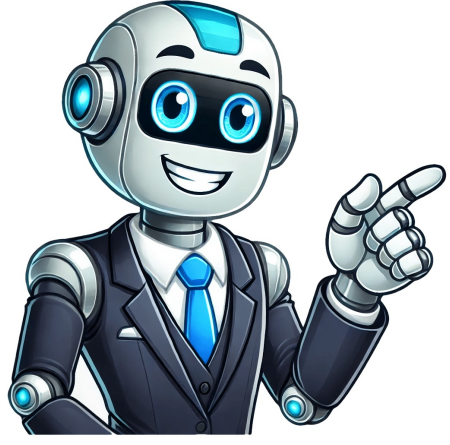


I'm not a robot



[illegible]

location. Where you live does not equate with the places you can access both temporarily and permanently. The internet is an area that is shared with 6.5 billion people or 65% of the planet, and that number will continue to grow. The internet provides infinite of whatever data you want, if you want to learn languages online, you will. If you want to watch funny videos, you will. The internet can be a distraction or a tool used to create opportunity from any location in the world. Being stuck in a place can mean that you're no longer open to changes in the path. It could be that there are none, or you have quit looking for them because you have not seen them in a long time so you stopped looking. Where you live is where you are and that is where your path is in the present. So don't be a type of way about it. Be indifferent to where you live. You lose control of where your path goes when you ignore it through resentment. Living in the past trades in the ability to create the future. Living in the present and following a path step by step allows you some say in where you walk. The opposite of being indifferent to where you live is desire to live somewhere else. Desire off of your path. Don't turn from the path because you don't like where you are now. Embrace the path so you can walk away from the place you are in by focusing on the path forward. Plan for the future and execute for the present. Musashi Precept 13 | Do not Pursue the Taste of Good Food Food is what configures our bodies. A side-effect of food is pleasure because we needed rewards to continue to pursue food in order to survive, before the advent of farming, before the advent of the modern supply chain. But we know we must never pursue pleasure because pleasure cannot be fulfilled. Pleasurable foods do not fill you up. Because pleasure cannot fullFILL anything. Understand that eating the easiest foods to eat makes the weakest bodies. The easiest foods are in the category of deserts. People can eat five pounds of chocolate; they could not eat five pounds of vegetables or meat, or starch. Vegetables and meat lead to fulfillment via making stronger and healthier bodies, so eating them is fulfilling and filling. Eating harder to eat foods like broccoli and chicken is more rewarding. It is more satiating, which means it is more fulfilling. You cannot be fulfilled eating sugar, which is why you can eat so much of it, why it feels so good, and why that feeling goes away so fast. Eating easy foods makes you feel good but feeling good does not last long. Discipline is fulfilling, so eating fulfilling foods is the right way. The pleasure doesn't last. Fulfillment lasts. Precept 11 says to have no preference. A preference for taste can pull you away from discipline, depending on what your paths are of course. Understand that preference can be taken away from you, and that includes the taste of good food. The best position to be is appreciating foods of all quality while prioritizing those that are best for the path. Good food can make you lethargic, depending on your definition of "good". Musashi's precept refers to "good" as in taste, which great taste can cause lethargy, like the great taste of cakes and sweets. Good can also mean quantity. You have to police both the quantity and quality of the food you consume to best keep you on the path. Understand that the modern world is eating itself to death. Eat for pleasure second, and utility first, which is the way all things should be. Utility first. aesthetics and experience second. Understand your body is made of what you eat. Your body is also the first-impression you make with the world because the world cannot see your mind and spirit until you show them. They see your body right away. Your body is how you interface with the world. Be cautious of food addictions-addictions to the pleasure food causes. Musashi Precept 14 | Do not Hold onto Possessions you no Longer Need The more that you own, the more that you have to manage. You only want to manage what is useful for you. This is how the Master Carpenter behaves. Possessions occupy physical AND mental space. Too many things make the mind busy with things which makes it harder to think about the path. Your attention can be spread thin with a collection or obsession with belongings. Possessions you no longer need are distractions or paperweights. Remove them via donation, sale, or discard. We form relationships with our possessions. Having too many things creates many shallow relationships and few deep ones. Depth, distance, is where fulfillment and meaning exists in all things. Some possessions we are better without. Your tools used for furthering your progress down the path need to be useful at all times. If your primary tool is a laptop, and it has a broken screen that reduces your focus, you must consider replacing it for hindering your performance. The same applies to any tool used to interface with the path, like a hammer, a piece of software, or a chef's knife. Do not let progress suffer due to unrelenting emotional frugality. Understand what you truly need For progress down the path. Many of the things we assume we need, we do not when we think about them. We often don't think about our possessions, so we assume we always need them. Thinking about your possessions is the process of minimization which should be done often. Diligent scrutiny should be used for unique purchases that occupy physical and mental space. You can possess an idea. Understand when you must move beyond an idea. People get upset when you change