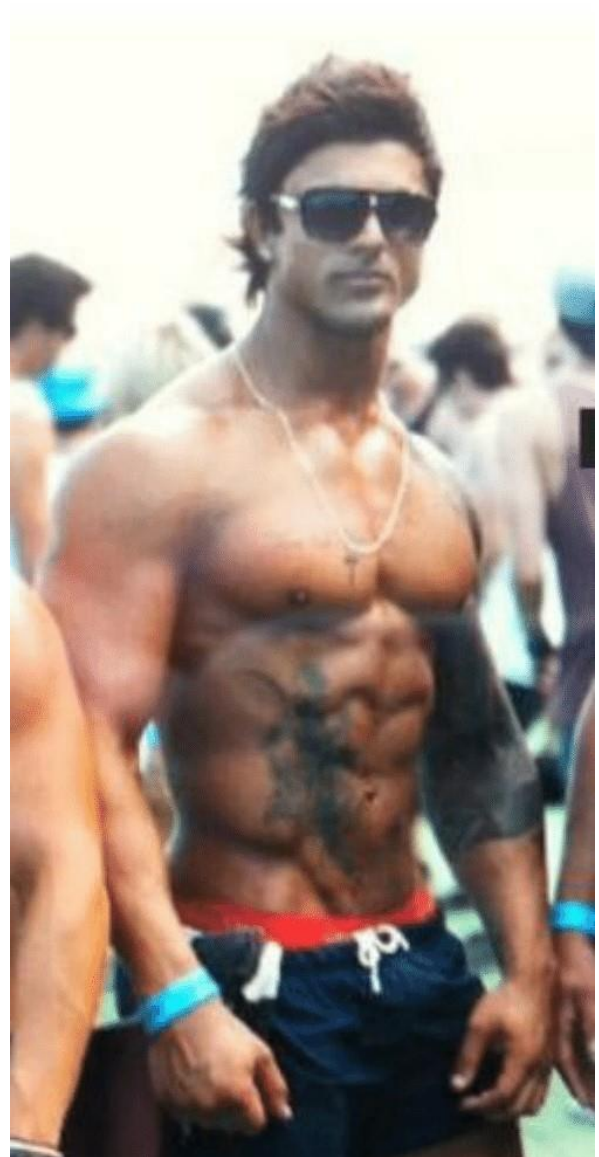


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Zyzz – Artist Maestro Unlocks the Secret on How Bodybuilder  
Zyzz Got His Legacy  
Read This Flabbergasting Answer!

By Adam Simpson



To answer this question is a simple one and I'll start talking about this topic by mentioning the name Bruce Lee. As we all know Bruce Lee was an outstanding martial artist, probably the very best and changed millions of lives around the world. However, I would like to talk about his fighting scenes in more depth. This might sound a bit strange but have you ever noticed that when we watch him fight we cannot take our eyes off him? So the question is what's actually really going on here and that's what I would like to explain.

Bruce Lee wrote many publications and one time he said that

*"Only the man eternally free from passion can contemplate its spiritual essence. He who is clogged by desires can see no more than its outer form."*<sup>1</sup> – Bruce Lee

So when you sense that "drawn in" or capturing like feel or as Bruce Lee states above the spiritual essence, what has happened is that this person has what we call self-liberated.

Now back to Zyzz, so how does the person self-liberate? It's because of this word – reasoning. He self-liberated because his actions were

- 1) He was that true to himself in his very own passion, his vision and listened to absolutely no one but only himself.

*"To be what I term a "quality" human being one has to be transparently real and have the courage to be what he is."*<sup>2</sup> – Bruce Lee



<sup>1</sup> Bruce Lee, Artist of Life, Little J, p.3, Tuttle Publishing, Tokyo, Rutland, Vermont, Singapore, 1999.

<sup>2</sup> Bruce Lee, Artist of Life, Little J, p.227, Tuttle Publishing, Tokyo, Rutland, Vermont, Singapore, 1999.

- 2) He never did it for the money or fame.
- 3) Bravery – He had the courage to put himself out there with his own art (bodybuilding).

If you would like to know more about this you can watch a video on the Publications page and also read a very detailed reading in my publication called “The Art of Expressing the Human Body.”

Thank you so much in giving up your time in reading this.

Yours sincerely,

Adam Simpson (Maestro)

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