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Series of letters from Master Phan-Hoang

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[\(click to see\)](#) (2187 KB)

English

Letter THREE: THE MONTEROSSO TRAIL ...

On November 13, 2008, early morning, I left the Tibetan Temple in Pomaia, Italy, to move to Monterosso, a small town of Cinque Terre, I had visited before and I loved it. Although the distance is less than a hundred and fifty kilometers, it took me a whole day to...

[\(to continue see the attachment\)](#)

Italiano

Lettera TRE: LA VIA DI MONTEROSSO ...

Lasciai il Tempio Tibetano di Pomaia in Italia il 13 novembre 2008 di primo mattino, per raggiungere Monterosso, una piccola città delle Cinque Terre, che avevo già visitato e della quale mi ero innamorato. Anche se la distanza da percorrere era meno di 150 Km, impiegai un giorno intero per arrivare...

[\(continua a leggere\)](#)

Português

Carta TRÊS: A SENDA DE MONTEROSSO

A 13 de Novembro de 2008, manhã cedo, deixei o Templo tibetano de Pomaia, Itália, para ir para Monterosso, uma pequena vila de Cinque Terre que tinha visitado antes e que tinha adorado. Embora a distância seja inferior a cento e cinquenta quilómetros, demorei o dia todo para conseguir lá chegar de autocarro, de comboio...

[\(Português descarrega o ficheiro em anexo\)](#)

Español

Carta TRES: EL CAMINO DE MONTEROSSO ...

El 13 de noviembre de 2008, temprano por la mañana, dejé el Templo Tibetano de Pomaia, en Italia, para dirigirme hacia Monterosso, una pequeña aldea de 'Cinque Terre' que había visitado anteriormente y que me había encantado. A pesar de que la distancia es inferior a los ciento cincuenta kilómetros, tardé todo el día para llegar...

[\(para continuar véase el apéndice\)](#)

Latine

Epistula TERTIA: DE MONTISRUBRI CALLE ...

M. Nov. d. 13 a. 2008, multo mane, a templo Tibetano Pomaiae ad Montemrubrum, Quinque Terrarum parvum Italicum vicum profectus sum. Iam ante eum videram: amabilis locus est! Cum haud plus centum quinquaginta chilometra absit, totum diem itinere consumpsi, hamaxosticho, publico autocineto, pedibus....

[\(si quaeris opera Latine reddita, sume adlegatum\)](#)

Polski

List trzeci: MONTEROSSO

13 Listopada 2008 r., z samego rana, opuszczam tybetańską świątynię w Pomaia we Włoszech i przemieszczam się do Monterosso, małego miasteczka w Cinque Terre, które miałem już przyjemność wcześniej odwiedzić i w którym się zakochałem. Mimo, że odległość do tej miejscowości jest mniejsza niż 150 km, zajęło mi cały dzień, żeby się tam dostać...

Deutsch

(weiter siehe Anlage)

ABOVE THE OCEAN (Hải Thượng Tân Thư)

Series of letters from Master Phan-Hoang

Letter THREE:

THE MONTEROSSO TRAIL

ĐƯỜNG MÒN MONTEROSSO

To: CHI-KIEM disciples

Copy: Peace Black Belts, Viet-Chi Post, Vo-Viet Journal

This is LETTER THREE of the Series "ABOVE THE OCEAN"

In October 2008 G.M Phan Hoang wrote: "I am traveling in Europe from mid-October to mid- December then after I go to Okinawa and other places in Japan until mid-January 2009. Taking this occasion of long travel I write a series of letters to my disciples, thinking of them when I am "on the road".

DRAFT

On November 13, 2008, early morning, I left the Tibetan Temple in Pomaia, Italy, to move to Monterosso, a small town of Cinque Terre, I had visited before and I loved it. Although the distance is less than a hundred and fifty kilometers, it took me a whole day to reach it, by bus, train, walking, and taxi. I arrived to the rented apartment, uphill, at 8:30 p.m., exhausted and hungry.



Nestled in the foot of a long mountain Monterosso faces bravely the wide open ocean and turns firmly its back to the modern society. Out of the summer season you could hardly find an Internet Café here; the small local population did not seem having such a need and a few visitors who came to this quiet place at the time I arrived were not coming here to sit in front of a computer screen. Planned to stay for two weeks I will surely discover many picturesque aspects of this old town along with some interesting stories and customs. But at first, to me Monterosso is

a good starting place for hundred kilometer narrow trails through isolate mountains. In this season, when the winter is soon approaching, the challenging trail could immediately bring you back to the ancient time



when you tread the crooked path. The trail runs endlessly up and down between the blue sky above and the deep ocean below. At some places it becomes so narrow and dangerous that two persons cannot cross at the same time.

I started hiking early in the cold morning. It was not easy to find the entrance of this trail from Monterosso to Vernazza, and all the way up there was no one on the horizon, no sign of human activities, no coffee shop, no water, nothing. On this trail, you find yourself alone in the middle of the unbelievable beauty of Nature: colorful trees, beautiful rocks, green woods, white cloud, and a light blue ocean below. All seem to be a dream. By the silence of the trail one can get senses of some vague fear of an animal attack, a human aggression, or an unhappy accident that could take place at any time. Who knows if on this narrow trail one could be forced to encounter a surprise attack of wolves or wild boars, or an unexpected hit of a deranged guy trying to push you out of the trail making you fall down to the abyss. In fact, you are hiking alone on this trail because that is your choice to be alone, walking your own path, testing yourself, waking up your surviving instinct which was steadily diminishing less with age but more by the comfortable life in modern urban cities, even you keep doing your martial art everyday. Still, whether on a deserted trail in a foreign country or in the day to day busy life at home, you are always in need of a loyal companion: an effective companion, a companion for life and death who follows you anywhere, in silence. Could that be possible?

That morning, alone on the narrow trail from Monterosso to Vernassa, between the sky and the ocean, facing some potential dangers, I was happy for having my companion with me. Do you know who was he?

-*My Chi-Kiem Wooden Sword*. Yes, my Wooden Sword is my loyal companion.

(to be continued in LETTER FOUR)