

改善-KaiZen-

21 SAMURAI SECRETS TO SUCCESS AND FULFILLMENT



GIN NG
ginthevagabond.com



[KaiZen]21 Samurai Secrets To Success And Fulfillment

By Gin Ng Khin Wee

<http://GinTheVagabond.com>

LEGAL NOTICE

My current mission in life is to reach out as many lives as I can to help you achieve optimum success! So I'm granting you the rights to give away this eBook (worth US\$47) to anyone you see fit, As long as you do **NOT** change the content in any way!

The Publisher has strive to be as accurate and complete as possible in the creation of this eBook, not withstanding the fact that he does not warrant or represent at any time that the contents within are accurate due to the rapidly changing nature of the Internet.

While all attempts have been made to verify information provided in this publication, the Publisher assumes no responsibility for errors, omissions, or contrary interpretation of the subject matter herein.

Any perceived slights of specific persons, peoples, or organizations are unintentional.

In practical advice books, like anything else in life, there are no guarantees of income made/results.

Readers are cautioned to rely on their own judgment about their individual circumstances and act accordingly.

This eBook is for informational purposes only and is not intended for use as a source of legal, business, accounting or financial advice.

All readers are advised to seek services of Competent professionals in legal, business, accounting and finance fields.

You are encouraged to print this eBook only if it's necessary!

Let's play our part to save Mother Earth. =)

Acknowledgment

My parents, Ng Soon Nam and Soo Lee Ling, both show me the power of unconditional love no matter how many hard times we've been through.

My brother, Shaun who designed my book cover with superb quality.

My soul mate, Gan Mei Xin who accepted me and love me for whom I am.

My lovely baby girl, my life is awesome because you've arrive. You've added so much joy into my family and because of you, my family bonding become stronger.

My friend, Mukarramah who's involve in publishing this eBook. I wouldn't be able to complete my project without your support.

21 Samurai Secrets To Success And Fulfillment.

- **Accept Everything Just The Way It Is.**
- **You Must Perceive That Which Cannot Be Seen With The Eye.**
- **Liberate Yourself With The Power Of Detachment.**
- **Do Not Hold On To Possessions You No Longer Need.**
- **Do Not Seek, For It Will Come When Least Expected.**
- **Do Not Regret What You Have Done. Because Every Little Detail Of Your Life Is What Made You Into Who You Are Now.**
- **Never Be Jealous Of Others. They May Have Been Through More Hell Than You Can Imagine.**
- **Do Not Seek Happiness For It's Own Sake, You Will Not Find It: Seek For Purpose, And Happiness Will Follow.**
- **A Person Starts To Live When He Can Live Outside Himself.**
- **Life Goes On... It Doesn't Matter If You Choose To Move On Or Stay Behind. It Keep Moving Forward.**
- **Abandon resentment and complaint. They Are Toxic.**
- **You Are Your Biggest Threat, You Can Destroy Yourself Before Anyone Else Can.**
- **Your Opinion And Perception Is Yours. Do Not Confuse Them With 'Facts' or 'Truths'.**
- **You Must Get Used To Discomfort, It Is Always A Necessary Part Of The Process Of Enlightenment.**
- **The Food You Eat Either Keeps You Healthy Or Weak, Choose Wisely.**
- **Do Not Follow Blindly, Seek And Find Your Own Truth.**
- **An Expert With A Stone Will Beat A Novice With A Shuriken.**
- **You Must Learn The Art Of Dying.**
- **In The Real World, What Matters Is Who You Are, Not What You Have.**
- **A Warrior Is Worthless Unless He Rises Above Others And Stands Strong In The Midst Of A Storm.**
- **Life Is Not So Important When Forced To Choose Between Life And Integrity.**

Secret # 1



*Accept everything as it is.
Accept your thoughts, feelings and anyone or anything that is around you.
Accepting whatever is, is all you need to do.
Even if it is something you hate.
Accept it wholeheartedly.
Resist none.*

It is more important to bring your self into the state of acceptance then it is to resist or fight over something which you have no control over. Once you're able to achieve that state of consciousness, you can then make wiser decisions.

Tell yourself that you can accept this – whatever it may be.

You need to understand that in life, things “go wrong” quite often. Even if you do your best to avoid mistake but sometimes thing just ain't gonna go according your plan. It is precisely at those times that you need to accept everything wholeheartedly if you want to eliminate pain and sorrow from your life. Acceptance of what is immediately frees you from negative thought and thus reconnects you with your rational self.

Let me give you an example,

Say you were driving into a forest and your car got stuck in the mud. Instead of shouting and blaming yourself or other external factor for bringing you into this unpleasant situation. You accept fully that this is an unpleasant life situation. And then you tell yourself that there is nothing wrong with being stuck in the mud. Now you recognize fully that you want to get out of it. You then narrow your attention down to the present moment without mentally labeling it in any way. Therefore, there is no resistance, no emotional negativity.

You accept the “isness” of this moment. Then you take action and do all that you can to get out of the mud. This is far more effective than negative action, which arises out of anger, despair, or frustration.

This might sounds like common sense. But many successful person understand the importance of acceptance. Is the key to accelerate the speed of getting out from an unpleasant situation fast. Many yet to be successful person tend to get themselves stuck and they didn't realize if they could just accept everything instead of resists they could move on fast and live strong.

The Bamboo That Bends is Stronger Than the Oak That Resists

Secret # 2



You must perceive
that which cannot be
seen with the eye

This secret derive from a famous samurai who never lose a single duel in his entire life. His name is Miyamoto Musashi.

He says that the mind can perceive only what the mind can conceive. But how can we perceive what cannot be seen? Sound, smell, taste and sense cannot be seen, yet we perceive them. It's beyond our five senses, and more than intuition. It is that sixth sense to which Musashi refers when he wrote of knowing time, that you must perceive the opponent's quality and his strong and weak points, and recognize his **INTENTION**.

We cannot win the battle if we fail to recognize our opponent's **INTENTION**. Everything we see with our eyes is a reflection of the thing. It is not the actual thing itself. To perceive those thing which cannot be seen, we must look beyond sight, beyond the reflection of the thing, and perceive it.

Let me share with you a story to help you understand this concept better.

So there was a man who had worked at a factory for 3 weeks. Every night when he left the factory, he would push a wheelbarrow full of straw to the security guard at the entrance.

The security guard would look through the straw, and find nothing and let the man go.

