



*The Elixir of Life*

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## The Virtues of the Heart - our Self-Nature

The 8 Keys to Success

The Stature of the Martial Way

The Nourishing Heart of the Martial Way

The 6 Principles of Life



## *The Way of Martial Virtue*

*... also commonly known as the Martial Arts, have an extremely important facet,  
that being the teaching of the Virtues of the Heart.*

Beginners are introduced to the “8 Keys to Success”, which form the foundation for physical training.

Endurance (Determination and Perseverance), Respect, Humility, Compassion, Confidence, Honesty, Patience, Seeking Education (Assertiveness, Diligence, Purposeful)

Later students are introduced to the “Stature of the Martial Way”, which is further development and refinement of one’s personal character. These are basically another complimentary part of the foundation to the attributes of Human Authenticity.

Honor, Loyalty, Justice, Courage, Reliability, Responsibility, Tact, Trust, Trustworthiness, Courtesy, Modesty, Cleanliness, Idealism, Consideration, Detachment, Excellence, Flexibility, Moderation, Orderliness

The next step is the introduction of the “Nourishing Heart of the Martial Way”, which is simply the balancing of the strong ‘yang’ elements of physical / mental training with the soft ‘yin’ elements of the Heart.

Love, Joyfulness, Gentleness, Truthfulness, Friendliness, Enthusiasm, Understanding, Peacefulness, Creativity, Tolerance, Forgiveness, Generosity, Kindness.

The “6 Principles of Life” relate to our actions outside of the learning and training environment. The goal is that the student of the Way of Martial Virtue can embrace the ability to ‘act’ in society and to be able to produce positive results for the betterment of others.

Service / Caring & Helpfulness, Self-observation / Integrity, Gratitude / Thankfulness, Blessing, Discipline / Self-discipline, Unity / Cooperation & Commitment



## *The 8 Keys to Success*

The 8 Keys are the founding Virtues that all students are required to learn and adhere to as they trained in the Martial Way.



### 1 – Endurance (Determination / Perseverance)

You focus your energy and efforts on a task and stick with it until it is finished. Determination is using your will power to do something when it isn't easy. You are determined to meet your goals even when it is hard, or you are being tested. With determination we make our dreams come true. Perseverance is being steadfast and persistent. You commit to your goals and overcome obstacles, no matter how long it takes. When you persevere, you don't give up...you keep going.

### 2 – Respect

We show respect by speaking and acting with courtesy. We treat others with dignity and honor the rules of our family, school, and nation. Respect yourself, and others will respect you.

### 3 – Humility

Being humble is considering others as important as yourself. You are thoughtful of their needs and willing to be of service. You don't expect others or yourself to be perfect. You learn from your mistakes. When you do great things, humility reminds you to be thankful instead of boastful.



#### 4 - Compassion

Compassion is understanding and caring when someone is hurt or troubled, even if you don't know them. It is wanting to help, even if all you can do is listen and say kind words. You forgive mistakes. You are a friend when someone needs a friend.

#### 5 - Confidence

Confidence is having faith in someone. Self-confidence is trusting that you have what it takes to handle whatever happens. You feel sure of yourself and enjoy trying new things, without letting doubts or fears hold you back. When you have confidence in others, you rely on them.

#### 6 – Honesty

Honesty is being truthful and sincere. It is important because it builds trust. When people are honest, they can be relied on not to lie, cheat or steal. Being honest means that you accept yourself as you are. When you are open and trustworthy, others can believe in you.

#### 7 – Patience

Patience is quiet hope and trust that things will turn out right. You wait without complaining. You are tolerant and accepting of difficulties and mistakes. You picture the end in the beginning and persevere to meet your goals. Patience is a commitment to the future.

#### 8 – Seek Education (Assertiveness / Diligence / Purposeful)

Being assertive means being positive and confident. You are aware that you are a worthy person with your own special gifts. You think for yourself and express your own ideas. You know what you stand for and what you won't stand for. You expect respect. Diligence is working hard and doing your absolute best. You take special care by doing things step by step. Diligence helps you to get things done with excellence and enthusiasm. Diligence leads to success. Being purposeful is having a clear focus. Begin with a vision for what you want to accomplish and concentrate on your goals. Do one thing at a time, without scattering your energies. Some people let things happen. When you are purposeful, you make things happen.

