

THE IMPORTANCE OF SELFLESSNESS

By Santoso Hanitjo

What is selflessness? For those who work as volunteers in a charity organization, selflessness could be interpreted as “services above self”. For someone searching for the true meaning of life, it is the state of nothingness of our mind.

Whenever there is the notion of “self”, there is fear; the fear of failure, the fear of being defeated, the fear of being rejected, the fear of making mistake, the fear of poor health, the fear of losing face and the fear of not being recognized. It is rather common for us to see someone hesitating to do thing proactively because his or her mind is too occupied with “self” which is followed by “fear”.

For a martial artist, the notion of “self” can even be more damaging. He or she will be overly concerned about what if his/her strike or move misses the target. In sparring, your mind stops whenever you start thinking about the move, and thus create an opening for the opponent.

On the other hand, when one forgets about “self”, one will have no fear. One will be able to see thing as it is and nothing more. One will be able to look at thing with the heart of compassion and love. One will have the courage to do what is right. For a martial arts practitioner, if he can separate himself from “self”, he will be able to attain the state of mind of “no opponent”. In sparring, he acts as he sees. He will see the movement of his “opponent” as if it were his own reflection in the mirror.

If you want to be successful in business or in the school, you have to be able to rid the “self” from whatever you are doing. It is just like in a soccer game, your mind will only focus on delivering a goal. Forget and abandon the “self” and give your best shot. You will certainly make it!