So there's one night, as usual the security guard saw the man pushing his wheelbarrow full of straw waiting for his inspection.

The security guard took a long time digging thru the straw and found nothing underneath, he look at the man and said: *"Look, I've seen you walk out of here every night with wheelbarrow full of straw. I couldn't find anything underneath the straw, but I have a strong feeling that you've been stealing something. I promise I won't tell the boss what you steal, tell me what it is. It's driving me crazy."*

The man simply smiled and replied, *"Okay, I'm stealing wheelbarrows!"*

Well I hope you enjoyed the story, it's entertaining yet there's a very good point in this story that I want to point it out to you with this quote:

*Preoccupied with a single leaf, you won't see the tree.
Preoccupied with a single tree, you'll miss the entire forest.
Don't be preoccupied with a single spot.
See everything in it's entirety..
Effortlessly..
That is what it means..
to truly 'see'*

~Takuan

Secret # 3



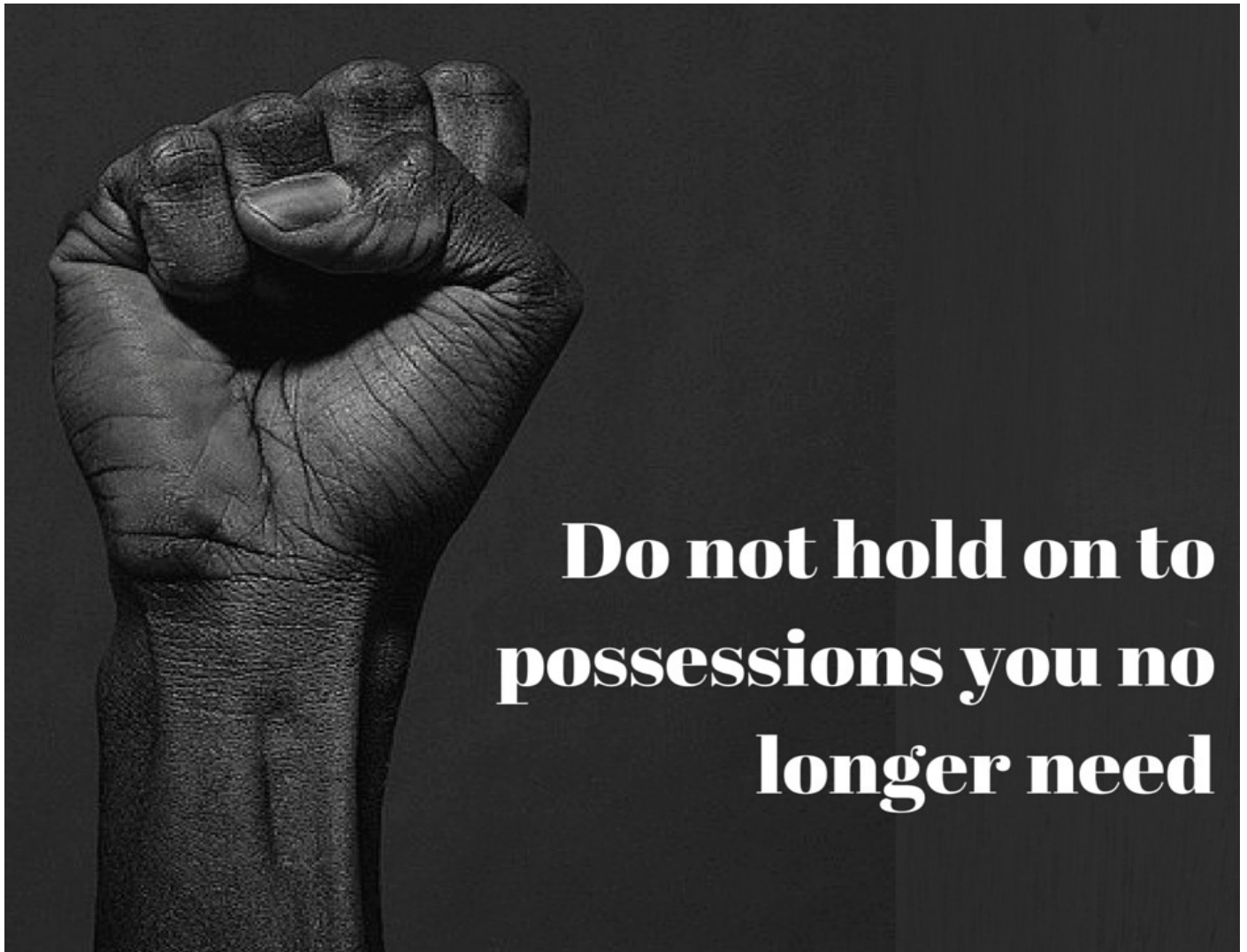
The Buddha once said: "The Root Of All Suffering Is Attachment." What the Buddha means is that an attachment to any thought, feeling, object, person (or anything for that matter) leads to unnecessary suffering. Once you become attached to any idea, your body creates a hook around that thought. If your happiness is determined by any thought, feeling, or external event, you become a slave of your life, and suffering begins. In order to increase your ability to attract, create and magnetize anything you want, it requires you learn total mastery of this secret.

"The law of detachment means that in order to acquire anything in the physical universe, you have to relinquish your attachment to it. This doesn't mean you give up your intention to create your desire. You don't give up the intention, and you don't give up the desire. You give up your attachment to the result." ~Deepak Chopra

Our mind has been misguided to believe that the feeling of success comes from attaining a particular result. It is the main reason why your mind continues to fall and you continue the experience of suffering. What is that one thought that causes you great distraction from remaining excited about manifesting the life of your dreams? I

strongly suggest you take 5 minutes now to write down every thought, feeling or memory that you truly feel overly attached to and think it may be causing you suffering. This is a GREAT exercise and can actually be very beneficial to you. After you have a few things that you'd like to release your attachment to, then do this releasing exercise below...enjoy!

Secret # 4




I am invariably reminding myself that I need to let go of the possession I no longer need. If it no longer benefits with you, part with it freely. It's easy to get a bunch of junk that will just weigh you down. Get rid of them, let go. You'll feel better for it.

We need to accept that our lives for the most part are uncontrollable. A lot of the time, you'll put blame on yourself for why things didn't turn out the way you wanted it to. But yet you still hold on to that possession that doesn't serve you anymore.

One thing I have learned and want to share with you is that, even though we cannot control what happens in our every day lives, we can control the way we think about these events and how we go about handling them. When humans fail to meet their internal standards, it leads us to become unhappy with ourselves. If you keep holding on to possession you no longer need, it only distracts you from moving on.

