

The Dokkōdō?

The great samurai and legend of many paths, Miyamoto Musashi, wrote the Dokkōdō, or “The Path of Aloneness” a few days before his death in reigando cave. The Dokkōdō contains 21 precepts for life. Musashi’s wisdom still applies to this day.

1. Accept everything just the way it is
2. Do not seek pleasure for its own sake
3. Do not, under any circumstances, depend on a partial feeling
4. Think lightly of yourself and deeply of the world
5. Be detached from desire your whole life long
6. Do not regret what you have done
7. Never be jealous
8. Never let yourself be saddened by a separation
9. Resentment and complaint are appropriate for neither oneself nor others
10. Do not let yourself be guided by the feelings of lust or love
11. In all things, have no preference
12. Be indifferent to where you live
13. Do not pursue the taste of good food
14. Do not hold onto possessions you no longer need
15. Do not act following customary beliefs
16. Do not collect weapons or practice beyond what is useful
17. Do not fear death
18. Do not seek to possess goods or fiefs in your old age
19. Respect Buddha and the gods without counting on their help
20. You may abandon your own body but you must preserve your honor
21. Never stray from the Way

You can read our meditations on [Musashi’s 21 precepts here](#).

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