

# SHOSHIN RYU

## TRUTHFUL HEART TRADITION

THE QUALITY OF LIFE IS PROPORTIONAL TO THE STRIVING FOR EXCELLENCE



Visit these websites:

[ShoshinRyu.org](http://ShoshinRyu.org)

[ShoshinAZ.org](http://ShoshinAZ.org)

## Mizu no Tsuki

*Mizu no tsuki* – The water holds the moon.

This is in reference to the still waters that reflect the image of the moon. The external world represented by the moon is clearly reflected by the clear water (the mind). Prejudices, desires and other baggage are as harmful as the random conscious thoughts. As we become adults, we learn to filter out the sensory information that we deem unimportant and often just react to things that we deem important. We hear some things, but without truly paying attention to all the reasons and causes for why they are being said. We look at things often without really seeing the entire sum of the landscape.

The reflection of the moon from the water (*how your mind interprets things*) should be equally non-judgmental.

