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Samurai 21 rules

Here are all 21 rules of life given by the great Samurai warrior Miyamoto Musashi: Accept everything as it is. You're not looking for pleasure for your own good. In any case, it does not depend on a partial feeling. You can think of yourself and go deep into the world. Be away from desire for the rest of your life. Don't regret what you did. Never be jealous. Never allow yourself to be saddened by a divorce. The interchange and appeal are suitable for themselves or others. Don't let a sense of lust or love guide you. He doesn't have any preferences in all things. Be soulless about where you live. Don't follow the taste of good food. Don't stick to the property you don't need anymore. Don't follow your usual beliefs. Do not collect weapons or practice with weapons beyond what is useful. Don't be afraid of death. Do not look for goods or sheep for your age. Respect the Buddha and the gods without counting on their help. You can leave your body, but you must keep your honor. Never delusions from WayPage 2Here are all 21 rules of life given by the great Samurai warrior Miyamoto Musashi:Accept everything as it is. You're not looking for pleasure for your own good. In any case, it does not depend on a partial feeling. You can think of yourself and go deep into the world. Be away from desire for the rest of your life. Don't regret what you did. Never be jealous. Never allow yourself to be saddened by a divorce. The interchange and appeal are suitable for themselves or others. Don't let a sense of lust or love guide you. He doesn't have any preferences in all things. Be soulless about where you live. Don't follow the taste of good food. Don't stick to the property you don't need anymore. Don't follow your usual beliefs. Do not collect weapons or practice with weapons beyond what is useful. Don't be afraid of death. Do not look for goods or sheep for your age. Respect the Buddha and the gods without counting on their help. You can leave your body, but you must keep your honor. For years, I fought to find the peace I really wanted. You know, dreams: Happiness does not exaggerate without anxiety Physically fits and live every moment without being be ined with the past or the future. During this time, I lived with anxiety, insomnia and far too much relentless thinking that was happening in my head. It's never been easy. One of the reasons I was never truly at peace was because of one recurring problem: I couldn't learn to accept where I was without wishing it were different. Because avoiding and fighting what's going on inside you only makes it worse. Unfortunately, acceptance is also really hard to cultivate. We're practically wired so we don't accept the moment unless it's 100% comfortable. So, what can we do? It helped me come across 21 rules of life of Japanese swordsman Miyamot Mushashi. Known as the great Japanese swordsman and philosopher, he wrote these rules two weeks before his death. his book The Book of Five Rings. Every rule teaches you to accept your circumstances in life, distance yourself from outside forces that you can't control and be comfortable with who you are. I find these rules strong because the only way to cultivate acceptance through further practice in your actions and your behavior. We've got control over two things. And these rules give you the necessary guidance for that. It may take months to learn these skills and principles, but it's worth it. Check them out: (I recently distilled all my readings on Buddhism and Eastern philosophy into a practical, down-to-earth guide to a better life. Look here). 1) Accept everything the way it is. I believe that acceptance is perhaps the most important attitude to overcoming mental challenges in life. It's a state of mind. There is no goal or goal with acceptance. It's just a process of making the mind to be tolerant of everything that lives throw at us. Why is she strong? Instead of fighting negative emotions like anxiety and stress, you actually accept them as they are. You're not bitter and you're no longer creating negativity from your negativity. By taking it, you can take a path for negative emotions, such as anxiety, to become less powerful. You don't fight them and make them worse. To be clear: Acceptance is not as follows: There is no indifference or apathy. It doesn't involve despair or trying. It's just about taking things without judging them. That's what it is. Whatever happens, it happens. It's about being patient and enabling the natural flow of things. 2) You're not looking for pleasure for yourself. As people, I believe that we are most unhappy when we become dissatisfied with what we have and decide that we want more. When we seek pleasure for pleasure, we place ourselves in an endless loop of desire, which is only temporarily satisfied when we experience this pleasure. But emotions don't last forever. And before you get in to it, you're going to reap it again. That doesn't mean you can't have fun and enjoy the pleasure of experience it. That means you're not going to be constantly looking for pleasure for yourself. You appreciate what you have at any moment, but sometimes it's going to be nice feelings. But you won't be unhappy when you're not experiencing pleasure. Like above, emotions don't last forever. Emotions are transient. You won't be happy all the time, and if you want to be like that, it's just going to make you happy. 4) Think of yourself and deeply about the world. When you think too