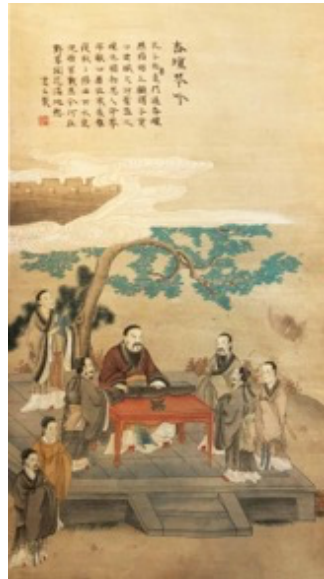


## *The Stature of the Martial Way... Tempered with Virtue*

Along with the primary 8 Keys, students were required to practice 'self-observation' and the 'polishing of one's Heart'. This entailed discovering additional Virtues within.

Within the teaching of Confucius (551-479 BCE) and the Way of the 3 Brothers (3<sup>rd</sup> Century CE)... Kuan Yu, Chang Fei, and Lu Bei, virtues were taught and now have become a deep part of what we call the Way of Martial Virtue or the Martial Arts.

These virtues are the basic 'foundation and structure' for learning the Traditional Martial Way, which all students must learn and practice regardless of the martial style or system.



### 1 - Honor

Honor is living by the Virtues, showing great respect for yourself, other people, and the rules you live by. When you are honorable, you keep your word. You do the right thing regardless of what others are doing. Honor is a path of integrity.

### 2 - Loyalty

Loyalty is staying true to someone. It is standing up for something you believe in without wavering. It is being faithful to your family, country, school, friends, or ideals, when the going gets tough as well as when things are good. With loyalty, you build relationships that last forever.



### 3 - Justice

Practicing justice is being fair. It is solving problems, so everyone wins. You don't prejudge. You see people as individuals. You don't accept it when someone acts like a bully, cheats, or lies. Being a champion for justice takes courage. Sometimes when you stand for justice, you stand alone.

### 4 - Courage

Courage is bravery in the face of fear. You do the right thing even when it is hard or scary. When you are courageous, you don't give up. You try new things. You admit mistakes. Courage is the strength in your heart.

### 5 - Reliability

Reliability means that others can depend on you. You keep your commitments and give your best to every job. You are responsible. You don't forget, and you don't need to be reminded. Other people can relax knowing things are in your reliable hands.

### 6 - Responsibility

Being responsible means others can trust you to do things with excellence. You accept accountability for your actions. When you make a mistake, you offer amends instead of excuses. Responsibility is the ability to respond ably and to make smart choices.

### 7 - Tact

Tact is telling the truth kindly, considerate of how your words affect others' feelings. Think before you speak, knowing what is better left unsaid. When you are tactful, others find it easier to hear what you have to say. Tact builds bridges.

### 8 - Trust / Trustworthiness

Trust is having faith in someone or something. It is a positive attitude about life. You are confident that the right thing will happen without trying to control it or make it happen. Even when difficult things happen, trust helps us to find the gift or lesson in it. Trustworthiness is being worthy of trust. People can count on you to do your best, to keep your word and to follow through on your commitments. You do what you say you will do. Trustworthiness is a key to success in anything you do.

### 9 - Courtesy

Courtesy is being polite and having good manners. When you speak and act courteously, you give others a feeling of being valued and respected. Greet people pleasantly. Bring courtesy home. Your family needs it most of all. Courtesy helps life to go smoothly.



## 10 - Modesty

Modesty is having self-respect. When you value yourself with quiet pride, you accept praise with humility and gratitude. Modesty is being comfortable with yourself and setting healthy boundaries about your body and your privacy.

## 11 - Cleanliness

Cleanliness means washing often, keeping your body clean, and wearing clean clothes. It is putting into your body and your mind only the things that keep you healthy. It is staying free from harmful drugs. It is cleaning up mistakes and making a fresh start.

## 12 - Idealism

When you have ideals, you really care about what is right and meaningful in life. You follow your beliefs. You don't just accept things the way they are. You make a difference. Idealists dare to have big dreams and then act as if they are possible.

