

**With your spirit settled, accumulate practice day by day, and hour by hour. Polish the two-fold spirit heart and mind, and sharpen the two-fold gaze, perception and sight. When your spirit is not in the least clouded, when the clouds of bewilderment clear away, there is the true void. Then you will come to think of things in a wide sense and, taking the void as the Way, you will see the Way as void. In the void is virtue and no evil. Wisdom has existence, principle has existence, the Way has existence, spirit is nothingness.**

**Miyamoto Musashi  
"A Book of Five Rings"**

**For Kirk, an old student who helped new students along the Way.**