

1: Zen Stories - Wikipedia

"Empty your cup" is an old Chinese Chan (Zen) saying that occasionally pops up in western popular entertainment. "Empty your cup" often is attributed to a famous conversation between the scholar Tokusan (also called Te-shan Hsuan-chien,) and Zen Master Ryutan (Lung-t'an Ch'ung-hsin or.

By Sudipta Ray on March 12, This is a line you must have heard quite often. I will tell you a story here. A very learned man in Japan went to a Buddhist monk and wanted to know about Spiritual life and God. The Monk asked this man what he knows about God. As he was a very learned man he said a lot of things about God. He went on and on about what he knew and believed in. The monk finally decided that he had to teach a lesson to this man. So he got some tea and started to pour into the cup of the learned man. The cup was full and then it started to overflow. Empty your cup The man got very upset and shouted. The monk said you are like this cup that is too full. If I teach you anything it will overflow and there will be nothing that you will learn. So what are you waiting for you have to learn the art of unlearning. Your cup must be empty so that I can put something in it. As we grow up we learn. We learn good and bad things both. As a child our mind is clear and anything can be written on it. Have you ever wondered why a child can learn things much faster than an adult? Well this is because the adults have a complicated mind. There is so much in it already that no new ideas can get in easily. The first step for an adult to learn is to unlearn. When you can unlearn what you know already only then your spiritual progress is possible. This is exactly why you have to learn to forget what you were told to believe in. Only when you forget this can you move ahead in life and progress further. We will move on to some other aspects of the same. The most important point is how you ensure that your cup is empty. Is it so simple to actually forget all that you know and believe in? Well it is difficult no doubt but it is definitely not impossible. The concept comes more from Buddhism. Some steps that you can follow are: First of all make a determination that you will learn what you are planning to. You must have your goal set. The second step is you must tell yourself that as you are learning something new it may be difficult but you will not give up and will have faith in yourself. Think like a child. A child just goes with the flow. For example if you put a child in water it learns swimming in days. This is because the child is not scared. He or she does not have any pre conceived ideas about the thing they are learning. The most important of all is that they are not learning to prove anything to anyone. They are just enjoying the process and learning it. This is exactly why a child can learn much faster and better than a grown up man. As an adult we are thinking so many things that we forget the main reason for why we are there in a pool. So make your mind like that of a child and keep it free to experience and most importantly to fail. A child does not carry the burdens of previous experiences. They fight now and in some hours they are best of buddies. This helps them to keep the cup empty as they do not carry anything that is negative. If you have too many negative things in your cup the cup will always be full and there will be no space for a positive and a new or good idea to come in. This is a big learning to all adults. We know it is very easy to say but it is equally difficult to achieve this state of mind and body. Just think about it. If you are a child and you were scolded for a mistake you will cry for a while and then just forget about it and go to play in the evening. A man will think about the episode for few days and keep building the grudges. A woman can store these grudges for years. You must learn to move on and keep your cup empty. This will make you positive and also give you a good way to unlearn and learn. Just try it once and twice. You will see how nice it makes you feel and slowly you will make it a habit to forget and empty your cup. When we say that your cup is full we are not saying that throw away all that is there. We are just saying that do away with all the unnecessary information. When you do so you will be able to have enough space to store good things. Positive energy will be more in you. This will make you feel happy and also give you an opportunity to learn. You will feel like a child again. When you are learning. Learn the teachings do not be judgemental about it. Does he or she ever doubt the knowledge of the teacher? A child will not but as this same child grows older and is taught something they will have ten questions. We are not saying that you should not ask questions but do not ask them with a doubt in mind or to test the knowledge of the teacher. Ask this question with an open mind and with a desire to learn. Trust the teacher and have complete faith and

devotion. Only then will you be able to attain the knowledge and use it for a better learning. As you follow the above steps you will see that the knowledge you were seeking is growing and it is not flowing out. You will realise that the change in approach to the teaching will change the way you ever learnt. We hope that this article on Empty your cup! Will help you to understand the concepts of learning and get a better knowledge. It will fill you with a deep peace and keep you moving on in the path of spiritual success. Paid Horoscope Analysis Dear friends please pay our fee by going to this link and then fill the horoscope form.

2: Your teacup is full (Empty your cup) – Bengt's Notes

Then the master paused for a brief moment, meeting the student's eyes with his own knowing look and calmly but sternly said: " If you truly seek understanding, then first, empty your cup! The student pondered for a moment with a look of absolute bewilderment.