The funny thing is, the moment you decide to let go, you will realize that it is the best decision you've ever made. I am here to remind you that we are only human and there is only so much we have control over. Holding on doesn't help you in anyway; it only delays you from recognizing the good. So have a little faith and keep your head up because counting your blessings is a great way to stay positive and live a happy life.

Secret # 5



"Do not seek, for
it will come
when least
expected."

Do you agree with me that good things happen in your life unexpectedly? Great benefits are gained when you have stopped striving toward a goal, and you are no longer thinking about something that you put great effort into attempting to achieve previously. Your experience is not unusual, because good things often come at times when people have forgotten about the need to obtain the things they want.

If you've study about the Law Of Attraction, you might formulate a goal, or intention, and imagine giving it to the universe to manage. However, if you keep focusing on your intention by means of striving and struggling, the universe will send you more opportunities to continue toiling. Focus on your intention, leave it to the universe to contemplate entirely by ceasing to concentrate on the matter, the opposite will happen. You will have stopped the experience of wanting; therefore, you will have automatically placed yourself in a better position to receive.

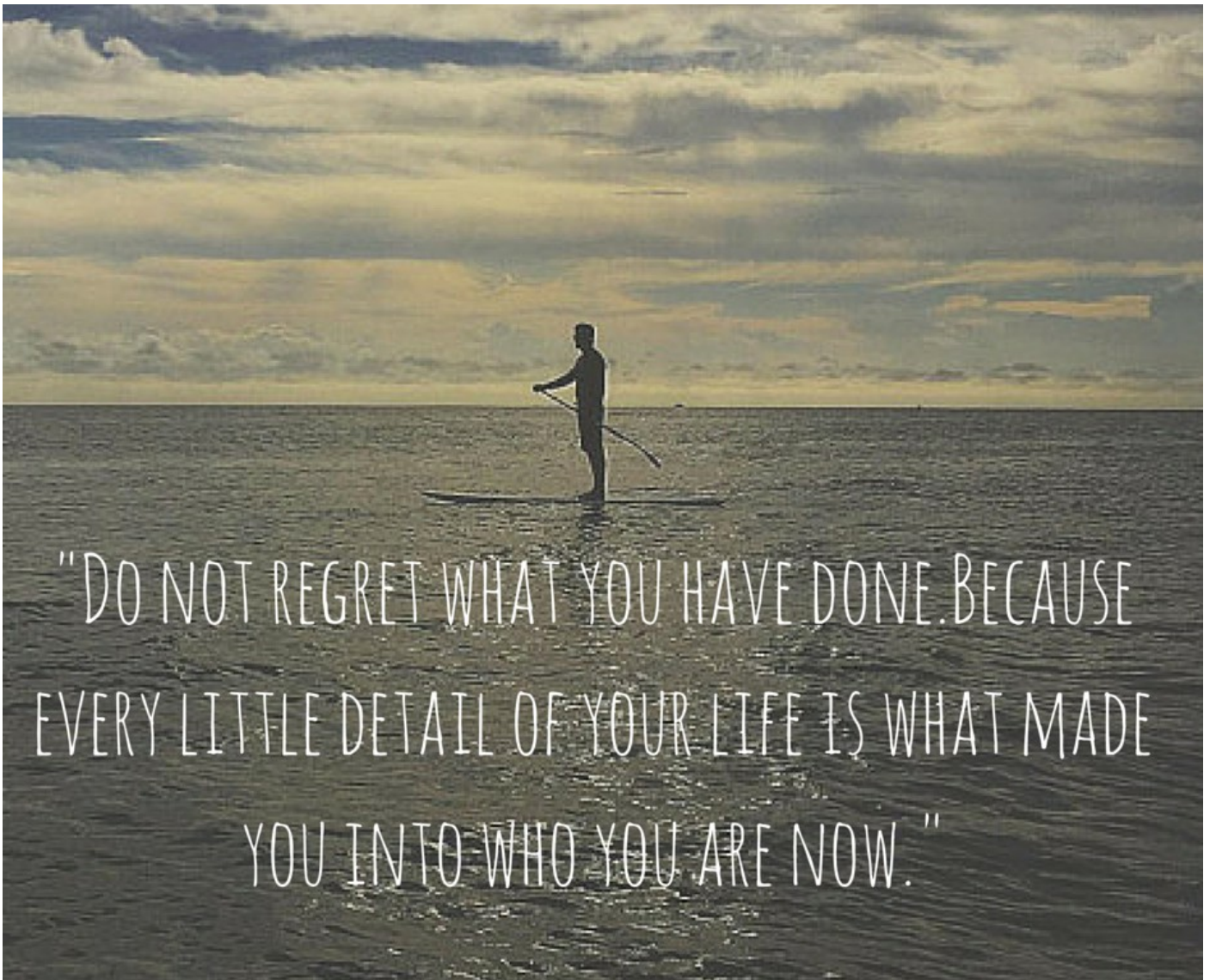
Often times the universe seems unresponsive to people's wishes, despite them trying to attract results, occur due to the thoughts and energy created. If you have very strong desire to have something, you are in a state of need. Thus, you remain needy instead of becoming successful. The universe receives your needy energy,

and it keep sends you more needy energy, since it is programmed to deliver your primary focus.

Good things happen when you are not experiencing the energy of need. If you want to make attraction work for you, focus on your intentions. Nonetheless, recognize that you also need to throw the energy of want that you have created to the wind.



Secret # 6



"DO NOT REGRET WHAT YOU HAVE DONE. BECAUSE EVERY LITTLE DETAIL OF YOUR LIFE IS WHAT MADE YOU INTO WHO YOU ARE NOW."

"Twenty years from now, you will be more disappointed by the things you didn't do than by the ones you did do. So throw off the bowlines. Sail away from the safe harbor. Catch the trade winds in your sails. Explore. Dream. Discover." Mark Twain

Not only in life that we should "sail away from the safe harbor," but in every other aspect of our life as well. I've seen so many people hold on to a job that do not fulfill them, challenge them or make them happy. They choose the professions that their parents wanted for them instead of pursuing what they really want in life.

I understand that leaving your job and starting something new sounds like a scary and risky choice. However, if you never take that plunge, you will probably always wonder "what if...?" and remain stuck in a job that does not truly satisfy you. If you are passionate about what you do, you will be more motivated to do a better job.

