

## ***A Soldier's Prayer***

I wanted strength, so that I might have pride.

*I was given weakness so that I might have humility.*

I asked for power, so that I might have respect.

*I was given vulnerability so that I might have empathy & compassion for those reviled.*

I wanted health, so that I might do great things.

*I was given infirmity so that I might do better things.*

I asked for riches, so that I might be happy.

*I was given enough to be secure so that I might be wise.*

I wanted all things, so that I might enjoy life.

*I was given life so that I might have the wisdom & satisfaction to enjoy all things.*

I did not get what I wanted or asked for, but everything that I could ever hope for.

*Despite myself, all of my wishes have been granted.*

***I am blessed.***

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*"If one person can come out of their shell and realize they can get better rather than bitter, then all I've done will have been worth it."*

**Max Cleland** (1942 - 2021)

[https://en.wikipedia.org/wiki/Max\\_Cleland](https://en.wikipedia.org/wiki/Max_Cleland)

Vietnam Veteran, triple amputee, former U.S. Senator, former director, U.S. Veterans Administration

*"Don't do the right thing looking for a reward, because it might not come."*

**Hugh Thompson** (1943-2006) US Army, Helicopter Pilot / Soldier's Medal / Vietnam

<https://www.nytimes.com/2006/01/07/us/hugh-thompson-62-who-saved-civilians-at-my-lai-dies.html>

*"Somewhere inside, we hear a voice. It leads us in the direction of the person we wish to become. But it is up to us whether or not to follow."*

**Pat Tillman** (1976-2004) US Army Ranger / Left successful NFL career / KIA

Afghanistan [friendly fire]

<https://pattillmanfoundation.org/>

*"I shouldn't even be here, so if I'm here, I better do something good."*

**Tammy Duckworth** (1968- ) US Senator & Mom / Blackhawk Pilot / Iraq - double amputee plus other wounds .... [https://en.wikipedia.org/wiki/Tammy\\_Duckworth](https://en.wikipedia.org/wiki/Tammy_Duckworth)

- **HAVE** : *Resilience*

我慢 GAMAN

<p>Endurance Patience Forbearance Self-restraint Tolerance Suffering</p> <p>手放す (tebanasu)</p>	<p>我慢 GAMAN is a complex concept that is deeply embedded in Japanese culture. It is often seen as a virtue, and it is often used to describe the ability to endure hardship or to persevere in the face of adversity.</p> <p>For those who are fortunate to understand that they are blessed: <i><b>"Pain is inevitable ...</b></i></p> <p><i><b>..but, suffering is only one of many options."</b></i></p>
<p>謙慎 KENSHIN is humility &amp; awareness of one's limitations with a desire to learn from others</p>	

- **BE** :  
**BEPPI(E)** ベッピ°  
Resilient: GAMAN 我慢 + Modest: KENSHIN 謙慎
- **ADAPT** : (PTSD) *Pause Think Speak-(Act)-Deliberatively  
DO NO-(More)-HARM - DO NOT ESCALATE*
- **BREATHE** :  
*"box breathing"- inhale, pause, exhale, pause  
or cyclic sighing"- Inhale: 2 short / exhale: 1 long*
- **MEDITATE** :

我 GA - 慢 MAN 謙 KEN - 慎 SHIN

and

**"Let It Go"**

手放す (te ba na su)