



David M. Valadez  
Senshin Center  
Dojocho

---

## **Meditations**

**by David M. Valadez**

The right silence is more meaningful than words.  
There is no Peace without renunciation.  
There is no renunciation without discipline.  
Action reveals more than speech.  
Respect upwards and outward.  
Compassion downwards and inward.  
Place no thing above a person.  
Make no person a thing.  
Do for others as a vessel of humility, a practitioner of servitude and of charity.  
Never mistake kindness for weakness.  
Balance wisdom and compassion in all of your thoughts, words, and deeds.  
Have your feelings be the beginning of introspection and not the end.  
Be free enough to ask a question.  
Be brave enough to hear the answer.  
Be flexible with everything, save integrity.  
God does not wrestle with the weak of body.  
Say you know when you know and say you do not know when you do not know.  
Deserve nothing.  
Practice daily, daily practice.  
Your body is sacred, your heart-mind is sacred, and you are nothing.  
Read everything.  
Seek power over no one.  
Be appreciative.  
Act faith.  
When the teacher, be the teacher.  
When the student, be the student.  
Evil exists.  
Sorrow and suffering are markers of the true journey of the spirit - do not avoid them.  
Tenderness is accompanied by great sadness – welcome both.  
Broaden your understanding of “family” to include the whole world.  
Environment influences your religious experience.  
Everything is multi-relational and co-dependent.  
Fear is the impossibility of Love.

Love is freedom from Fear.

At the heart of Love lies Sacrifice.

Union with God is proportional to our freedom from the material world.

Obedience is a matter of strength, not of weakness.

Orthodoxy is more difficult than unorthodoxy.

Mark the sacred as sacred.

Mark the profane as profane.

Non-resistance is the purifying of your own heart-mind.

There is no retreating in Aikido.