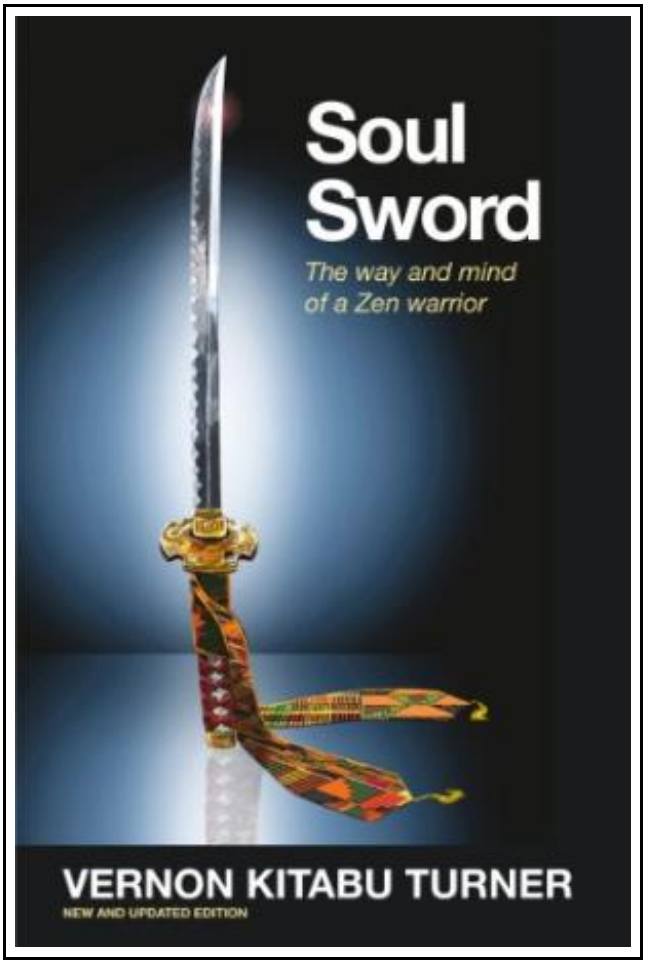
Soul Sword: The Way and Mind of a Zen Warrior



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Reviews

An exceptional publication and also the typeface applied was fascinating to learn. It normally will not expense excessive. Your life period will be transform once you comprehensive looking over this pdf.
(Rachelle O'Connell)

SOUL SWORD: THE WAY AND MIND OF A ZEN WARRIOR

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Watkins Media. Paperback. Book Condition: new. BRAND NEW, Soul Sword: The Way and Mind of a Zen Warrior, Vernon Kitabu Turner, This book is about conquering fear. Roshi Kitabu (writing as Vernon Kitabu Turner) knows from personal experience how to overcome fear. As a child, he cowered before neighbourhood bullies until finally he was driven to find his courage because he had to defend his brother. From that point he resolved to help anyone in need, and began to study martial arts. As a result of an extraordinary act of synchronicity, he met a Japanese Zen master, and shortly afterwards experienced an epiphany (satori), by which he understood that it is the soul that controls the body: 'in a blaze of light, I immediately understood the secret of self-defense from the inside out.' With virtually no training in the martial arts, he became a master - and after a sensational 'trial by combat' he was made a 'black belt'. Roshi Kitabu shares his secret - and explains that this power exists in everyone. He shows the steps that must be taken to cultivate the Warrior Mind - involving a direct flow from the Soul (your inherent spiritual power) into action. 'Before you can begin to control a possible assailant, you must take control of your thoughts. A warrior must believe in his ability to win.' This has become a truism for all serious practitioners of martial arts - but its message applies equally to all the obstacles that one encounters in life: truly the soul houses the sword. Through diligent practice, we can sharpen ourselves to a razor's edge and learn to cut though any obstacle as it arises.

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