

## Art Peace Teachings Founder Aikido

As an emerging psychotherapeutic discipline, drama therapy has been gaining global attention over the last decade for its demonstrated efficacy in the treatment of child and adolescent populations. However, despite this attention and despite the current turbulent state of the world and the increasing population of disturbed and at-risk children, the field of drama therapy has so far lacked a standard text. Weber and Haen's book fills this need, providing a core text for graduate students and established professionals alike. *Clinical Applications of Drama Therapy in Child and Adolescent Treatment* is guided by theory, but firmly rooted in practice, providing a survey of the many different possibilities and techniques for incorporating drama therapy within child and adolescent therapy. More than merely a survey of the existing literature on drama therapy, this text represents a true expansion of the field: one which articulates the breadth of possibilities and applications for drama therapy in the larger context of psychotherapy.

*Aikido Ground Fighting* presents effective ground techniques that remain true to aikido founder Morihei Ueshiba's teachings while addressing a potential weakness in the system: while aikido is renowned for its submission and compliance techniques as well as grappling from a standing position, it is not known for its effectiveness when it comes to ground fighting. *Aikido Ground Fighting* is a unique look at the roots of aikido techniques (in particular, the kneeling practices of *suwari-waza*) and how they might be applied to defense on the ground. Written by a direct student of Morihei Ueshiba in collaboration with other aikido teachers, this book remains steadfastly true to the founder's teachings while presenting innovative and effective techniques. Containing never-before-published pictures of Ueshiba as well as step-by-step photographs clearly demonstrating techniques, *Aikido Ground Fighting* is designed for aikido students looking to become more well-rounded martial artists as well as practitioners of all martial arts seeking effective self-defense techniques. From the Trade Paperback edition.

The connection between Zen, art, and martial pursuits. Besides conveying the important lessons learned throughout decades, the book contains calligraphy, artwork, and invaluable photographs (of Aikido founder Ueshiba and others) that have never before been published. In addition, it contains unpublished lectures given by the founder of Aikido.

The inspirational teachings in this collection show that the real way of the warrior is based on compassion, wisdom, fearlessness, and love of nature. Drawn from the writings of the founder of the Japanese martial art of aikido, this work offers a nonviolent way to victory in the face of conflict.

Morihei Ueshiba (1883-1969), the founder of Aikido—whose name means "abundant peace"—was "undoubtedly the greatest martial artist who ever lived," according to his biographer, John Stevens. "Even if we accept every exploit of all the legendary warriors, East and West, as being literally true, none of those accomplishments can be compared to Morihei's documented ability to disarm any attacker, throw a dozen men simultaneously, and down and pin opponents without touching them, recorded scores of times in photographs, on film, and by personal testimony." How did the diminutive master—barely five feet tall—attain this uncanny power? In *Abundant Peace*, John Stevens tells the real story behind Morihei's achievement, illuminating the man and his message in a way that will delight and stimulate the reader. Focusing on the how and why of Morihei's career, Stevens describes the people, events, and ideas that influenced his lifelong spiritual quest, which culminated in the unique teachings of Aikido. Illustrated with photographs of Morihei in action and filled with revealing anecdotes about his life and times, the book also offers a valuable discussion of the Founder's conception of Aikido as a path of harmony and love, unifying mind and body, self and others, man and the universe.

A humorous book on Zen brushwork and calligraphy. *Brush Mind* provides insights into the philosophy of art with a collection of writings with only a few simple words. Every other page in the main section of this book shows an imaginative one-stroke painting created in monochrome. With its message of universal harmony, the martial art of Aikido is attracting an ever-expanding number of followers all around the world.

There are now 1,600,000 Aikido practitioners in 90 different countries. *The Heart of Aikido: The Philosophy of Takemasu Aiki* focuses on the human values and promotion of peace that legendary founder Morihei Ueshiba believed were at Aikido's core. Takemasu Aiki means, "the life-generating force capable of unlimited transformations," an idea that serves as the spiritual foundation on which Aikido rests. The book, translated into English for the first time, draws on the essence of the founder's philosophy and spirituality, which was based on the Shinto religion. It presents such tenets as: the importance of harmony in the martial arts, the ultimate promotion of peace by dispelling any aggression through such harmony, and the divinity of the true self and the universe. The Japanese version of the book holds a special place in the hearts of Aikido practitioners; the English-language edition has been eagerly awaited and is sure to be greeted with great excitement.

