

MAY THESE SHARINGS BRING
BENEFIT TO ALL BEINGS TODAY
AND OF ALL TIMES



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SHAOLIN TEMPLE
EUROPE

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10 VIRTUES TO DEVELOP, IF YOU ARE SERIOUS
ABOUT PROGRESSING IN THE SHAOLIN ARTS!



謙遜 HUMILITY

Humility can only arise
when one is willing to
control one's pride and to
practice in overcoming it.
Satisfying one's own desire
is not to be placed above
all else.

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尊敬 RESPECT

Attention is the basis of all relationships with humans, animals and all beings. This also includes the respect for oneself. It is the foundation on which the Shaolin community is build upon.

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10 VIRTUES TO DEVELOP, IF YOU
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正义

RIGHTEOUSNESS

Righteousness is an attitude towards life. What is rightful to do, you should do and what is wrongful to do, you should not do. Taking responsibility for your own actions is expected.

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信用 TRUST

Trust includes
trustworthiness towards
others and also your ability
to trust in yourself. Each
practitioner of the Shaolin
Arts should develop a
personality that can be
trusted without reservation.

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忠誠 LOYALTY

Loyalty may be the most important of all the virtues of action and behavior. Loyalty is the basis of trust and any relationship. Those who are missing it or can't develop it, won't proceed.

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意愿 WILL

A strong will is necessary to
not lose sight of our goals
and to intensively study the
arts. An iron will, can be
advantageous, at the same
time it may not be used to
the detriment of other
beings.

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10 VIRTUES TO DEVELOP, IF YOU ARE SERIOUS
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忍耐 PERSEVERANCE

Perseverance means to practice and train incessantly. This applies both to the physical and mental development within the Shaolin Arts. It is expressed by the continuous effort to work on oneself.

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10 VIRTUES TO DEVELOP, IF YOU ARE SERIOUS
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毅力 PERSISTENCE

Persistence enables us to
detect mistakes and to
correct them. Persistence
never lets a Shaolin
practitioner become tired of
improving oneself and
expresses in the capability
to withstand hardship.

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10 VIRTUES TO DEVELOP, IF YOU ARE SERIOUS
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耐心 PATIENCE

Patience enables us to continue even when there is no understanding of the meaning of the practice, or if a goal seems inaccessible and unreachable. It is expressed by self-discipline and calmness.

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勇敢 COURAGE

Courage is necessary to learn
the Shaolin arts and to act
properly in difficult situations.
It enables us to attain a state
of the mind which is rooted in
confidence to overcome our
fear or anxiety.

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