

Can Fibonacci Numbers put power into your physical training ritual? From my experience, the answer is a *resounding* YES!

The simplicity of the formula is remarkable when you see how it occurs over and over again in nature, in the form of proportions of spirals from flowers to galaxies, in population growth with rabbits, in masterpieces of art such as the Greek Parthenon, and in Geometric sections such as the pentagram.

Fibonacci was an Italian who lived in the 13th Century, and is famous both for discovering the sequence of numbers which occurs in nature and art, as well as for introducing the decimal system.

*So how can Fibonacci numbers improve your physical training ritual?*

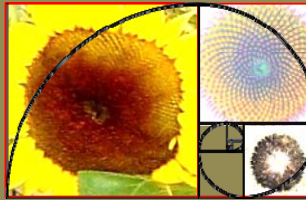
This idea was discovered by Joseph Mullen, a practitioner of fitness and holistic wellness, and described in his book *The Da Vinci Fitness Code*. While I don't subscribe to his particular approach to fitness training, I found his idea of applying Fibonacci numbers to physical training rituals to be extremely helpful.

In a nutshell, you establish your exercise routines based on repetitions or numbers of minutes, always working with Fibonacci numbers. As a practical matter, you are most likely to work with numbers in the sequence up to 89 or 144.

The way I use it in my daily physical routine is to practice Nanba exercises in 3 minute lengths, Bokken (wooden sword) cuts in units of 55 each side, Zen Meditation in 8 or 13 minutes and Breathing in sets of 13 or 21. If I lose concentration and go over the Fibonacci number, I simply continue until the next Fibonacci number, which can be a daunting challenge, if you shoot past 89! You can expand or contract your practice session by selecting larger or smaller numbers, and you can be quite flexible by applying the number either in counting repetitions, or if you prefer using a digital timer to count minutes.

Is this approach superstitious? Perhaps. However, if it is good enough for Mother Nature and the masterpieces of Genius, then I think it is at least worth a try! Though belief is also an enhancement, I have found in practice that it *doubles or triples my energy* to perform physical training rituals, and makes the discipline much more engaging and fruitful. My exercise routine is based on Nanba and Aikido, whereas Joseph Mullen takes the approach of Western body building. However, I see no reason why you could not apply this approach to Yoga, Running, Dance, or any form of exercise that you prefer.

## Power in Your Ritual



**Fibonacci numbers: the sequence begins with 0 and 1, and continues indefinitely by adding the last two numbers together.**

**0,1,1,2,3,5,8,13,21,34,55,89,144,233...**

**And it continues to grow exponentially from there.**

*Leonardo lived eight hundred years ago,  
Better known then as son of Bonaccio;  
From Pisa he brought to the world new numbers, though,  
A sequence called Fibonacci: starts with 0!*

*Next comes one, together one and two make three,  
Accumulating them, that makes five you see;  
Applications range from the life of a bee,  
Natural patterns, spirals, to artistry.*

*Now I want to ask you this, pertaining  
To your regime of daily training;  
Can the magic numbers help in gaining  
Improvements in physic sustaining?*

*Practice Nanba in 3 minute lengths astride,  
Bokken cuts in units, 55 each side,  
Through Meditation in 8 or 13 I glide,  
Breathing sets of 13 or 21 I tried.*

*Is this approach superstitious? Why?  
Good enough in Mother Nature's eye,  
Masterpiece of Genius do rely;  
Then I think it's at least worth a try!*

*Verse by Hugh Purser*