Shioda demonstrates how the Basic Exercises that comprise the core teachingn Aikido will develop physical focus in the practitioner, and teach them howo harness that focus for wider practical applications. Also central to theikido philosophy is the importance of achieving harmony with one's opponentnd Shioda explains how this can be done through a selfless devotion to theechniques. By doing this, one can enter an unrestrained state of mind, whichn turn can improve one's powers of concentration. This book primarily dealsith the Basic Throws that form the early stages of Aikido practice and is aevised edition of a previous textbook that was not for sale to the public.his updated version includes a wealth of rare photographs of the authoremonstrating the techniques, as well as a new section on Practicalpplication. As discussed in a new foreword by the author's son, Yasuhisahioda, this book should serve as a testament to the universality of Aikido, martial art which, partly down to its emphasis of defense over attack, cane practiced by anyone, regardless of age.;This is one of Aikido's most Here is a unique approach to the teachings of the Founder of Aikido, Morihei Ueshiba, as interpreted by his direct student of fifteen years. Mitsugi Saotome examines the spiritual philosophy of the Founder, the warrior ideals of feudal Japan as the basis of his martial arts philosophy, and the scientific principles underlying the philosophy of Aikido technique. The author shows that the physical movement of Aikido is the embodiment of principles of the spirit. Negative force is not countered with aggression but is controlled and redirected through the power and balance of spiral movement. This is the shape of Aikido and the dynamic shape at the foundation of all energies of existence. Aikido movement can only be understood from its roots in universal law and the processes of nature. The sincere practice and study of Aikido deepens our appreciation for the perfection of nature's balance and brings us back into harmony with our environment, other people, and ourselves. Abundantly illustrated with the author's drawings, diagrams, and calligraphies, as well as photographs demonstrating Aikido techniques, the book also offers a history of Aikido, personal anecdotes about the Founder, and translations of several of his lectures.

Master the wooden weapons used in Aikido with this comprehensive martial arts training manual. Although aikido is often thought of as a nonviolent, noncompetitive martial art, the use of weapons was introduced by the art's founder O'Sensei Morihei Ueshiba. In fact, aikido techniques that use wooden weapons can enrich all aspects of your practice, helping you to understand both basic and advanced aikido technical tactics as well as conceptual strategies and skills. Building on the authors' belief that no empty-hand system is complete without weapons training, *Aikido Weapons Techniques: The Wooden Sword, Stick, and Knife of Aikido* demonstrates weapon use both as a training tool to better illustrate aikido principles, and as a self-defense against weapon attacks, focusing on the three primary weapons used in aikido: Ken—the wooden sword Jo—the wooden staff Tanto—the wooden knife A complete discussion of each weapon is included, with descriptions of the stances, grips, techniques, forms, defenses, and training appropriate for each. With over 200 step-by-step photographs and detailed instructions, this aikido book provides an in-depth exploration of weapons use in aikido—from its spiritual implications to technical theory and practical use.

The relationship between meditation and the martial arts is a multifaceted one: meditation is one of the practices in which martial

artists engage in order to prepare for combat, while the physical exercises constituting much of the discipline of the martial arts might well be considered meditative practices. Michael Raposa, himself a martial arts practitioner, suggests there is a sense in which meditation may in turn be considered a form of combat, citing a variety of spiritual disciplines that are not strictly classified as "martial arts" yet that employ the heavy use of martial images and categories as part of their self-description. Raposa, in this extraordinary alloy of meditation manual, historical synthesis, and spiritual guide, provides a fascinating approach to understanding the connection between martial arts and spirituality in such diverse disciplines as Japanese aikido, Chinese tai chi chuan, Hindu yoga, Christian asceticism, Zen Buddhism, and Islamic jihad. What happens when spiritual discipline is appropriated for exercises meant for health or recreation? How might prayer, meditation, and ritual be understood as martial activities? What is the nature of conflict, and who is the enemy? These are some of the questions Raposa raises and responds to in *Meditation and the Martial Arts*, his rumination on the martial arts as meditative practice and meditation as a martial discipline.

