

SHOSHIN RYU

TRUTHFUL HEART TRADITION



Mushin = Non-Abiding Mind = No Mind

Mushin – This is often referred to as *no mind* or *non-abiding mind*. In classical Japanese arts, mushin is the ultimate mindset. The mind is nowhere, yet it is everywhere. Essentially, you only deal with what is in front of you at the moment. You are totally in the present, in the Now. The mind is not captured by the past or present, by things inside or outside of the self. So the mind is nowhere in particular; yet it is everywhere, so it is free to act which is the paradox. If the mind is attached to your sword – you are not truly aware of your opponent, so you won't see everything including all the things he does not show. You become mentally captured by the sword. If your mind is capture by the opponent's sword it is not free to move your sword or step over that rock in your way. Likewise, if your mind is focused on technique, you will not have the freedom of spontaneity & creativity and will not be able to deal with unpredictability. You are captured by focusing on technique. If you think of past failures or future successes you are not focused on the moment and will certainly lose.

In Japan, shin means heart, but the translation actually comes out different – the heart, mind and spirit are one. A student can be lead to the door of mushin, but that student has to walk through that door on his own. It is time for you to start finishing the journey to mushin.

*It is not here or there, yet it is everywhere.
It is not in the past or present, but only in the moment.*