Nan-in, a Japanese Zen master during the Meiji era , received a university professor who came to inquire about Zen. The professor watched the overflow until he no longer could restrain himself. No more will go in! How can I show you Zen unless you first empty your cup? It is the normal state of being human to experience a steady flow of thoughts and emotions. You become mired and stuck in an unhealthy pattern. Not just your mind, but also your body. For example, if your anger-impatience-frustration cup is overflowing, it stagnates the Qi in your Liver. You might develop Spleen problems such as digestive problems or weight problems. If your cup of fear runneth over – if you are being controlled by conscious or unconscious fears, your Kidneys and Bladder may become impaired. Repressed grief often blocks the Qi of the Lung and Large Intestine. All chronic stuck emotions eventually affect the Heart. The organ-emotion connection works both ways. Stuck emotions can lead to physical problems and physical problems can just as often lead to emotional problems. For example, an erratic or improper diet can lead to imbalances in the Spleen, Liver and Intestines. People with poor dietary habits often wind up feeling depressed, lethargic or irritable. Acupuncture and shiatsu open up the meridians that flow through the blocked organs, allowing their associated emotions to be released i. Both the physical and emotional symptoms improve simultaneously. It is truly mind-body medicine. When you feel better in both your body and mind, you have more Qi life force and willpower available to you. It then becomes easier for you to eat better, exercise more, make clearer decisions, and take more positive steps to further improve your life. Here are links to a fascinating 4-part documentary on organ transplant cellular memory. In the documentary, we meet several heart transplant recipients who have acquired the personality traits, food preferences, talents, interests and even memories of their deceased organ donors. Several research scientists who share an interest in cellular memory are interviewed. The hypothesis of cellular memory is that memory is distributed throughout the entire nervous system – not just in the brain. Any set of cells with feedback networks for example, organs such as the heart work similarly to the neurons in the brain in storing memories. Hence, the brain does not have an exclusive role in information processing.

3: Empty Your Cup: Why We Have Low Self-Esteem and How Mindfulness Can Help by Yong Kang Chan

A university professor went to visit a famous Zen master. While the master quietly served tea, the professor talked about Zen. The master poured the visitor's cup to the brim, and then kept pouring.

To learn Emacs well, try emptying your cup. This is the story as told on the C2 wiki: A master was trying to explain something to a student. Now this student was not a brand new student, but a senior student who had learned many things. He had knowledge and experience aplenty to draw upon. But each time the master tried to explain something new to the student, the student kept trying to hold it up against his own notions of the way the world is and how it ought be, and he was unable to see the lessons in what the master was trying to teach him. Finally, the master poured a full serving of tea into his own cup, and into the cup of the student. Then he told the student he wanted to give to him some of the tea from his own cup. Then a look of enlightenment came over him, followed by a smile, and a look of receptiveness. The master started to explain again, and this time the student saw what the master was trying to say. Empty your cup and let go of your expectations. Pretend this is your first editor. Go through the tutorial. Start with the basics. Try doing things the Emacs way. In the beginning, you might feel agonizingly slow. As you become familiar with the system, you learn how to work within it. Get used to the changes before you introduce more. Reading Emacs Lisp is the first step to being able to modify Emacs Lisp, and from there you can learn how to write Emacs Lisp. Many people use Emacs for years before writing Emacs Lisp, and many people use it without customizing it. But if you start learning Emacs by getting frustrated with it and trying to force it to be what you want, you might never get to the point where you can enjoy it and work with it.

4: Quote by Bruce Lee: "Empty your cup so that it may be filled; become"

Empty Your Cup Click here www.enganchecubano.com Skype Me: marcmar Watch this video where Marcin shares a story of a Zen Master explaining to his student.