It's always the things that scare us the most end up being the most worthwhile.

Take a second to ask yourself:

When you're 80 years old, what do you think you will regret more?

- Travel around the world or
- being trap in an office job that you hate?

Step outside of your comfort zone, whether it's one small step or one gigantic leap. Take that cooking class you were always too busy to try. What's the worst that could happen? Afraid of heights? Go skydiving. Book a trip to explore the world and travel to your dreams destination for six months... or a year. If you hate your job, quit; find one that fulfills you. If you want to move abroad, do it. Sure, it's easier said than done. But, life is just too short to not do the things you want to do – and there is no better time to start it NOW.



Secret # 7

NEVER BE
JEALOUS
of OTHERS

they may have been through
more hell than you can imagine

Be jealous of what your friend have that you don't It's a waste of time. Spend your energy wisely. Whatever things you focus on expand. Are you been looking for ways to be more successful and more motivated ? Every now and then you'll stumble upon social media where your friend is living the life you've always wanted to live. They look great. They talk about their money or they latest gadget. They have a huge social media following. They are loved and adored by all of their fans. Don't be fooled by what you saw, remember secret #2? Do not get preoccupied with the things you see, instead recognize their intention. You weren't 100% sure that they are relaxing in their house drinking red wine while floating in their pool. Sometimes it's the exact opposite of what you see.

If you ever feel yourself getting angry when you see somebody else's life I want you to remember this. You don't know that person. They may have been through more hell than you can imagine before they "made it". Some of the most successful people have been in jail, gone bankrupt multiple times, lost limbs, You just never know. Anyone on the internet can portray anything. That person with the pent house could be in the middle of a foreclosure. You just never know. There is no shortage of

success and money. If you want it bad enough you will bust your ass to get it. No amount of jealousy or whining will pay your bills.

The past is over and if you have done all you can do to make up for your mistakes, then there is nothing else you can do at this point. If people throw this in your face, then you need to cut these people out of your life. It's as simple as that. Everyone makes mistakes, it's a part of growing up. As long as you correct your mistakes and learn from them, then that should be all there is to it.

Secret # 8



If you are happy with your life, probably because you feel you are a contributing member of society - that what you do is important. You live your life in a way that gives value to someone else, be it your parents, your spouse, your kids or even the world.

When I hit rock bottom of my life, I started thinking of things in my life that gave me happiness. The "aha!" moment came with the realization that I was really happy doing things to contribute to the lives of others. I became very thankful to have so many opportunities and skills to give to others. It was these things that gave me a sense of feeling valuable.

So, it comes down to this: humanity. It's by giving to others that we make ourselves happy. Visualize how you want to be remembered at the end of your life, and you will find the answer to the "why am I here" question. Do you want to be remembered as a great Father, Mother, Citizen, Philanthropist, Friend, Worker...?

It is the pursuit of PURPOSE rather than pursuit of HAPINESS that makes people happiest. Once we devote ourselves to a purpose that we find meaningful, fulfillment and happiness will follow. Let's make the world a better place.... live with purpose. Live with joy.

**Never think
that what you
have to offer
is insignificant.
There will
always be
someone out
there that
needs what
you have to
give.**

kushandwizdom.tumblr.com

Secret # 9

*A person starts
to live when he
can live outside
himself.*

This secret is my favorite because this secret reveal the true meaning of Samurai. People often associate Samurai with war, violence, killing and so on, most of them consist of negative image. Others might think of strength, code of honor and valor.



Did you know that the word "**Samurai**" in Japanese language actually mean "**Those Who Serve**" or "**To Serve and Attend**"?

Yes, the Samurai trained and dedicated their lives to serving the nobility or their Daimyo(The Ruler).

If you look closely, you will find that the most meaningful things in your life involve giving your unique gifts to others in some way. Real joy comes from serving others selflessly.

No matter what business model you see around the world, the core principle is to serve. To serve more people is to creating enhanced results and more profitable ventures. Particularly in this economic climate, consumers are more thrifty and selective in their brand alignments. Companies that manufacturer safer, healthier products stand to perform better, and entrepreneurs who manage such companies sleep easier and lead a more fulfilled life.

“Change your focus, from making money to serving more people. Serving more people makes the money come in.” Robert Kiyosaki

Secret # 10

Life goes on... It doesn't matter if you choose to move on or stay behind. it keeps moving forward.



Life is all about continuous progress: the ability for us to move forward and to achieve greatness. We can't achieve greatness if you are holding on to things from your past. Holding on to your past prevent you from reaching your full potential. By holding on to past ideals, you are sabotaging yourself from any progress you want to make. You need to forgive your past and learn to accept things the way they are, whether it makes sense or not.

Forgiveness can be defined as the decision to let go of resentment, anger, and thoughts of revenge as a result of a real, or perceived offense, hurt, or wrongdoing against you.

Forgiving someone does not mean you deny a person's responsibility for hurting you. It means you are willing to forgive someone without condoning or excusing what they did, and then letting it go.

When we decided to let go, we refuse to play the role of the victim and we let go of the control and power that the offending person, or situation, has over us. We choose to not allow grudges, hurt or wrongdoings to define our lives.

Letting go can be defined as: *"A combination of accepting, but not denying; living in the present and looking forward to the future without regret for the past, and a willingness to move on and beyond."*

Start forgiving yourself and let go of the past and see what a difference that will make in your life.



Secret #11



We are the product of our thought. Morita, a Japanese psychiatrist, the founder of Morita Therapy, states that all neurosis comes from frozen attention that has gotten stuck and fixed upon recurring negative thoughts. The more we give attention to that which is destructive, the more strength it has to rule our lives.

No matter how stressful you are, it is very important that we don't get ourselves caught in depression, fear or other negativity. We should abandon resentment and complaint. We are not the victims of the world we see, but have the ability to mobilize ourselves and take charge of the way we respond.

If you are unhappy, you have two choices: You can complain about it and hope it magically changes, or you can set out to make a change.

Negative thoughts breed negativity and unhappiness, while positive thoughts breed positivity and happiness.

When it comes down to it we are all responsible for our own happiness. The only way you will be happy is by changing your attitude and understanding that you are in full control.

Secret #12

You are your biggest
thread, you can destroy
yourself before anyone
else can.