The *Book of Five Rings* is one of the most insightful texts on the subtle arts of confrontation and victory to emerge from Asian culture. Written not only for martial artists but for anyone who wants to apply the timeless principles of this text to their life, the book analyzes the process of struggle and mastery over conflict that underlies every level of human interaction. The *Book of Five Rings* was composed in 1643 by the famed duelist and undefeated samurai Miyamoto Musashi. Thomas Cleary's translation is immediately accessible, with an introduction that presents the spiritual background of the warrior tradition. Along with Musashi's text, Cleary translates here another important Japanese classic on leadership and strategy, *The Book of Family Traditions on the Art of War* by Yagyu Munenori, which highlights the ethical and spiritual insights of Taoism and Zen as they apply to the way of the warrior.

"The Purpose of Aikido is to remind us that we are always in the state of grace," said Morihei Ueshiba (O-Sensei). If anyone embodied that state of grace, it was O-Sensei himself, the founder of Aikido and perhaps the greatest martial artist who ever lived. But who was the man who created this martial art known as the "Art of Peace"? What were the principles—always more spiritual than physical—that this "warrior for peace" espoused? And how did O-Sensei's own movements embody the high standards he set for himself and others? Training with the Master addresses all these questions, centering around 157 photographs of unrivaled quality, shot when O-Sensei was eighty-four years old and at the peak of his career as a teacher, martial artist, and spiritual seeker. Here, frozen forever in time, is a day in the life of the Founder, on and off the mat. We see him in training, from his initial bow before the dojo shrine and warm-up movements, through a series of exercises, postures, pins, and throws, to the concluding "seated breath-power training" and mutual back-stretching. We see him demonstrating his immobilizing wrist grip; explaining the mysteries of Ki, the vital life force, and how to control it; speaking to his students; taking refreshments—and flashing the smile that itself drew many to the practice of Aikido. Framing the photographs are a biography of O-Sensei by John Stevens; a compilation of quotations from the Founder's talks, sayings, and poems; and examples of his calligraphy.

This book is an invaluable guide for practitioners - whether beginning or advanced - wishing to know more about the context in which Aikido was developed and Aikido's implications for the world today. Some of the ideas discussed are : the relation of Aikido to such Asian traditions as Shinto, Shingon Buddhism, Omotokyo esotericism, Taoist mysticism, and Tantra ; points of correspondence between Aikido and Western philosophical and religious systems - Greek philosophy, Christianity, Kabbalah, alchemy, and modern scientific theories ; links between Aikido and art ; ways that Aikido thought can be used to advance the causes of such urgent issues as health and healing, conflict resolution and environmental responsibility. --from back cover.

In the past twenty years, the Aikido population has increased tremendously in the United States, primarily because of the vast number of comprehensive American instructors. Greg O'Connor walks the reader through the history and philosophy of aikido. He then, in short chapters peppered with photos and illustrations, answers common questions about etiquette, training methods, and, in general, "what to expect" when practicing aikido.

*Aikido and the Dynamic Sphere: An Illustrated Introduction* provides a complete foundation in the practice of one of the most distinctive and effective Japanese martial arts. Aikido was created in Japan in the 1920's by Morihei Ueshiba, also known as Osensei. To possess the skills, techniques and attitude of the true practitioner of aikido, one must achieve a very high level of integration of the powers of mind and body, the harmonious combination of physical means and ethical motives. By controlling body position and learning how to harmonize vital physical and mental powers, anyone (regardless of size, strength or weight) can fend off attacks using this sophisticated martial art. Written and illustrated by husband/wife team, Oscar Ratti and Adele Westbrook, *Aikido and the Dynamic Sphere*, with over 1,200 illustrations, includes many Aikido techniques in chapters such as: What is Aikido? The Foundations of Aikido The Practice of Aikido The Basic Techniques of Neutralization Advanced Practice And more!

