



# SHOSHIN RYU

Truthful Heart Tradition



***Mizo no kokoro*** = Mind like still water.

This refers to the quieting of the mind; calming it and the spirit to perceive the world with greater clarity, free of prejudice. Just as a calm lake reflects the scene around it, the still mind will as well. Conscious thoughts in the mind are like ripples in the water, distorting the reflection, thus giving a false view of things. This concept or analogy helps the serious Shoshin Ryu Practitioner to eliminate conscious thoughts, worries, mental chatter by letting the waves quiet themselves down without starting new disturbances. No more pebbles are thrown into the water, thus the ripples calm down.

***The key is to still or quiet the mind, so that it can clearly reflect the world around it.***

Shoshin Ryu Core Curriculum: Kokoro Series