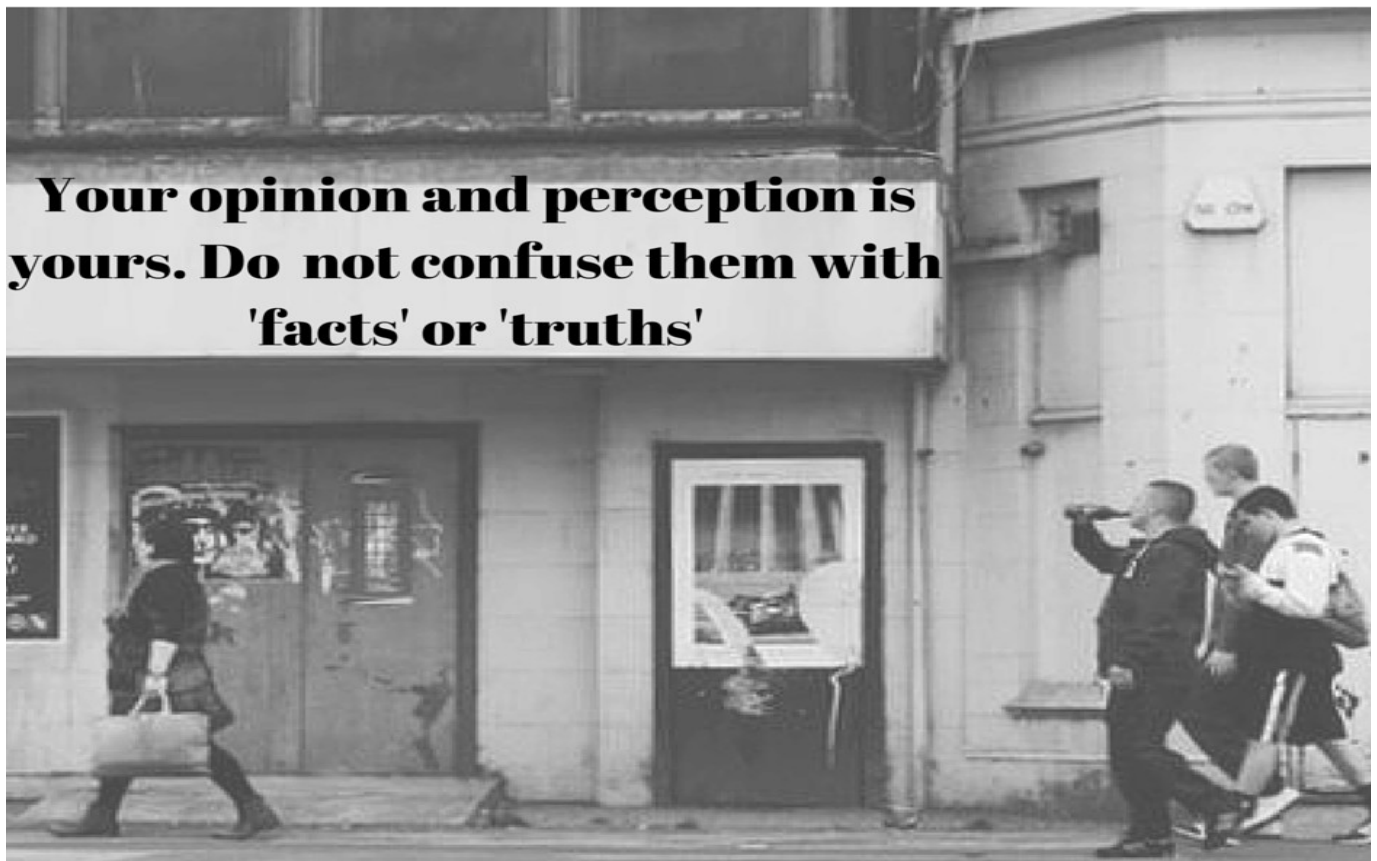
Knowledge has to be improved, challenged, and increased constantly, or it vanishes. Peter Drucker

You need to understand that knowledge is a tangible asset, no matter how good you become, do not become complacent and rely on your past achievements.

Because once you think that you are good, you'll stop learning and striving to improve, you'll become close-minded you're not open to criticism, this is the moment you start to drift away from success and inch closer to failure.

That's why Bruce Lee stated that he is not afraid of the person who practice 100000 kick once, he's more afraid of the person who practice 1 kick for 10000 times. It's the same logic.

Secret # 13



An opinion is a preference for or judgment of something. My favorite color is white. I think cheese tastes awful. *The Avengers* is the best movie. These are all opinions. They may be unique to me alone or it apply across the general population but they all have one thing in common; they cannot be verified outside of the fact that I believe them.

There's nothing wrong with an opinion on those things. The problem comes from people whose opinions are actually misconceptions.

"Facts do not cease to exist because they are ignored." — Aldous Huxley

A statement of FACT can be proved TRUE or FALSE. A statement of OPINION is what someone believes or thinks. There may or may not be a good reason to think this way. Words that give you clues that a statement is an opinion are believe, like, and should.

Let me share with you a story with resonate with this rule.

Back in the 60's, Robert Kiyosaki's rich dad heard about the fast food chain KFC is going to set foot on Hawaii. Back then no one heard about KFC therefore many rich men were skeptical whether or not they should invest in fast food chain. Like most of the rich men in Hawaii rich dad was skeptical too as many people gave him negative feedback and opinion about investing into an unknown venture. But instead of

listening to the opinion from the mass, he decided to talk to the management to learn more about it. Upon returning rich dad has invested into the business despite many disagreement, and as a result he made a lot of money from that business.

So the moral of the story is this, do not let opinion dictate your life. Learn the facts, often time numbers don't lie. Because if you give in to opinion you might miss out the golden opportunity that's lying right infront of you.

Secret # 14



You must get used to discomfort, it is always a necessary part of the process of enlightenment

In this increasingly competitive world, those who are willing to take risks, step out of their comfort zone and into the discomfort of uncertainty will be those who will reap the biggest rewards.

Too many of us let our mistakes and setbacks define us. We must always check whether we are letting our fear of failure or our ego keep us from taking the actions, and engaging in the conversations with your future soulmate, that will move us forward and make the impact we want. Of course, being willing to take a risk doesn't mean everything you touch will turn into gold like midas touch. As John F. Kennedy once said, *"Nothing worthwhile has ever been accomplished with a guarantee of success."*

Therefore I can assure you that every successful person it's those who is willing to make mistakes and try something new that you can ever accomplish more than what's been done before.

