

A Soldier's Prayer

I wanted strength, that I might achieve;
I was made weak so that I might be humble.

I asked for health, that I might do great things;
I was given infirmity so that I might do better things.

I wanted riches, that I might be happy
I was given just enough so that I might be wise.

I asked for power, that I might have praise;
I was given frailty so that I might have empathy & compassion.

I wanted all things, that I might enjoy life;
I was given life so that I might 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 answered,
....in particular, the hope to accept the things I cannot change, the courage
to change the things I can, and the wisdom to know the difference*

I am blessed.

-By Unknown Soldiers

"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

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

<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

<https://pattillmanfoundation.org/>

"The old Lie: Dulce et decorum est ...Pro patria mori."

Wilfred Owen

<http://chemconnections.org/Heroes/w-owen.html>

- **HAVE** : Resilience

我慢 GAMAN

<p>Endurance Patience Forbearance Self-restraint Tolerance Suffering</p> <hr/> <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><i>For those who are fortunate to understand that they are blessed:</i></p> <p><i>“Pain is inevitable suffering is only one of many options.”</i></p> <p><i>“He who has a ‘why’ for which to live can bear with almost any ‘how’.”</i></p>
<p>謙慎 KENSHIN is humility & awareness of one's limitations with a desire to learn from others</p>	

- **BE** :

BEPPI(E) ベツピ

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
<i>and ...</i>									

“ Let It Go / Move On “

手放す (te ba nasu) / **進む** (su sumu)