Morihei Ueshiba is rightly known as one of the world's greatest martial artists for his creation of aikido, the synthesis of his superb technique and his profound spiritual insight into the nature of the universe. Aikido is much more than just another fighting style, it is a holistic approach to life that Morihei described as "a divine path inspired by the gods that leads to truth, goodness, and beauty." Sadly, Morihei left few writings to explain his martial arts philosophy, preferring to teach his disciples by direct example. Aikido students will be familiar with photographs and film footage of Morihei as an old man, effortlessly defeating his much younger opponents, but very little has been published about Morihei's prewar years, when he was perfecting aiki-budo, as aikido was then known. In 1938 Morihei wrote *Budo (Martial Way)* as an instruction manual and a statement of the aims and spirit of his martial arts philosophy. *Budo*, however, was never made available to the general public, and it even contains the injunction that "these techniques ... should not be disclosed indiscriminately to the public." Now with the worldwide popularity of aikido rivaling that of judo and karate-do, the Aikikai Foundation and the Ueshiba family have decided that it is time for this historic treatise of the martial arts to be translated into English, and made available to general readers and students of aikido all over the world. Reproduced faithfully from the original, this seminal work contains one of the founder's few personal statements of his basic principles, expressed both in prose and mystical poetry. The text is accompanied by photographs of Morihei illustrating the aikido techniques he describes. This martial arts classic is preceded by an introductory biographical essay on Morihei by his son Kisshomaru Ueshiba, the present chairman of the Aikikai Foundation. This enlightening work recounts the founder's early life, his inspirational 'encounter with the religious mystic Onisaburo Deguchi, and the spiritual revelations that led him to develop the art of aikido. The volume concludes with a series of action photographs of the founder demonstrating aikido techniques, taken at a private dojo in Tokyo in 1936. This section also includes selected photographs of Morihei in action in 1951. The more than 400 historic photographs shown here provide an unequalled opportunity to observe the lifelong devotion to aikido and the continuity of

performance that characterized Morihei's approach to his art.

This definitive, richly illustrated manual covers essential elements of the philosophy and practice of Aikido, the Japanese martial art. John Stevens details the precise execution of the wide range of techniques, and recounts interesting and lively anecdotes about the history of Aikido and its founder, Ueshiba Morihei.

Kisshomaru Ueshiba (1921-1999), is regarded as a man who embodied the spirit of aikido, as inherited from his father, Morihei Ueshiba, aikido's founder. *The Spirit of Aikido* is his masterpiece, and regarded as a seminal work on the discipline, and on martial arts in general. In this classic discourse, Ueshiba concisely explains the essence of aikido's philosophy and techniques. Long available in paperback, *The Spirit of Aikido* will now be published in a hardcover edition, with new photos and a preface by Moriteru Ueshiba, the third and present Aikido Doshu (headmaster) and the author's son. Aikido — a modern Japanese martial art unique in its synthesis of classic forms with a well-defined spiritual base — offers a key to the art of living naturally and unselfishly in a complicated world. This book explains it in reference to the founder's philosophy of mind — and action. In addition, the history of aikido's prewar development as a noncompetitive new martial art is described in the context of its international role.

*Invincible Warrior* tells the fascinating story of the life of Morihei Ueshiba (1883–1969), whose quest for the true meaning of warriorship led to the creation of the martial art called Aikido, "The Art of Peace." Ueshiba—whose name means "abundant peace"—is considered by many to be one of the greatest martial artists who ever lived. His documented ability to disarm any attacker, throw a dozen men simultaneously, and down and pin opponents without touching them has accorded his life legendary status. *Invincible Warrior* presents the real story behind Morihei's achievement, illuminating the man and his message. Stevens describes the people, events, and ideas that influenced Ueshiba's lifelong spiritual quest, which culminated in the development of unique teachings of Aikido. Illustrated with two hundred photographs of Morihei in action and filled with revealing anecdotes about his life and times, *Invincible Warrior* also offers valuable discussion of the founder's conception of Aikido as a path of harmony and love, unifying body and mind, self and others, humans and the universe.

For the first time in English, *The Essence of Aikido* presents the profound philosophy of Aikido in Morihei's own words, disclosing many of the arcane secrets of Aikido's aims and methods. Considered by many to be the greatest martial artist and spiritual teacher of the twentieth century, Morihei provides a wealth of clues to the often puzzling nature of the inseparable link between the physical and spiritual aspects of Aikido, revealing the heart of the peaceful warrior's art. Elegantly translated and compiled by John Stevens, translator of Morihei's *Budo*, the first half of *The Essence of Aikido* presents the most comprehensive collection of the writings of Morihei Ueshiba ever published. Key concepts in Aikido philosophy, such as kototama (language of the spirit) and misogi (purification of body and mind) are discussed at length, profusely illustrated with Morihei's mystical diagrams, spiritual poems, and fascinating calligraphy. For Morihei, techniques were the means to express the spiritual principles of Aikido, and in the second half of *The Essence of Aikido*, John Stevens focuses on Morihei's techniques. Over two hundred hitherto unpublished photos of Morihei in action from his earliest days as a teacher of the martial arts to his last years as a master of Aikido complete this detailed survey of the true nature of Aikido. A major contribution to a field that until recently has remained elusive to Western readers, *The Essence of Aikido* is an inspiring study of the spiritual and physical elements in Aikido, providing an important resource for martial arts practitioners and philosophy students alike.