## 13 - Consideration

Consideration is being thoughtful of other people and their feelings. You consider how your actions affect them. You pay careful attention to what others like and don't like and do things that give them happiness.

## 14 - Detachment

Detachment is experiencing your feelings without allowing your feelings to control you. Instead of just reacting, with detachment you are free to choose how you will act. You use thinking and feeling together, so you can make smart choices.

## 15 - Excellence

Excellence is doing your best, giving careful attention to every task and every relationship. Excellence is effort guided by a noble purpose. It is a desire for perfection. The perfection of a seed comes in the fruit. When you practice excellence, you bring your gifts to fruition. Excellence is the key to success.

## 16 - Flexibility

Flexibility is being open to change. You consider others' ideas and feelings and don't insist on your own way. Flexibility gives you creative new ways to get things done. You get rid of bad habits and learn new ones. Flexibility helps you to keep changing for the better.



## 17 - Moderation

Moderation is creating a healthy balance in your life between work and play, rest, and exercise. You don't overdo or get swept away by the things you like. You use your self-discipline to take charge of your life and your time.

## 18 - Orderliness

Orderliness is being neat and living with a sense of harmony. You are organized, and you know where things are when you need them. Solve problems step by step instead of going in circles. Order around you create order inside you. It gives you peace of mind.







## *The Nourishing Heart of the Martial Way*

When most people think of the Martial Arts, the physical aspects often come to mind first. However, the training of the physical body and the ability to punch and kick is just one part of the total discipline and endeavor.

Without cultivating the Virtues of the Heart that nourish the self, family, and community... walking the path of the Martial Way becomes senseless, void of direction and strength to fulfill the traditional responsibilities of the Way. These are unwritten responsibilities... to help children, orphans, elderly and the oppressed.

There is an old saying from the Martial world...

*"... it is easy to let the Tiger out to fight, it is the containment and management that is The Way"*



### 1 - Love

Love is a special feeling that fills your heart. You show love in a smile, a kind word, a thoughtful act, or a hug. Love is treating people and things with care and kindness because they mean so much to you. Love is contagious. It keeps spreading.

### 2 - Joyfulness

Joyfulness is an inner sense of peace and happiness. You appreciate the gifts each day brings. Without joyfulness, when the fun stops, our happiness stops. Joy can carry us through the hard times even when we are feeling very sad. Joy gives us wings.



### 3 - Gentleness

Gentleness is moving wisely, touching softly, holding carefully, speaking quietly, and thinking kindly. When you feel mad or hurt, use your self-control. Instead of harming someone, talk things out peacefully. You are making the world a safer, gentler place.

### 4 - Truthfulness

Truthfulness is being honest in your words and actions. You don't tell lies even to defend yourself. Don't listen to gossip or prejudice. See the truth for yourself. Don't try to be more than you are to impress others. Be yourself, your true self.

### 5 - Friendliness

Friendliness is being a friend, through good times and bad. You take an interest in other people and make them feel welcome. You share your belongings, your time and yourself. Friendliness is the best cure for loneliness.

### 6 - Enthusiasm

Enthusiasm is being cheerful, happy, and full of spirit. It is doing something wholeheartedly and eagerly. When you are enthusiastic, you have a positive attitude. Enthusiasm is being inspired.

### 7 - Understanding

Understanding is using your mind to think clearly, paying careful attention to see the meaning of things. An understanding mind gives you insights and wonderful ideas. An understanding heart gives you empathy and compassion for others. Understanding is the power to think and learn and also to care.

### 8 - Peacefulness

Peacefulness is being calm inside. Take time for daily reflection and gratitude. Solve conflicts so everyone wins. Be a peacemaker. Peace is giving up the love of power for the power of love. Peace in the world begins with peace in your heart.

### 9 - Creativity

Creativity is the power of imagination. It is discovering your own special talents. Dare to see things in new ways and find different ways to solve problems. With your creativity, you can bring something new into the world.



## 10 - Tolerance

Being tolerant is accepting differences. You don't expect others to think, look, speak or act just like you. You are free of prejudice, knowing that all people have feelings, needs, hopes, and dreams. Tolerance is also accepting things you wish were different with patience and flexibility.

