

Bo Shi

Grandmaster Kim first introduced the concept of bo shi at the May 17, 2009 tusku suryon. The purpose of this article is to make the topic available to everyone in chayon-ryu. Bo shi applies to all ,from white belt on up. Always listen to your instructors and everyone with an open mind. When people don't think that a topic is relevant to them; that is when an important lesson is missed (review the meaning of uey dong pong in the glossary of spiritual terms). Remember that we should leave our ego out of our training. That is one reason that we meditate before class.


One day a villager asked a wise man why he was always unlucky and never got a break. The wise man told him to make an offering. The man replied that he had nothing to offer. The wise man said that money or goods are not what he is talking about. Everyone has something to offer that costs nothing. This is the concept of Bo Shi. We all have seven things that we can do to help others and this will help us too. Much like the idea of what comes around goes around or where there is a cause there will be a result (the golden rule).

These seven things or Bo Shi are

1. Hwa ahn shi - Friendly or peaceful face
2. On Shi - Friendly encouraging words, praise, giving hope
3. Ahn Shi -Friendly look or eye contact
4. Shim Shi -open mind /open heart no prejudice or preconceived notions
5. Shin Shi -Physically help, picking up a heavy object for someone that would need help, for example.
6. Juah Shi -consideration or politeness, offering a seat to someone who needs it more than you.
7. Chal Shi- Finding a need and offering it, advanced awareness. This is not asking someone what they need but anticipation of a need.

Think of these actions, in a sincere way, while going through your day. Are you treating others as you would like to be treated? Are you giving off good karma? What kind of environment are you presenting to those around you? When you are teaching class, are you helping your students and making them feel better about themselves, or are you making them more nervous and unsure?

Remember that the goal of our training in chayon-ryu is education and improving our life and those around us.



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