*Journey to the Heart of Aikido* presents the teachings of Motomichi Anno Sensei, one of the few remaining direct students of Morihei Ueshiba, the legendary founder of Aikido. After a lifetime of practice and teaching in Japan, the United States, and Europe, Anno Sensei conveys through his teachings Aikido's essential spirit of love, harmony, gratitude, and purification with simple authenticity and eloquence. Author and translator Linda Holiday—herself a senior instructor of Aikido—brings to life the intimacy of this communication through translated discourses on the deep practice of Aikido and candid dialogues between Anno sensei and Western students. *Journey to the Heart of Aikido* includes Linda Holiday's vivid account of her adventure as a young woman studying Aikido in the mystical region of Kumano, Japan, in the 1970s, and a poignant telling of Anno sensei's life and his first-hand experience of training with Aikido's founder. An essential resource for the global Aikido community, *Journey to the Heart of Aikido* also offers spiritual teachings relevant to all contemporary seekers, touching a wide range of themes such as the meaning of martial arts, the integration of body and spirit, the truth of interconnectedness, and the practice of peace, offering all readers insight into the profound spiritual questions at the heart of life. From the Trade Paperback edition.

Explains the principles, and basic postures and movements of aikido with special emphasis on key points to perfect one's technique, develop greater strength, and increase one's speed

*Budo Training in Aikido* was originally published as *Budo Renshu* in 1933, and remains the first and foremost resource on the topic. Since the art of Aikido has splintered into many different factions there is a developing trend to return to its "roots" and *Budo Training in Aikido* will appeal to this growing number of Aikido purists. Written by the founder of modern Aikido this reissue provides the full text of the original with minor editorial corrections (obvious errors have been corrected to match the 424 original illustrations). The principles and essence of technique (standing and rear, sitting, half-sitting, and others) are explained in detail with technical illustrations throughout. *Budo Training in Aikido* provides an all-encompassing and essential guide to modern Aikido.

Morihei Ueshiba (1883–1969), founder of the Japanese martial art of Aikido, is one of the greatest and most beloved martial artists in history. *Remembering O-Sensei* is a portrait of Ueshiba as told by his uchi-deshi, the students who lived and trained with him as his disciples. This collection of memories—gathered here for the first time—captures the essence of this extraordinary martial arts master and visionary, revealing Ueshiba's teaching style, his daily habits, his philosophy of life, the lovably human aspects of his personality, and his deep belief that Aikido could be used as a means to creating

peace and harmony in the world. The book also provides a snapshot of a fascinating time in Japanese history when a student would apprentice with his master by essentially moving in with him and receiving instruction through rigorous training sessions, and also by serving him and observing his actions in daily life. Most of the students whose remembrances are included in this book went on to spread the teaching of Aikido throughout the world and became masters in their own right.

Discusses the philosophy behind aikido, demonstrates beginning lessons, and shows how to apply its principles to one's life

Aikido is an ancient Japanese martial art based on natural body movements and the unity of mind and body, which restrain or throw opponents by utilizing the power of their own energy. Illustrated step-by-step sequences demonstrate postures, movements, pins, falls and throws, showing both solo and paired exercises. A perfect guide for both beginners and experienced practitioners.

Morihei Ueshiba was an original artist and an exceptional master of budo. What he was doing was more than just passion. He involved finesse and sensitivity into war craft. Today it is difficult to undermine the thesis that he devoted his whole life searching for a method of combining the martial art with the ideas of justice and peace. Devoting to budo, he entered a difficult and winding road. Initially, he did not meet the enthusiasm of the scene, and moreover, many contradictions of fate emerged. However, his persistence, determination and exceptional genius led his art to the heights of popularity. He became a valued person not only in budo, but also in the world of culture and art. Morihei Ueshiba was a frequent visitor in various social circles, and extensive contacts, among others between the high officers of the army made him attract the attention of government officials and the imperial court. The West also became interested in aikido. In the last years of the master's life there were numerous invitations from the western world, asking for the presentation of his art...