## 11 - Forgiveness

Being forgiving is giving someone another chance after they have done something wrong. Everyone makes mistakes. Instead of revenge, make amends. Forgive yourself too. Instead of feeling hopeless after a mistake, decide to act differently, and have faith that you can change.

## 12 - Generosity

Generosity is giving and sharing. You share freely, not with the idea of receiving something in return. You find ways to give others happiness and give just for the joy of giving. Generosity is one of the best ways to show love and friendship.

## 13 - Kindness

Kindness is showing you care, doing some good to make life better for others. Be thoughtful about people's needs. Show love and compassion to someone who is sad or needs your help. When you are tempted to be cruel, to criticize or tease, decide to be kind instead.





## *The 6 Principles of Life*

The 6 Principles of Life represent the 'essence and unity' of the teaching of all philosophies, religions, and spiritual studies. Simplification is truly the Way. Then, there is additional energy and resources to promote positive changes in all facets of life.



### 1 – Service (Caring / Helpfulness)

Service is giving to others, making a difference in their lives. You consider their needs as important as your own. Be helpful without waiting to be asked. Do every job with excellence. When you act with a spirit of service, you can change the world. Caring is giving love and attention to people and things that matter to you. When you care about people, you help them. You do a careful job, giving your very best effort. You treat people and things gently and respectfully. Caring makes the world a safer place. Helpfulness is being of service to others, doing thoughtful things that make a difference in their lives. Offer your help without waiting to be asked. Ask for help when you need it. When we help each other, we get more done. We make our lives easier

*Service for others is really what we all do in this world. Regardless of our title, our profession, our responsibilities, we are all servants. From washing dishes to governing a nation, it is still service.*

*When we humbly realize and accept that we all serve, then we can do any activity in this world with all our Hearts. With this realization and acceptance, go and approach your family member, friend or co-worker and ask, "What is it that I can do to serve you now?"*

*First, say this many times verbally, then later you will know exactly what is needed to be done in terms of service to others, for you would have asked enough times and it will become second nature.*

*Thus, by practicing the first principle of Service, **Harmony** is produced between yourself and your family, friends, and co-workers. Then in time, all will see your example of unconditional service and they too will begin to serve with their Hearts and enjoy the benefits of Harmony.*



## 2 - Self-observation (Integrity)

Integrity is living by your highest values. It is being honest and sincere. Integrity helps you to listen to your conscience, to do the right thing, and to tell the truth. You act with integrity when your words and actions match. Integrity gives you self-respect and a peaceful heart.

*Self-observation is Honesty. Self-observation is simply having the capacity to be brave enough, calm enough, and mentally quiet enough to go over all the rough edges of your personal qualities, which are not polished enough.*

*That which you call fear, frustration, confusion, depression, and sickness are simply facets of the great internal diamond that you hold in your Heart, which has not been polished enough to full Heavenly Brilliance.*

*As you honestly observe yourself reacting to the continuous experiences that we call life, know that all these experiences are specific and exact. Self-observation leads to self-knowledge, which will allow the beauty of your internal diamond, or your Virtues, to come to full brilliance in the face of any uncomfortable situation.*

*Thus, by practicing the second principle of self-observation, **Peace** is produced in yourself, and all your relationships become sincerer with deeper meaning. Then by example, others will be sincere in their words, thus more positive results can be achieved for the benefit of yourself, your family, friends, and co-workers; and all will enjoy the benefits of Peace.*

## 3 – Gratitude (Thankfulness)

Thankfulness is being grateful for what we have. It is an attitude of gratitude for learning, loving and being. Appreciate the little things that happen around you and within you every day. Think positively. Thankfulness brings contentment.

*Gratitude is to be like a child whose father just gave her a candy. The child because of her sense of gratefulness clings to the neck of her father. She gives him a kiss and a big hug. The child opens the candy and divides it in half. One half is returned to the father and so thus the father is thankful.*

*The father because of his sense of giving, because of his sense of being thankful for the present he just received from the little one, constantly showers more and more gifts for his young daughter.*

*Saying thank you produces a smile in yourself and in others. Through voicing the few simple words of “Thank You”, you manifest one of the greatest Virtues, which spreads from person to person. This Virtue is “Continuously Acknowledging Heaven in Others” and it is accomplished by simply saying, Thank You!*

*Thus, by practicing the third principle of gratitude, **Joy** is created in yourself and in others. This joy immediately expands the Peace and Harmony between people...and this experience is Heaven. Without the need to save anyone, everyone as a group will immediately experience the simplicity of Heaven manifesting on Earth...here, now, and forever.*



#### 4 - Blessing

Blessing is prayer with the certainty of success. It is simply asking Heaven to spread goodness towards that which you hold your attention to. Then, with certainty, one knows that in God's time, all will be well and that all circumstances have the attention of Heaven, with the best interests of all parties in consideration.