Gain different perspectives and insights that will help you conquer your daily leadership challenges! Empty Your Cup What does it mean to "pour into" the lives of your team members? This is emptying your cup. Watch this video and understand how important it is to pass on knowledge as a leader. The third idea is something we call in our organization Empty Your Cup. We say in our organization that our responsibility is to empty our cup. So we look for opportunities and we use this terminology all the time, what can I do to fill their cup? One of the most empowering things that you can do as a Beyond You Leader is to look for opportunities to empty your cup. You are smarter than you think. You know more than you think you know. You are not as behind as you may feel like you are behind. You have something to offer. The guy that did this for me years ago was a guy named Charlie Renfro. Charlie had an outdoor business, very successful guy. He just saw something in me in my late 20s and said, "Andy, lets have breakfast. He just had it all going on. What are you working on big? Come on, what are you working on big? Charlie thinks that my life, is the kind of life that maybe one day I have responsibility for the big stuff. And Charlie is still a dear friend of mine after 25, 26 years. He taught me the principle of the pound gorilla. You walk up to the cage, you open the cage and you invite the pound gorilla into the room. There were times when I was trying to avoid conflict, and avoid people Andy, you go down there, you go open that cage and you invite it into the room. Still something every once in awhile that I still look at my wrist and it says "What would Charlie do? I mean Jesus too, but Charlie he told me what to do. Now my point is this, you can do that for somebody. You can do that for somebody. I know what your objection is. Because once you are the boss you will think you became the boss by hoarding and not helping. You will have something to show for your leadership just beyond the things you accumulated. The question is, who are you bringing along with you? The question is, who is coming along behind you? The question is who are you around almost every single day and a little bit of leverage, a little bit of empowerment would go a long, long way. Leadership communicator, best-selling author and founding pastor of North Point Ministries Andy Stanley inspires tens of thousands of people. Take Action Complete the following Action Items to put the insights in this video into practice, and share them with your team to continue your leadership growth. Perfect your new leadership skills every day with these exclusive Leadercast exercises, available to Subscribers! Click here to become a Subscriber.

5: Getting started with Emacs? Empty your cup â€”

Warning: Empty your cup before click on play button.

There was a martial arts specialist there who told a story Bruce Lee would often tell to drive home the idea of combating adversity, being open-minded, getting to know ourselves and the world around us, and where we fit in. A professor comes to learn from a wise Zen master, but it quickly becomes obvious to the Zen master that this professor is more interested in showing off his own knowledge than in learning. He interrupts the Zen master. He follows each story the Zen master tells with a story of his own instead of really listening. You know the type, the person who has to top your story about loss or success, or a failed attempt at something with one of their own instead of hearing you out and empathizing. So the Zen master begins to pour a cup of tea. He fills the cup and keeps pouring, so that the cup is overflowing. The professor stops him, saying the cup is overflowing, no more will fit in. The Zen master says to the professor, before you can really learn something you have to empty your cup. The need for an empty cup, an open mind, is the basis for everything. A common example of how we put things on top of things is bringing our past into the present moment and for that matter the future. We base our listening or actions on the past, holding people as well as ourselves to a behavior or way of being that might no longer be present. You might say to yourself things like: I understand that we sometimes use the past to predict the future or make decisions in the present, but be careful not to use it as a way to limit yourself or corner people. Peter Drucker, the writer and management consultant, has a similar philosophy. He said improve your strengths and neutralize your weaknesses. So how do you neutralize your weaknesses? How do you empty your cup and your life of the things that do not serve you, so that you can be open to the things that do. It is the first step of your 4-step model to creating breakthroughs and bringing out the very best version of you. Sometimes you need to empty the cup and start fresh, not worry about what came before. Look at what you are good at and what you are not good at. Then seek or pursue the things that are true to who you are. Next, look at how you can build upon your strengths, rather than try to build up your weaknesses. If more employers shaped the duties their employees have to their strengths instead of focusing on their weaknesses in employee performance reviews, employees and employers alike would be happier and productivity would skyrocket. Instead, think about what you can do to neutralize them. Accept them and come into alignment with them. The best way to come into alignment with them is to take a moment to accept your weaknesses. Nobody is good at everything. Accept those weaknesses; give yourself permission to have them. Then empty your cup of them. In other words stop pursuing the things that force them front and center, like the bad relationship, gaining acceptance from the bully boss instead of finding a better fit where you are or somewhere else, or trying to be someone you are not. Be ok with yourself, empty your cup, and then fill your cup with what fulfills you. When you embrace who you are and what feels true to you, then you are ready to learn.

6: Emptying Your Cup - Clear Intentions | Clear Intentions

Empty Your Cup – How to Give Your All to Empower Others Giving Your All to Others Isn't What You Think Our responsibility is "to empty our cup" and find ways to pour into the people around.