In today's world, there is little to no security in playing safe. Your playing small doesn't serve the world. Like secret #9 we should serve the world like the Samurai did. Being willing to give up the known and embrace the unknown is increasingly crucial to your success in work and life.

Secret # 15



The samurai training centered on martial arts as well as the development of mind and body. It is very important for us to maintain a healthy body and train the mind to develop focus and a positive attitude in order to persevere in the midst of great challenge. This applies not only to consumption of alcohol and various indulgences, but to something that's of particular relevance to the us: the need for balance in work and lifestyle. Excessive work in the absence of a more complete lifestyle can be dangerous to health and personal relationships.

Your food choices each day affect your health — how you feel today, tomorrow, and in the future. Bad eating habits have contributed to the obesity epidemic in the United States: about one-third of U.S. Even for people at a healthy weight, a poor diet is associated with major health risks that can cause illness and even death. By making smart food choices, you can help protect yourself from illness. The link between good nutrition and healthy weight, reduced chronic disease risk, and overall health is too important to ignore. By taking steps to eat healthy, you'll be on your way to getting the nutrients your body needs to stay healthy, active, and strong. As with physical activity, making small changes in your diet can go a long way, and it's easier than you think!

Secret # 16



It's common that we have a intuitive sense of wanting to belong or fit in. We tell ourselves and says that something is missing in our life. That desire for acceptance gets cultivated into full blown beliefs, usually inherited and taught to us.

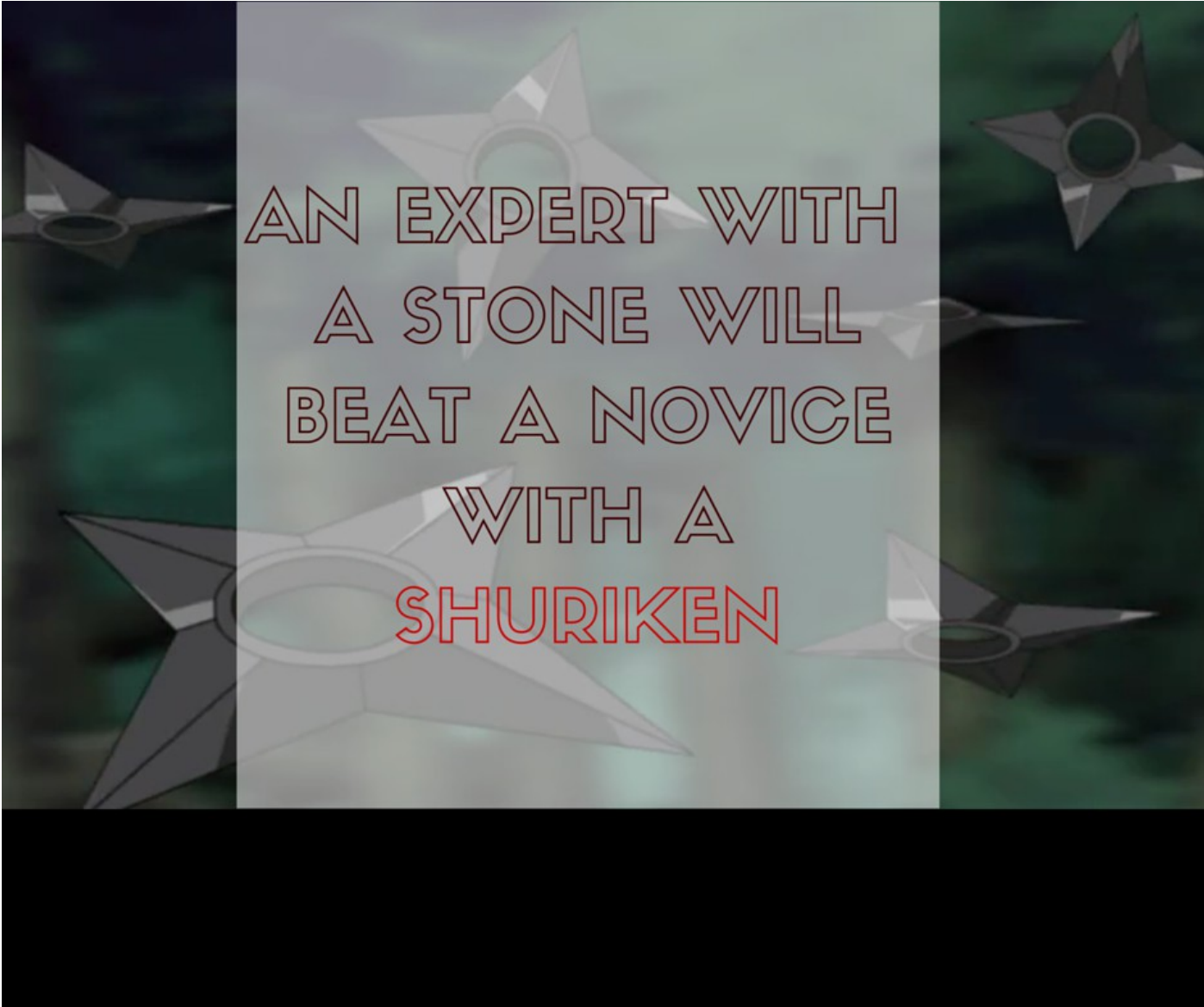
The point I want to make is this: many of us hold on to to beliefs blindly, beliefs that's not grounded in truth. We blindly accept what promises to ease our burdens or solve our problems as long as it work for us .As human we have the tendency to compare ourselves to others: comparing physical appearance, material possessions, personal life, romantic relationships, career and many other attributes. This dogmatic beliefs will always stand between us and our authentic selves, distracting us from being fully present and engaged in life in the most meaningful way.

We must seek those quiet spaces in our life that are safe for vulnerable explorations of meaning. These spaces are not found inside physical institutions or places where demagoguery slays reflective, rational and factually grounded discourse. In short, we must take the risk of thinking for yourself.

“there is nothing outside of yourself that can ever enable you to get better, stronger, richer, quicker, or smarter. Everything is within. Everything exists. Seek nothing outside of yourself.” Miyamoto Musashi

Like the quote says, spend more time investing in yourself. Read more books, work hard for the things you love. Express yourself fully and don't be afraid of criticism. Because the more you express your self the more charismatic you'll become and thus the people who belong in your life will come find you and stay. Just do your best. Don't chase people, instead be an example and follow your own path.

