

This work is dedicated to  
**THE MASTERS OF THE PAST  
& THE HEIRS OF TOMORROW**

this work was written for  
**THE TRAVELERS OF TODAY**

**Greetings fellow traveler,**

be your journey to the supermarket on a bicycle or another galaxy by starship. Each must start with a single step & embark on that uncertain road which is life. A toast to you who did not hide in some dark room waiting for death, but dared to set forth & face the unknown. Without such as you Magellan would not have reached Cape Horn nor Columbus the New World.

Therefore intrepid voyagers, walkers of dirt tracks & passengers on fine yachts, may this modest work contain something for you. With contributions from across our planet's spectrum I have sought in this first edition to concisely resurrect the ancient skills of "Shen Ku," the philosophy of which though simple in text is profound & timeless in concept - & devastatingly applicable to absolutely every logically aware being in the universe - **PARTICULARLY YOU!**

In conclusion, may I (your humble scribe) wish you safe passage - perhaps our paths will cross one day (the sea-shore is very restful) - God willing we might swap a yarn over a pot of Yang Yang Tea (or something stronger if you would prefer)!

**UNTIL WE MEET AGAIN - ZEEK**