The professor watched the overflow until he could restrain himself no longer: The cup is over full, no more will go in. How can I show you Zen unless you first empty your cup. Even empty, if you are there, then you are full. Even emptiness fills you. If you feel that you are empty you are not empty at all, you are there. Only the name has changed: Only when you are not can the tea be poured into you, only when you are not is there no need really to pour the tea into you. When you are not the whole existence begins pouring, the whole existence becomes a shower from every dimension, from every direction. When you are not, the divine is. The story is beautiful. It was bound to happen to a professor of philosophy. The story says a professor of philosophy came to Nan-in. He must have come for the wrong reasons because a professor of philosophy, as such, is always wrong. Philosophy means intellect, reasoning, thinking, argumentativeness. And this is the way to be wrong, because you cannot be in love with existence if you are argumentative. Argument is the barrier. If you argue, you are closed; the whole existence closes to you. Then you are not open and existence is not open to you. When you argue, you assert. Assertion is violence, aggression, and the truth cannot be known by an aggressive mind, the truth cannot be discovered by violence. You can come to know the truth only when you are in love. But love never argues. There is no argument in love, because there is no aggression. And remember, not only was that man a professor of philosophy, you are also the same. Every man carries his own philosophy, and every man in his own way is a professor, because you profess your ideas, you believe in them. You have opinions, concepts, and because of opinions and concepts your eyes are dull, they cannot see; your mind is stupid, it cannot know. Ideas create stupidity, because the more the ideas are there the more the mind is burdened. And how can a burdened mind know? The more ideas there are the more it is just like dust which has gathered on a mirror. How can the mirror, mirror? How can the mirror reflect? Your intelligence is just covered by opinions? They know too much to know at all. They are burdened too much. They are not grounded in the earth and they are not free to fly into the sky. And remember, you are all the same. There may be differences of quantity, but every mind is qualitatively the same, because mind thinks, argues, collects and gathers knowledge and becomes dull. Only children are intelligent. And if you can retain your childhood, if you continuously reclaim your childhood, you will remain innocent and intelligent. If you gather dust, childhood is lost, innocence is no more; the mind has become dull and stupid. Now you can have philosophies. The more philosophies you have, the more you are far away from the divine. A religious mind is a non-philosophical mind. A religious mind is an innocent, intelligent mind. The mirror is clear, the dust has not been gathered; and every day a continuous cleaning goes on. This professor of philosophy came to Nan-in. He must have come for wrong reasons: Those people who are filled with questions are always in search of answers. And Nan-in cannot give an answer. It is foolish to be concerned with questions and answers. Nan-in can give you a new mind, Nan-in can give you a new being, Nan-in can give you a new existence in which no questions arise. But Nan-in is not interested in answering any particular questions. He is not interested in giving answers. You must have come here with many questions. It is bound to be so, because the mind gives birth to questions. Mind is a question-creating mechanism. Feed anything into it, out comes a question, and many questions follow. Give an answer to it; immediately it converts it into many questions. You are here, filled with many questions, your cup is already full. No need for Nan-in to pour any tea into it, you are already overflowing. I can give you a new existence? I will not give you any answers. All questions, all answers are useless, just a wastage of energy. But I can transform you, and that is the only answer. And that one answer solves all questions. Philosophy has many questions, many answers? Religion has only one answer; whatsoever the question the answer remains the same. Buddha used to say: You taste sea water from anywhere, the taste remains the same, the saltiness of it. Whatsoever you ask is really irrelevant. I will answer the same because I have got only one answer. But that one answer is like a master key; it opens all doors. It is not concerned with any particular lock? Religion has only one answer and that answer is meditation.

Meditation means how to empty yourself. Mind is always in a hurry, and mind is always in search of instantaneous realizations. For the mind, to wait is very difficult, almost impossible. Wait a little, rest a little, and have a cup of tea. And then we can discuss. But he must have been watching the professor. Not only was the water boiling, the professor was also boiling within. Not only was the tea kettle making sounds, the professor was making more sounds within, chattering, continuously talking. The professor must have been getting ready? He must have been in a deep monologue. Nan-in must have been smiling and watching: This man is too full, so much so that nothing can penetrate into him. The answer cannot be given because there is no one to receive it. The guest cannot enter into the house? Nan-in must have wanted to become a guest in this professor. Out of compassion, a Buddha always wants to become a guest within you. He knocks from everywhere but there is no door. And even if he breaks a door, which is very difficult, there is no room. You are so full with yourself and with rubbish and all types of furniture which you have gathered in many, many lives, you cannot even enter into yourself; there is no room, no space. You live just outside of your own being, just on the steps. You cannot enter within yourself, everything is blocked. Then Nan-in poured tea into the cup. The professor became uneasy, because Nan-in was continuously pouring tea. It was overflowing; soon it would be going onto the floor.

7: Empty Your Cup - Conscious Shift Online Magazine

The third idea is something we call in our organization Empty Your Cup. Here's what I mean by that. I don't have everything that it would take to fill your cup in terms of your leadership ability, what you need to know, your skill set.