A revered modern artist and Zen teacher offers an inspirational account of how his art has been the expression of a life of social activism. "Awakening," says Kazuaki Tanahashi, "is to realize the infinite value of each moment of your own life as well as of other beings, then to continue to act accordingly." This book is the record of a life spent acting accordingly: Through his prose, poetry, letters, lyrics, and art, Tanahashi provides an inspirational account of a what it's been like to work for peace and justice, from his childhood in Japan to the present day. Included are fascinating vignettes of the seminal figures who refined his views--among them Daniel Ellsberg, Gary Snyder, Mayumi Oda, and Morihei Ueshiba, the founder of Aikido--as well as striking examples of the art he has so famously used to bear witness to the infinite value of life.

The first guide to using samurai self-discipline, focus and determination in order to find your unique inner power and be a success in your chosen field. This inspiring book offers historically authentic and highly effective mind-control and leadership techniques, as well as fun activities to bring a flavour of old Japan into your life. For centuries, the Japanese samurai were the unquestioned leaders of their society, maintaining their position through their iron will, Zen-like emotional control and clan-building social skills. Today, in a modern world that so often privileges instant gratification and self-indulgence, few commit to the Way of the Samurai, yet this challenging path of self-discipline, self-control and dedication will bring great rewards to those who follow it. In this ultimate guide to making use of the authentic samurai practices and techniques in today's world, learn how to control your mind and emotions, stay on the path until you have achieved mastery of your chosen art, build a network of loyal followers, defend your home from physical and psychic attack, use samurai spirituality and even magic - and much more.

Enlightenment through Aikido focuses on Aikido's spiritual teachings, drawing on Sunadomari's experiences as a direct student of Morihei Ueshiba. Quotes from the founder and the author's interpretations show how Aikido can develop inner strength and tranquility. This book is an excellent companion for those practitioners who aspire to go beyond the physical in their journey along the path of Aikido. From the Trade Paperback edition.

A leading American aikido teacher shows how this 20th-century martial art developed from the ancient spiritual traditions of Japan, not as a fighting method but rather as a means of becoming one with the laws of universal order.

On Looking begins with inattention. It is about attending to the joys of the unattended, the perceived 'ordinary.' Horowitz encourages us to rediscover the extraordinary things that we are missing in our ordinary activities. Even when engaged in the simplest of activities like taking a walk around the block, we pay so little attention to most of what is right before us that we are sleepwalkers in our own lives.

A fascinating introduction to Zen principles and learning.

Aikido is the Way of Peace, a martial art aimed at harmonizing body and spirit with the natural forces of the universe. Developed in the late 1920s by martial artist and spiritual leader Morihei Ueshiba, Aikido is unique among martial arts for its emphasis on peace and philosophical and spiritual development. Though Aikido is a fighting system, its goal is not destruction and injury, but rather protection and harmony for all parties involved in the struggle. "Those who seek to compete and better one another are making a terrible mistake," says Morihei, "The real Way of a Warrior is to prevent such slaughter -- it is the Art of Peace, the power of love." In *Secrets of Aikido*, John Stevens -- esteemed Aikido instructor and author of over 30 books on Aikido and its founder) -- delves into the hidden teachings and deep, multi-dimensional spiritual wisdom offered by this unique martial art. Divided into two broad sections on "The Mysteries of Aikido" and "The Practice of Aikido," this book explores, Practices for the purification of mind and body The tantric dimensions of Aikido, unifying masculine and feminine The Aikido science of sound and how it parallels the use of mantras and similar practices in other spiritual disciplines Breathing techniques for calming the spirit and returning to the source of life The six pillars of Aikido: physical techniques based on spiritual principles that link us to a higher realm of being For beginners and seasoned practitioners alike, *Secrets of Aikido* presents honest and inspirational insight into a

harmonious and peaceful way of life. John Stevens lived in Japan for 35 years, where he was a professor of Buddhist studies at Tohoku Fukushi University in Sendai. A widely respected translator, ordained Buddhist priest, curator of several major exhibitions of Zen art, and an aikido instructor, he has authored more than thirty books and is one of the foremost Western experts on aikido, holding a ranking of 7th dan Aikikai. Readers interested in related titles from John Stevens will also want to see: *Abundant Peace* (ISBN: 9781626543232), *Aikido: The Way of Harmony* (ISBN: 9781626543270), *Sacred Calligraphy of the East* (ISBN: 9781626549944), *The Marathon Monks of Mount Hiei* (ISBN: 9781626549951), *The Philosophy of Aikido* (ISBN: 9781626549937), *Extraordinary Zen Masters* (ISBN: 9781626549920).

