

SHOSHIN RYU

TRUTHFUL HEART TRADITION

THE QUALITY OF LIFE IS PROPORTIONAL TO THE STRIVING FOR EXCELLENCE



*Humility is climbing
the path of excellence
while seeing all those who have
come before us
and all those who's shoulders we
have stood upon.*

Humility

Humility is the cultivation of looking at what we could still become, rather than focusing upon the progress we have made. Humility is the belief that all human beings are worthy of consideration; that we are not the center of the universe; that we do not put ourselves up on a pedestal nor let others do so on our behalf.

Takeshima Sensei, 20th Soke of Tosa no Muso Jikiden Eishin Ryu, when called a Sword Saint by some visiting dignitaries, replied, "I am just a man, please do not call me such things."

Humility is the cultivation of the beginner's mind which allows us to continue to perfect even our best techniques or our best attributes. Humility allows us to get along with everyone as we see everyone as our teachers. People are there to teach us things, thus we become a student of all people and of life.

- How will you start this practice today?
- Give three reasons why this will help you be happier and learn faster.
- How will you remind yourself when you forget to be humble?
- Is there somewhere you can post this handout so you will see it daily?
- Focus on one's own faults and correct them. Focus on one's own strengths and refine them.