much about yourself, you ampoucese your ego and your insecurity. Happy people are the ones who focus on helping others. There's a wonderful Chinese proverb that perfectly describes it: If you want happiness for an hour, sleep. If you want happiness for a day, go fishing. If you want happiness for a year, inherit the fortune. If you want happiness for help someone. In other words: be humble, don't take yourself too seriously and focus on helping others. 5) Be away from desire for the rest of your life. Buddhism says that desire leads to suffering. For? Because when you want, you're unhappy with what you have now. And when you get what you want, it leads you into an endless noose of desire. If you can forget the idea that you want, you can learn to be comfortable and grateful for what you have now, which can be the key to inner peace. 6) Do not regret what you have done. Regret is a relentless emotion, isn't it? You can't change what happened. Yes, you can learn from what happened, but that doesn't involve regret. I know sometimes we can't help but regret things in life, but it's important that we don't live on it. He's ruthless. 7) Never be jealous. Another relentless emotion. It could also mean you're insecure about yourself because you envy someone else. Instead, look into yourself and be grateful for who you are and what you have. 8) Never let the separation sorrow you. It sucks to be separated from someone you want to be with. But sadness over this won't help you or them. Sometimes all you have to do is grow up and appreciate what you have, not what you lose. 9) Resentment and complaint are appropriate for themselves or others. Once again, complaining without action may not help you achieve anything. And don't let what other people do affects you. You can't handle what they do. But you have control over how you react to what they do. 10) Don't let it guide you with a sense of lust or love. This is probably controversial for many. For me, too. I think we all agree that you don't want to be guided by lust. It's like chasing emotions that don't last forever and will only give you temporary fulfillment. Love, however, is a different story. I don't know about you, but I think love is one of the most important emotions you have to worry about. Your family is everything, whoever it is, and your life is much more fulfilled when you do everything you can for them. 11) He has no preferences in all things. Much like desire, with preferences, you are not happy with what you have now. You're unhappy and you can't enjoy the moment. So if you can, try not to prefer something more than something else, especially if you can't control it. 12) Be soulless about where you live. If you can change where you live, then move on. And don't stop looking for opportunities. But besides, it's more fulfilled to appreciate where you are now, rather than wish it would be different. 13) Don't follow the taste of good food. Interesting. I'm not sure I agree with that, but I think the most important thing is to focus on nutrition in order to be healthy and to eat. 14) Don't stay in possession that you no longer need. It's easy to get used to the trash I don't need it. But if it doesn't do your life any good, get rid of it. More space and clear thought is what is needed. Not more stuff. 15) Do not follow your usual beliefs. Follow your mind. Do what makes sense for your values, not what others think. It's up to you. You know what's right and wrong. You don't need someone else to tell you. 16) Do not collect weapons or practice with weapons beyond what is useful. A tribute to his swords man's time, but we can use it for our lives. Some say it's better to be an expert on one thing than all right. 17) Don't be afraid of death. Very hard to do. But it's something none of us are going to get away with. We can learn to accept that our and our near-term will eventually come, or we can fight this, which will cause anxiety and sadness for the rest of our lives. The human body fell, after all. 18) Don't look for goods or firs for your age. What are they going to do to you when you're gone? Collect only what's useful. Don't delay time. 19) Respect the Buddha and the gods without counting on their help. Take responsibility for yourself. Don't count on luck or God to get you through. Tackle the efforts you know within your capabilities. Keep doing the right thing, and everything else will fall into place. 20) You can leave your body, but you must keep your honor. Don't do anything you can't live with for the rest of your life. Your actions define you, not your beliefs. 21) Never block out of the way. Stay humble, do the right thing and always learn and grow. NEW EBOOK: The No-Nonsense Guide to Buddhism and Eastern Philosophy is now Hack Spirit's #1 selling book and is a highly practical, down-to-earth introduction to essential Buddhist teachings. No confusing jargon. No fancy scans. No weird lifestyle changes. Just a simple guide to improving health and happiness through key Buddhist learning. Look here. You want to learn how to make a man fall in love with you and take a long vow? Then check out our free eBook attractive triggers. This eBook has everything you need to know about predictable patterns, which makes a man fall in love. Most importantly, it will teach you practical techniques for activating these triggers in your man so that you can build a successful long-term relationship. Look here. I just started a YouTube channel Thank you so much for stopping with Hack Spirit. I hope you enjoyed reading this article. If you liked this article, you might enjoy the youTube out. 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