Secret # 17



AN EXPERT WITH
A STONE WILL
BEAT A NOVICE
WITH A
SHURIKEN

The basic premise of that dictum is as follows: what makes a samurai great is about the samurai's skill, his swordsmanship and not the weapon or any other piece of gear.

“You can only fight the way you practice” Miyamoto Musashi

What makes a good photograph? Is it the photographer or his camera? It is the same like asking as to what makes a good painting or a good book. An outstanding painting is the masterpiece of painter's imagination, not his brushes. Similarly, a bestseller book is a result of writers own style of narration (and thought formation) and hardly depends on the paper, pen or typewriter. In any field of arts, it is the talent of the artist which makes the difference. Just like a good painting is the result of painter's own efforts and creativity; a good photograph is the result of photographer's imagination. What makes a good photograph is not an expensive equipment but it is the photographer's instinct, intuition, creativity, vision, imagination that make the difference.

If you are a skilled ninja, it could be a stone you're holding and you are still be able to defeat your opponent. If you are not a skilled ninja, you can't beat your opponent even if you have a Shuriken (a traditional Japanese concealed weapon that was generally used for throwing).

This is because the choice of weapon is not nearly as important as you think it is. It is the samurai, his technique and his knowledge that makes the masterpieces.



The purpose of fighting is to win. There is no possible victory in defense. The sword is more important than the shield and skill is more important than either. The final weapon is the brain. All else is supplemental.

(John Steinbeck)

izquotes.com

Secret # 18



The Samurai embraced the soldiers-paradox: If you fear death, you will die.

They were brave, as all warriors must be. The basic neurological fact that fear causes your brain to shut down your ability to do parasympathetic tasks (like complex sword fighting techniques, or snatching) was intuitively understood by ancient Samurai. However, they weren't just interested in surviving.

Bravery and Courage are not the same thing.

To be *brave* is to do something despite the fact that you are frightened. To show *courage* is to do something that scares you precisely because you know you must – because it is the right thing to do. So, *courage* is a kind of *bravery*, but not always the other way around.

What makes the Samurai a particularly unique brand of warrior was their sense of total righteousness and how that impacted their sense of courage.

The soldiers-paradox, when correctly understood and applied, will keep you alive (or will – at least – make that more likely).

Secret # 19



In the REAL world, what matters is who you are, not what you have.

What are the most important things in life?

Is it:

- What sport car do you own?
- How much money do you have in your bank account?
- How much did your Armani suit cost?

I find none of the above is important in life. For me the most important things in life is your character, some call it your personal brand. Character is something which money can't buy. Let me give you an example:

Dwayne "The Rock" Johnson is well liked celebrity of all time.

But what makes him so rich and famous?

Is it because he has a muscular body?

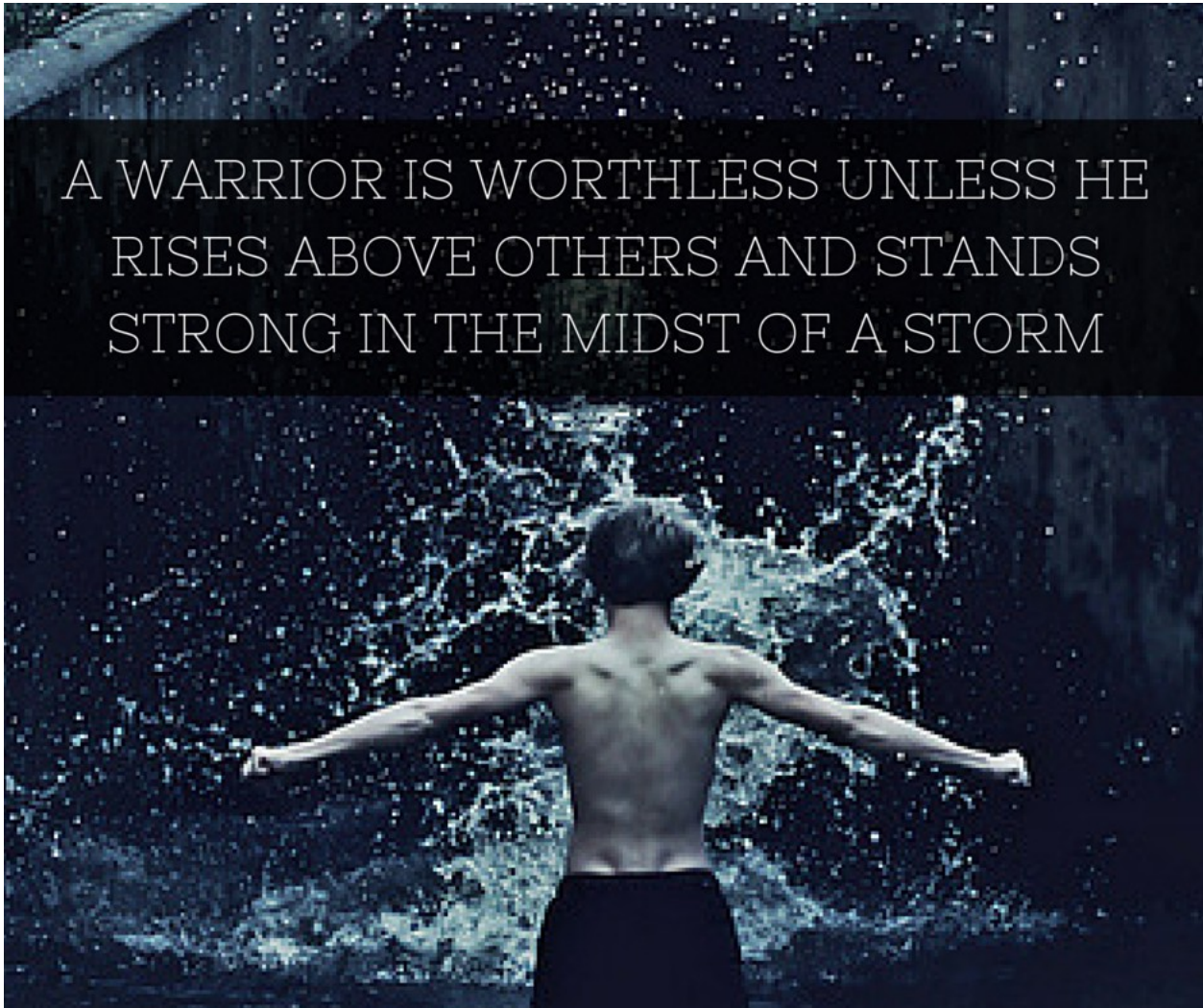
Or perhaps he is famous because he owns many expensive sports cars?