which is strange because change is the only constant. Be aware of when a habit no longer becomes useful, or YOU become a servant to the habit, instead of the habit serving you. Possessions can become familiar and difficult to part with, even if the path is pulling you in a different direction. You need to follow the path. We never really own anything. We temporarily take care of objects until their maintained by someone else or the item perishes in its useful life. An attachment to a familiar job may keep you from a better one that you are ready for. Like you lease an object, you also lease your occupation. Your work can be taken from you at anytime if you are not a owner. Let go of baggage slowing down your passage down the path. Musashi Precept 15 | Do not act Following Customary Beliefs Customary beliefs are often wrong. They can be created by powers who want to control with motivations you may not understand. Even if you understand, things can be difficult to change. You should not follow conventional beliefs blindly. If you cannot find logic in a customary belief, see if you can abstain from it without negative consequences. On the same token customs may exist because they are so proven to create alpha for an individual or a group that they have been passed down for centuries. To turn from tradition, especially when that tradition is based in discipline, is a grave mistake. One of our duties to our older generations is to continue what they continued, and, in some cases, continue what they started. Reject passing down the trauma of older generations when you can pass down the healing. No belief will be as true as your own. Your way may not be their way. Your way is the only way you will be fulfilled. You cannot walk the path of another culture or adopt their ideas if it does not organically align with the path you are walking. Musashi didn't follow customs in the martial arts. He created the two-sword style, Two Heavens As One. He learned from other martial arts, and may have followed their customs when aligned with his own path, but ultimately he lived in accordance to The Way and his path. Musashi Precept 16 | Do not Collect Weapons or Practice Beyond what is Useful When Musashi says do not collect weapons, he is referencing his swords as he was on the path of swordsmanship. This precept is referencing collecting tools that do not benefit the path. Things you don't need that may state they are on your path, but are actually a distraction. Tools you don't need, training that prevents the work you need to do, technology that is more work than value. From one thing, know ten-thousand things Miyamoto Musashi - The Book of Five Rings Pay attention to the rituals you do daily and improve them. Find a way to brush your teeth better. Run faster. Cook better. Drink more water. Pay attention to rituals you have and prune what is no longer useful. Poor regions show how you can get by with little. To play basketball, you need a ball and a hoop. Children in poor countries play without shoes, without nets, making their own backboards and air pumps. This isn't to say that you reject modern conveniences. Understand that the path does not need to begin with advanced tools, nor does it often do this, nor is this recommended as an investment. Some wanderers of weak spirit believe they cannot walk the path because they do not have advanced tools. Sometimes expensive gadgets are expensive distractions. If you have the best tools before the path starts, it becomes difficult to understand if this is your path because you've invested so much into before you have walked. Advanced tools at the beginning can be too complicated to start walking down the path. Advanced tools can also make you think you're naturally talented at something that you have no talent in at all. Your tools used on the path should develop as your skills do. Trying to purchase skills is sin. Musashi Precept 17 | Do not Fear Death The Samurai meditate on their death so they are always prepared for it. They live in accordance with their paths and The Way because they understand their deaths are imminent. Death makes the Gods jealous because death gives life meaning; the Gods do not get the gift of meaning. Fearing death prevents loving life. You cannot hold a love for life while holding a fear of death, because this fear prevents you from loving life. Those who fear death attach to pleasure because the fear of death prevents the embrace of fulfillment. Death is not the end. It's just the time before you were born. You were there before, and you will be there again. Death is not defeat. Fear is defeat. Death is inevitable, fear is weakness and optional. A good death is honorable. A cowardly death is shameful. In your old age, you want to reduce the amount of things in your life that require management or maintenance. As you get older, you need less, and you minimize, and hopefully get to pass some wealth on to the next generation. If you are loyal to the path, as you age the path will provide wealth-treat this with the upmost caution. You must never let wealth earned from the path, take you from the path. Many wanderers fall for this trap. Understand that your children do not walk the same paths as you-although they may be similar, all paths are different. This means you must be cautious in giving your children rewards from your path, like wealth, or other items obtained. This can ruin your family. Even the wealthiest man alive must not provide his child with wealth. Without The Way, without the pursuit of mastery on the path, all are lost. Giving a child wealth you earned is like the child