*Blessing is simply extracting all the wisdom from any experience, whether we call it good or bad. There are no coincidences; everything is well orchestrated and planned under Heaven.*

*Therefore, there are lessons to be learned from all our experiences, which will give us added wisdom to grow, to prosper, to create, and to become all that we are capable of being.*

*Bless all your experiences and all that you have in your hands. Count your blessings and realize that Heaven truly blesses you with exactly what you need. Understand that Heaven exists in everything around you.*

*Thus, by practicing the fourth principle of blessing, **Certainty** is created in yourself. This manifests as personal confidence, personal integrity and a true inner knowing that the Power of Heaven is present and manifesting here on Earth for all to benefit by.*

#### 5 – Discipline (Self-discipline)

Self-discipline means self-control. It is doing what you really want to do, rather than being tossed around by your feelings like a leaf in the wind. You act instead of reacting. You get things done in an orderly and efficient way. With self-discipline, you take charge of yourself.

*Discipline is not to be confused with Difficult, Dreadful or Disaster. Discipline is simply being able to act with simplicity, without extreme effort and with a focused mind.*

*By living a simple life of doing and completing fully exactly what is in front of you at all times, your actions take on new meaning. These actions are precise and directly 'on purpose' and with the correct 'intention' of the Heart.*

*From continuously performing your simple actions, which are done one by one with Heart, you then form the habit of living a life of order or organization. All actions are done in the correct order and at the correct time. Nothing is left undone.*

*Thus, by practicing the fifth principle of Discipline, **Grace** is manifested into all your actions and words. A life of grace is a life of cultivating a strong foundation towards leadership. Leadership is one of the most important elements, which society needs today.*



## 6 – Unity (Cooperation / Commitment)

Unity helps us work and live together peacefully. We feel connected with each other and all living things. We value the specialness of each person as a gift, not as a reason to fight or be scared. With unity we accomplish more together than any of one of us could alone. Cooperation is working together and sharing the load. When we cooperate, we join with others to do things that cannot be done alone. We are willing to follow the rules which keep everyone safe and happy. Together we can accomplish great things. Commitment is caring deeply about something or someone. It is deciding carefully what you want to do, then giving it 100%, holding nothing back. You give your all to a friendship, a task, or something you believe in. You finish what you start. You keep your promises.

*Unity is fellowship, brotherhood, sisterhood, family, a church, a temple, a school, or an organization. The pursuit of a common goal is what ties all these types of groups together.*

*Through joining a group, which will share the same personal goals you have, you will uplift your Heart and warm your Soul. This unity is what gives us the opportunity to work together, share, serve and produce results, which all can enjoy and appreciate.*

*Joining others who share a common goal is enjoying the passing of time with others. This enjoyment is a dynamic catalyst to produce very positive results for the group. Unity and loyalty go hand in hand.*

*Thus, by practicing the sixth principle of Unity, **Compassion** is manifested throughout your daily life. Compassion permeates your very being and true deep understanding of others with mercy takes place.*

Service & Self-Observation give us Harmony and Peace, this leads towards **Mental Clarity**

Gratitude & Blessing give us Joy and Certainty, this leads towards **Personal Strength**

Discipline & Unity give us Grace and Compassion, this leads towards **Refined Character**

With Mental Clarity, Personal Strength, and a Refined Character, we can achieve many things, which we wish, Happiness, Abundance, Health, Peace of Mind and Loving Relationships.



It is our simple prayer that you take these Virtues to Heart and practice them daily. There is no need to believe in these words. Practice them and see results for yourself. Then share them with your family and friends.

Included in this document are the 52 virtues that have inspired the 52 Virtues Project. They are taken from "*The Virtues Project Educator's Guide: Simple Ways to Create a Culture of Character*"