

Shoshin Ryu

Truthful Heart Tradition

What Time Is It?



THE TIME IS NOW

What time is it you ask? The time is always NOW. The NOW, the present, this moment is all we have control over. The past is gone. The future is unknown and outside our control.

We can only make things happen NOW. I can chose to train NOW or not. I can't train in the future - for when the future comes it is just another NOW.

Living in the NOW makes us truly aware of all that is around us: the things we miss, the people we step over. Dwelling on past regrets or future hopes only keep us from living in the NOW.

This mindfulness to the present will help lead us to more advanced skills and help us continue to improve our martial skills. It will also help us enjoy what we are doing. We will be happier, more harmonious.

Where are you? **Here.**
What time is it? **Now.**