winning the lottery-the lottery is a trap. Give the child what they need so they may pursue mastery, do not give them rewards from your path. The most unfulfilled people in the world are the children of great wanderers who do not wander themselves, but demand rewards from their great wandering parents, instead of demanding mastery for themselves. In Musashi's final days, he lived in the village of Ōhara, where he had established a hermitage, which is a secluded place meant to be simple and modest with a focus on meditation. He had few belongings in his old age. Musashi Precept 19 | Respect Buddha and the Gods Without Counting on their Help The gods help those who help themselves. Those are the people who do not complain, who do not give energy to jealousy, who do not fear death, those who are loyal to the path. Musashi's Dokkōdō, The Path of Aloneness, was written more than 350 years ago and still applies today. The Gods do not start momentum, they add to it. You have to show up, on the path, to have a chance of being helped by the Gods. The Gods will give you signs and indications of what to do and to continue down the path. But they will not lift your feet for you. You need to find the flow state in practicing your pursuits of mastery. This is the place of no mind. Mushin. Being grounded. Pursuing mastery is one way; breathing methods, working out intensely, the cold, and other methods work. Flow is divine assistance. We have to call out for diving assistance using methods that work to obtain it. Walking the proper path dutifully always works. Flow books: The muse is found while you are on the path, respecting the Gods. Musashi Precept 20 | You may Abandon your own Body but you must Preserve your Honor Your legacy(honor) is forever, while your body is temporary. This gives life meaning because a finite resource like time is scarce, which makes it valuable. None of us know how much we have of it. So be diligent and present in all things you do. You can spend an entire life working while not being fully focused and grounded, not improving, not moving forward. Honor can be accumulated throughout life. This will build the reputation you have with yourself as well as all those who you effect. Keeping your honor builds self-respect, self-esteem, self-confidence, and the esteem of your peers. The honorable thing to do is often not the easy thing to do so we need to be in control of our minds and in management of our emotions. Dishonor is a scar on the spirit. We must be diligent to avoid scarring the spirit. Dishonor is a self-inflicted cut. Dishonor is spiritual self-harm. Avoid dishonoring yourself in all situations. You have to carry the burden of dishonor which is another mental-injury that will need processing. Lost honor cannot be regained. You can only move forward. Do not linger in the past and wonder what the future would have looked like if you responded differently. Being honorable is staying consistent in your values even if the consensus has moved against them. Live to your highest standards. Musashi Precept 21 | Never Stray from The Way The Way is the act of wandering down your paths to mastery. That is the purpose of life. Your paths are where you find fulfillment which fulfillment determines your satisfaction with life. Walking as far as you can go, dedication to the path. What you want to do until you die, what you want to spend the most time doing. The objective of growing up is to find out what you want to pursue mastery in. Musashi knew from an early age his path was the sword. He killed his first opponent in a duel when he was 13 years old. Musashi had many paths in his life. He started with swordsmanship, Then he began to walk the paths of calligraphy, painting, sculpture, writing, philosophy, gardening, military strategy, and of course, martial arts; You can have multiple paths following The Way. From one thing, know ten-thousand things Miyamoto Musashi - The Book of Five Rings Miyamoto Musashi, a legendary figure in the annals of Japanese history, stands as a symbol of unparalleled mastery in the way of the sword. Renowned not only for his exceptional martial skills but also for his profound philosophical insights, Musashi is a name that resonates through the ages. Born in the late 16th century, during a tumultuous period of Japan's history, Musashi's life was marked by a relentless pursuit of perfection in the art of swordsmanship. His remarkable journey led him to become the author of the timeless classic, "The Book of Five Rings," which continues to inspire warriors and thinkers alike, transcending both time and culture. This introductory glimpse into the life and legacy of Miyamoto Musashi only scratches the surface of his remarkable story, a tale of discipline, relentless ambition, and the quest for martial and spiritual enlightenment.Accept everything just the way it is.Do not seek pleasure for its own sake.Do not under any circumstances, depend on a partial feeling.Think lightly of yourself and deeply of the world.Be detached from desire your whole life long.Do not regret what you have done.Never be jealous.Never let yourself be surrounded by a separation.Resentment and complaint are appropriate neither for oneseif nor others.Do not let yourself be guided by the feeling of lust or love.From all this my favorite one is "Accept everything just the way it is". That is the main problem everyone face. Every person except something in life but life didn't have to be always fair to you. We just need to accept it.Belive it or not, expectations really hurt us. And if you have any other opinion about it, write it in the comment box.