is tremendous but a waste of energy. They can disturb our mental balance and lead us to exhaustion and failure. Thus the senses must be mastered by conscious and deliberate discipline. Making our will power strong and the mind clear and focused are keys to success.

Once we are awakened and using the full potential of the mind, we can perform unbelievable feats. The martial arts that Neo learns are symbolic of the skills required to fight the negative tendencies of the mind. The negative tendencies are the preconceived notions of the mind towards limitations and they must be fought and destroyed. As Cervantes said, Mind is a battleground of thoughts fighting against thoughts. The mind is nothing but thoughts, but we fight to remove those thoughts that limit and confine us, and replace them with those that increase our potential and lead us to see our inner light.. Morpheus shows Neo that the rules of the world can be manipulated. They are like the programmed rules of The Matrix. Our mind is trapped by its own thoughts and the training is the exercise to free the mind.