

What Are Humility and Open-Mindedness For

There is a **boxing coach-blogger** who teaches the **secrets of the trade** in **Russian**. It is immediately clear that he knows a lot and explains in a **scrupulous** way the **basics of boxing**. His opening greeting in every video is: “**Hello little boxers.**” In **Russian** this greeting sounds a bit strange, and even in **Italian** it does not translate well, because it is not immediately clear what he means: either he has **affection** for the viewers, or he wants to **offend** them, or he has some **mental problem**, since it sounds too **saccharine** considering his **appearance**, that of someone with a **battered face** from fights.

After about a year following his **blog**, I realized that the **coach** addresses that funny greeting to **beginners**, assuming that **experienced boxers** will not watch his videos. This **intuition** made me reflect. Yes, it is true that most of us, after a certain **life experience**, lose the ability not only to **learn new things**, but also to **review** and **deepen** what they believe they already know well.

Reading for the first time the books of **Carlos Castaneda**, I noticed that when the **Nagual don Juan** taught something to his **apprentice**, even his **Nagual companions**, who knew many things in depth, listened with **extreme attention**. While reading, I put the **teachings** into practice.

In the **gym** where I currently train in **kickboxing**, every **autumn** new **boys and girls** arrive. The **coach**, while teaching the **novices** the **basics of technique**, also invites us, the more advanced, to participate. I gladly **review** the **techniques**, because sometimes I see that even **boxing champions** have **gaps in basic technique**. For example, one — I will not cite his **name** because I respect him greatly — during the elementary **attack: one-two**, between the **one** and the **two**, lowers his **left hand** dangerously; the **opponent** sees it and **punishes** him. Or another of the **greats**, after the **attack**, retreats with his **head** exaggeratedly high and his **chin** exposed; he was punished many times, but nevertheless, he continued to commit the same **mistake** for years.

Such **stupid** and **irrational behavior** has its roots in our **personal importance**. This **feeling** rejects everything that does not fit into one’s own **opinions**. These people believe they possess an **absolute truth**, although it is only their **personal opinion** and nothing more. “**Knowing everything**”, beyond the wrong actions, leads to **premature aging**. The **humble person**, open to **learning new things** and to **critically reviewing** their own **beliefs**, lives **longer** and in a **healthier** way.

Contemporary **research**, for example that of the **Institute of Human Morphology in Moscow**, has convincingly demonstrated the increase of **blood circulation in the**

brain during **learning**. A positive **correlation** has been demonstrated between **cerebral circulation** and **life expectancy** and **quality of life**. Therefore, being **humble** and **unimportant in one's own eyes** is good for **health**.