

# MUSHIN

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## 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 captured 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.

*The mind is not here or there, but everywhere.*