

# SHOSHIN RYU

## TRUTHFUL HEART TRADITION

THE QUALITY OF LIFE IS PROPORTIONAL TO THE STRIVING FOR EXCELLENCE



Sho = true or truthful  
Shin = heart  
Ryu = tradition, school

*Truthful Heart* – Shoshin Ryu is the tradition or school of the Truthful Heart. How is that translation interpreted? Students of Shoshin Ryu learn to speak from a voice that is representative of one body, one mind; from a unified presence that is an honest reflection of self. Truthful heart means you train to be sincere, that you strive to be honest with yourself and others. Sincerity does not mean that you are perfect or right in everything you do; but that even when you make mistakes, your heart was in the right place. A truthful, sincere heart strives to do the right thing and corrects the behavior when it is not. This is being truthful with one's self. You know where you are and you also know what you are capable of becoming.

If for instance, you yell out and curse because that is what you really feel. You can tell yourself that you are just being honest. That is a farce. The truth is you are angry and you are reacting to that anger. A truthful heart means recognizing the anger inside and working to solve the root of that anger.

*A sincere heart is one that strives to do what is right.*

- In the face of fear - do what is right. Do not think of gain or loss but of what is the right thing to do.
- To shrink back from doing the right thing, is to argue for a lack of courage.
- Never under estimate what a few sincere individuals can accomplish.
- Some people are full of regret - but those who sincerely follow their hearts, while not always right - know little of regret for they made the best choice they could for the right reason.

正心流

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

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

[ShoshinRyuID.com](http://ShoshinRyuID.com)

[ShoshinRyuMN.com](http://ShoshinRyuMN.com)

[AnshinCenter.com](http://AnshinCenter.com)