To help me understand he told me the story of Master Suzuki, who was a master of the Art of Zen. People came to him from all over the world in search of counsel and guidance. Students came from far and wide hoping to be trained by him. To be a student of Master Suzuki was considered an honor and privilege since his training programs were tough and students took years to get through each level of training. One fine morning, a student showed up at his doorstep wanting to learn from him. Master Suzuki told him he could not accept him as a student. He tried to explain that he was not a newbie, and his earlier training had prepared him well to learn the art of Zen. Finally, Master Suzuki invited him in for a cup of tea. He placed two empty cups between them and asked the young aspirant to pour him a cup of tea. The young man picked up the teapot and started pouring. As the tea began to rise to the brim, he stopped. Master Suzuki motioned for him to continue pouring and the tea now began to overflow on to the tatami mat below. And that teapot is filled with the knowledge awaiting you. But you are already so full of your own opinions that nothing more can be added. How can I teach you anything else unless you first empty your cup? And each time, the lessons from it remain unchanged, though my own understanding of the lessons has evolved over time. In this story, the tea represents knowledge. That which already exists in the cup is our ego. The fuller our cup the bigger our ego. If you have a full cup, it means you think you already know everything and that prevents you from learning anything new. To empty the cup is to empty yourself of the ego. To learn is to open your eyes to the wonders of the world and everything it has to offer. The more you learn, the more you know. And yet, you can never know it all. I have realized that emptying the cup is not about forgetting what you already know. It is about suppressing the ego. The ego does not dissipate so easily. The ego fundamentally resents change. It will not allow the ingestion of new knowledge, for its purpose is always to retain the status quo. Our true battle has always been and will probably always be the one with the ego. This parable is also an attempt to show how much of a role the ego plays in our social interactions. Even when we go to someone for advice, our self-perceptions and desires cannot help but show up. How often do we tune out the words of others, listening not with the intent to understand but thinking instead of how we are going to respond or what we are going to say next? The process of emptying your cup is not a one-time act. It is a continuous process, and one we need to practice on a daily basis. I practice an hour of silent introspection each day as my way of emptying my cup. During my hour of silence, I see my ego for what it is and my conscience steps forward in all of its clarity. The ego has full access to your intellect, which means it knows all of your weaknesses. There is nothing you can hide from it. Its greatest opponent and sparring partner is your conscience. Like your conscience, your ego knows all. Hence, it can be as sly and crafty as you are. It is the worst embodiment of all your weaknesses rolled into one. To defeat it, your conscience needs to be louder, clearer, and bolder. An emboldened conscience is your best defense. Empty your cup before your life is emptied of its purpose.

8: Empty Your Cup - Leadercast NOW

Excerpt from "Zen in the Martial Arts" (pp. 9 - 13) by Joe Hyams EMPTY YOUR CUP The air was muggy and fetid in the Long Beach (CA) Sports Arena on that summer day in

9: Empty Your Cup to Fill Your Mind â€“ LiveFit

How do you empty your cup and your life of the things that do not serve you, so that you can be open to the things that do. At Clear Intentions' we start with taking a look at who you are. It is the first step of your 4-step model to creating breakthroughs and bringing out the very best version of you.

Letters from Prison/Dietrich Bonhoeffer Deviant women: fiction in other hands Setting the Table CD Bucolic metaphors Joshua, Judges Ruth (Daily Study Bible (Hyperion)) How to Buy Design Three doctors: Semmelweis. Banting. Minot. Dragon Life (Edge Books) Landscape irrigation design manual Future directions of research in nursing V. 1. From Parmenides to Wittgenstein Overlord vol 13 raw General chemistry 11th edition ebbing Sunday Times Guide to the Jumps 2001-2002 Slovakia Ecology Nature Protection Handbook Todd lammle ccna latest edition The trial of Barbot, an attorney, for murder A short account of that part of Africa, inhabited by the Negroes From Tribes to Nation Sap qm best practices Clergy-musician relationships A night out, by H. Pinter. Introduction to qualitative methods in psychology howitt The source power of happy thoughts The great Valentines Day balloon race Commercial banks and the creditworthiness of less developed countries If you stay book Turn of the screw, and other short novels. Spring manufacturing handbook The mystery of the present moment Encyclopedia Of Contemporary Chinese Civilization 10 Deferred Compensation1001 Govind Ballabh Pant 14.3 Het oog van het hart 176 John Hinckley, Jr Oblivious Responses Microelectronic System Interconnections Maudies Umbrella Porosity at the edge : working through Walter Benjamins / Quality management for the technology sector