This book explains the principles of judo and aikido in order to show their fundamental relationship to the basis of happiness, justice, freedom, and world peace as presented in macrobiotic theory. Previously published as *The Art of Peace*.

A fifth-degree black belt in the revolutionary martial art of aikido applies ancient techniques, physical and spiritual, to the battles we wage every day in both our public and private lives.

The Art of Peace Shambhala Publications

TOP 5 ART OF WAR QUOTES 1. "Know your enemy and know yourself, win without danger." 2. "Knowing when to do battle and when not to do battle brings victory." 3. "Those skilled at making war subdue another's army without battle, overcome another's walled cities without attack, overthrow another's kingdom without delay." 4. "Those who forego contemplation, merely expecting an enemy to be easy, will be captured by him." 5. "When doing battle, prizing victories that take too long dulls weapons and grinds down spirits." From business to politics to sports, the Art of War is as timely for leaders today as it was for military strategists in ancient China: strategy, negotiation, management, analysis, psychology, logistics, risk, conflict -- everyone from Secretary of State Colin Powell to influential tech CEO Larry Ellison to NBA super-coach Phil Jackson has profited from the timeless wisdom of Sun Tzu's classic. This special pocket edition of Sun Tzu's Original Art of War uses the most recent archaeological and academic research to recover the original Chinese text and faithfully recreate it in English, avoiding the unnecessary wordiness and inaccurate abstractions of other English translations. "The Art of War is among the greatest classics of military literature ever written. Sun Tzu warfare is as applicable today as when the book was written some 2,500 years ago.... Pick up *The Art of War* and read it." General A.M. Gray, *Marine Corps Gazette* "When the Japanese, especially those in business, want information on the subject, many turn to an ancient Chinese, not Japanese, military manual, *The Art of War*.... Shows managers how to be fearless in resolving conflicts." *Boardroom Reports* "Unlike most of the more wordy and interpretive translations of the Sun Tzu, Andrew Zieger gives us a unique bare bones rendering of this canonical text a series of word pictures that, in applying his own image-to-image technique, captures the poetically laconic force of the original. In this rendering, the Sun Tzu has not needed to surrender the beauty of its language for the victorious expression of its meaning." Roger T. Ames, Leading scholar in ancient Chinese literature and translator of "*Sun Tzu: The Art of Warfare*" (1993) "A highly accessible rendering of the influential work of military theory. Successfully evokes the careful, meditative response Sun- Tzu recommends to would be war-makers. Of use to anyone engaged in competitive endeavors, be they on the battlefield or at the poker table." Martin Harris, *Poker* journalist and author of the novel *Same Difference* (2010)

The body's innate capacity for feeling, intuition, and compassion can enable us to heal our physical and emotional wounds. In *The Anatomy of Change*, Richard Heckler draws on Aikido and Lomi Body Work to demonstrate how a set of practices can bring new awareness and choice into our daily life.

This classic samurai-era text fused Japanese swordsmanship with Zen and influenced the direction that the art has taken ever since. Written by the seventeenth-century Zen master Takuan Soho (1573–1645), *The Unfettered Mind* is a book of advice on swordsmanship and the cultivation of right mind and intention. It was written as a guide for the samurai Yagyu Munenori, who was a great swordsman and rival to the legendary Miyamoto Musashi. Takuan was a giant in the history of Zen; he was also a gardener, calligrapher, poet, author, adviser to samurai and shoguns, and a pivotal figure in Zen painting. He was known for his brilliance and acerbic wit. In these succinct and pointed essays, Takuan is concerned primarily with understanding and refining the mind—both generally and when faced with conflict. *The Unfettered Mind* was a major influence on the classic manifestos on swordsmanship that came after it, including Miyamoto Musashi's *Book of Five Rings* and Yagyu Munenori's *Life-Giving Sword*.

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