I don't think so, he is successful and likable because of his charisma, he works hard to attain great success and most importantly he dares to follow his dream. People like him for who he was, not what he has.

***“Don't do anything you can't live with for the rest of your life. Your actions make you. If you become old and weak, not far from the drink; live still with the actions and character that made men respect you.”-
Miyamoto Musashi***



Secret #20



A WARRIOR IS WORTHLESS UNLESS HE
RISES ABOVE OTHERS AND STANDS
STRONG IN THE MIDST OF A STORM

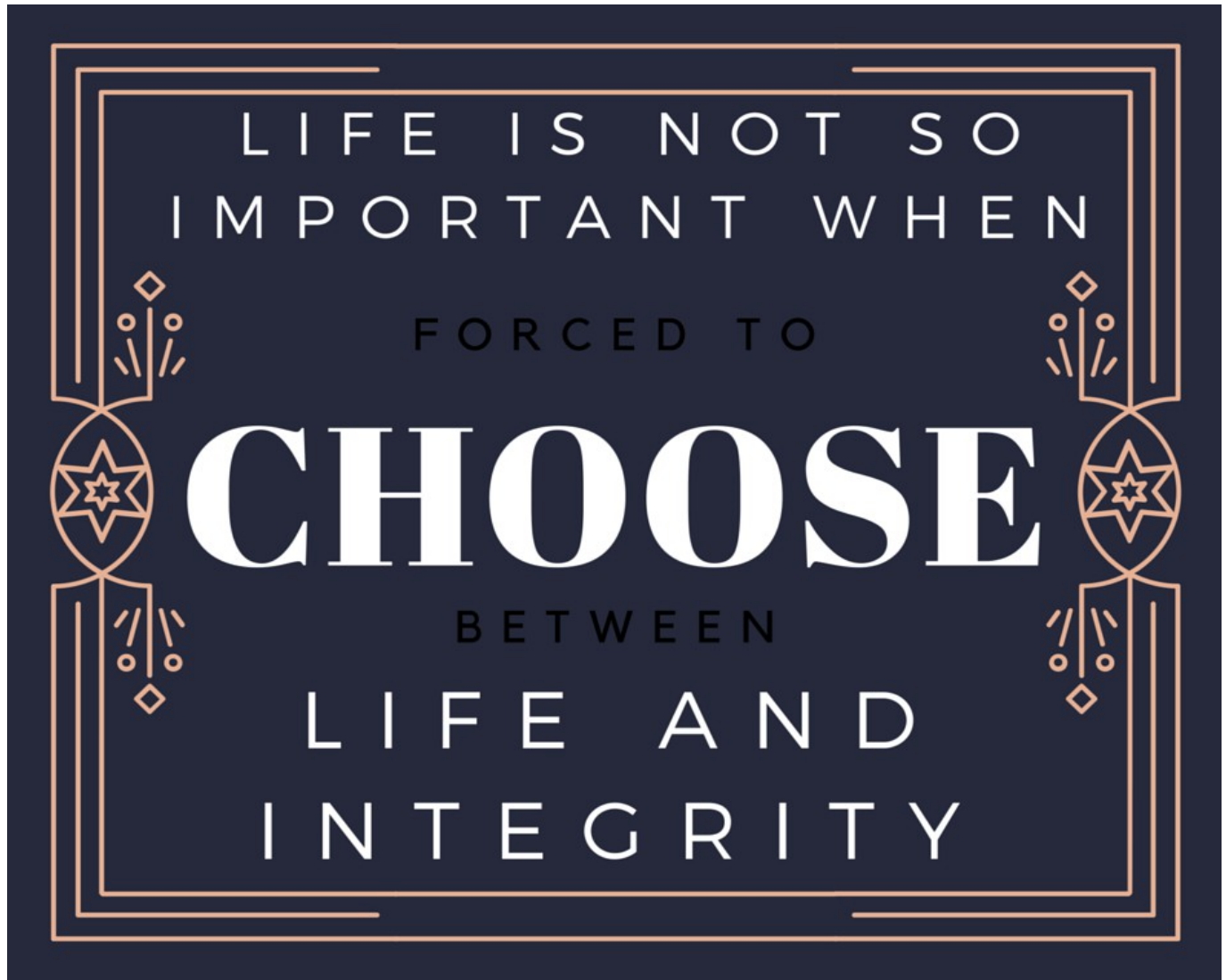
The samurai were said to possess a resolute self-belief, so much so that they believed they could accomplish anything. Certainly, when confronting a battle scenario and the prospect of death, self-belief would be paramount.

In the 19th and 20th centuries, the spirit of '**shinnen**' helped repair a post war Japan and turn it into the world's second largest economy today . We must also possess self-belief, particularly when confronting the obstacles (and sometimes discouraging statistics) that are part of startup life.

In Japanese, the 2nd code of Bushido is "Yuuki" which translate as **Courage** – the quality of a confident character not to be afraid or intimidated easily but without being incautious or inconsiderate. It is the ability to do things which one finds frightening

"Courage is not the absence of fear. It is acting in spite of it." ~ Mark Twain

Secret # 21



Here comes the most important secrets of the Samurai. One of the most important things for samurai was his honor and so ingrained onto his psyche was the idea of protecting it, he was even willing to die in order to keep it. Ideally, the death of a samurai would come in battle against a famous warrior after a great fight that people would tell stories about for generations. If this could not be the case however then as long as he died serving his lord, his honor would be intact.

There are many historical examples of samurai benevolence and integrity. Ultimately, the samurai cause, even in its violent manifestations, was based on honor. Just like the story of 47 ronin a real-life group of masterless samurai in 18th-century Japan who avenged the death of their lord.

It is important for us to maintain integrity and loyalty in all kinds of relationships. Because *integrity* is a personal quality of fairness that we all aspire to. Having integrity means doing the right thing in a reliable way. It's a personality trait that we admire, as it means a person is a decent human being.

Did you Find my Kai Zen eBook add value to you?

I have given my best to put up this essence which I'm using it every day, I'm sure I added value to you ;) ... and you're probably wondering...

"Where do I go from here?"

Well, this is just the beginning.

I'll post regular update on my side , feel free to check out the update I share as I will go more in depth into each aspect to help you more.

To Your Optimum Success!

Gin Ng

Founder and Growth Excellence Officer of

<http://GinTheVagabond.com>

