

# SHOSHIN RYU

## TRUTHFUL HEART TRADITION

THE QUALITY OF LIFE IS PROPORTIONAL TO THE STRIVING FOR EXCELLENCE



### Good Luck, Bad Luck, Who Knows

There is a story from long ago about a farmer who had a horse that helped him with all his plowing in the fields. One day the horse ran away. When hearing of this, one of the neighbors replied, "That is awful. How unfortunate. Without the horse, how will you ever get the plowing finished?" The farmer replied, "Good luck or bad luck, I cannot say which it is." A few days later the horse came back, bringing with it several wild horses. Upon hearing this news, the neighbor triumphed, "That is wonderful! Now you can have even more help in plowing your fields." To which the farmer replied, "Good luck, bad luck, who knows?" The next day the farmer's son was plowing the fields when the horse fell on his leg breaking it. Again, the neighbor responded, "How awful, what a shame!" Once again the farmer said, "Good luck, bad luck, who knows?" The next day, the emperor and his army came to the farm looking to take all the young men in the area so that they could go fight in the war that had been started. When seeing the farmer's son with a broken leg, they moved on to the next home knowing the son would be of little use to the army. "Good luck, bad luck, who knows?"

There will always be adversity, always struggles and hardships; how we react to those hardships or how we look at them will define us as people. It is a matter of choice as to whether or not you react to something as good luck or bad luck. It may in fact be unfortunate, but how can it be used in your favor?

- How does this apply to you?
- When was the last time you could have used this concept to help you through a challenging situation?
- Once we realize we always have a choice then we feel more in control and make better decisions.

- How does this help when things go badly? Do it give Hope?
- How does this help when things go well? Does it keep keep you Humble?
- When might you use this notion next?