

The Life Giving Sword Secret Teachings From House Of Shogun Yagyu Munenori

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The Swordsman's Handbook

- William Scott Wilson

2014-04-29

There is perhaps no more

potent symbol of the samurai era than the sword. By the seventeenth century in Japan, the art of swordsmanship had

begun to take on an almost cult-like popularity. Swordsmanship was more than a mastery of technique; it was a path toward self-mastery. The Swordsman's Handbook is the definitive collection of writings by men who saw the study of swordsmanship not only as essential to life and death, but as something that transcended life and death as well. Their teaching, that dealing with conflict is an art that requires grace and courage, speaks to us today with surprising immediacy and relevance. Included in this collection are writings by Kotada Yahei Toshitada, Takuan Soho, Yagyu Munenori, Miyamoto Musashi, Matura Seizan, Issai Chozanishi, and Yamaoka Tesshu.

Living the Martial Way - Forrest E. Morgan 1992
A step-by-step aooriach to applying the Japanese warriors mind set to martial training and daily life.

The Life-Giving Sword - Yagyu Munenori 2012-12-11
A real-life samurai's Zen teachings on sword training as

a spiritually transformative practice—essential reading for aspiring martial artists and strategic thinkers alike The legendary seventeenth-century swordsman Yagyu Munenori was the sword instructor and military and political adviser to two shoguns—and a great rival to Miyamoto Musashi. Despite his martial ability and his political power, Munenori's life was spent immersed in Zen teachings. These teachings formed the framework for his deeply spiritual approach to sword fighting. Munenori saw in the practice of the sword a way to transform the student into a total human being. The Life-Giving Sword is Munenori's manifesto on his approach. His central themes are the "life-giving sword"—the idea of controlling one's opponent by spiritual readiness to fight rather than by actual fighting—and "No Sword," which is the idea that the mind must be free of everything, even the sword itself, in order to get to the place of complete mastery. Munenori's ideas are applicable not only to martial

arts but to business and human relations as well.

Zen and the Way of the Sword - Winston L. King

1994-11

How the samurai cultivated Zen, relating its teaching of a free and spontaneous mind to the experience of a warrior in individual combat, and finding philosophical strength in Zen as they prepared themselves for death.

Immovable Wisdom - Nobuko Hirose 1992

The Zen Master Takuan Sono (1573-1645) was a master of calligraphy, painting, gardening, martial arts, and the teacher of the Shogun Iemitsu, Yagyu Tajima-no-Kami (founder of Japan's greatest swordsmanship school) and Miyamoto Musashi (author of The Book of Five Rings).

Sophie's World - Jostein Gaarder 2007-03-20

One day Sophie comes home from school to find two questions in her mail: "Who are you?" and "Where does the world come from?" Before she knows it she is enrolled in a correspondence course with a

mysterious philosopher. Thus begins Jostein Gaarder's unique novel, which is not only a mystery, but also a complete and entertaining history of philosophy.

The Sword and the Mind - Yagyu Muenori 1988-06-06

Introduction by Sato Hiroaki

Long considered a classic of tactical wisdom, this book is an extraordinary synthesis of the ideas and experiences of three swordsmen: Hidetsuna, Muneyoshi and Munenori. During their lifetime in the 16th and 17th centuries they witnessed historic events which transformed Japan from a feudal state at war to a stable and powerful shogunate. At its simplest level a guide to swordsmanship but also a profound philosophical and psychological guide to strategy. Illustrated.

The False Prince - Jennifer A. Nielsen 2012-06-07

If you love the danger and sword-fighting of MERLIN, you'll like this! In a discontent kingdom, civil war is brewing. To unify the divided people, Conner, a nobleman of the

court, devises a cunning plan to find an impersonator of the king's long-lost son and install him as a puppet prince. Four orphans are recruited to compete for the role, including a defiant boy named Sage. Sage knows that Conner's motives are more than questionable, yet his life balances on a sword's point - he must be chosen to play the prince or he will certainly be killed. As Sage's journey continues, layer upon layer of treachery and deceit unfold, until finally a truth is revealed that proves more dangerous than all of the lies put together.

The Book of Five Rings

(Annotated) - Musashi Miyamoto 2021-05-03

The Book of Five Rings is a text on kenjutsu and the martial arts in general, written by the Japanese swordsman Miyamoto Musashi around 1643. Written over three centuries ago by a Samurai warrior, the book has been hailed as a limitless source of psychological insight for businessmen-or anyone who relies on strategy and tactics for outwitting the competition.

The Complete Musashi: The Book of Five Rings and Other Works - Miyamoto

Musashi 2018-11-20

Miyamoto Musashi

(1584-1645) is the most famous Samurai who ever lived. His magnum opus, the Go-Rin-Sho or Book of Five Rings is a classic that is still read by tens of thousands of people each year—Japanese and foreigners alike. Alex Bennett's groundbreaking new translation of The Book of Five Rings reveals the true meaning of this text for the first time. Like Sun Tzu's The Art of War, Musashi's book offers unique insights, not just for warriors, but for anyone wanting to apply the Zen Buddhist principle of awareness to achieve success in their endeavors. This book sheds new light on Japanese history and on the philosophical meaning of Bushido—the ancient "code of the Japanese warrior." Unlike other translations that are based on incomplete and inaccurate versions of Musashi's work, Bennett's is the first to be

based on a careful reconstruction of the long-lost original manuscript. Capturing the subtle nuances of the original Japanese classic, the result is a far more accurate and meaningful English version of The Book of Five Rings text. Richly annotated and with an extensive introduction to Musashi's life, this version includes a collection of his other writings—translated into English for the first time. A respected scholar, as well as a skilled martial artist, Bennett's understanding of Musashi's life and work is unparalleled. This book will be widely read by students of Japanese culture, history, military strategy, and martial arts. It sets a new standard against which all other translations will be measured.

When Buddhists Attack -

Jeffrey Mann 2012-10-10

Uncover the historical truth about Buddhist warrior monks with this informative and enlightening book. Film, television and popular fiction have long exploited the image of the serene Buddhist monk

who is master of the deadly craft of hand-to-hand combat. While these media overly romanticize the relationship between a philosophy of non-violence and the art of fighting, *When Buddhists Attack: The Curious Relationship Between Zen and the Martial Arts* shows this link to be nevertheless real, even natural. Exploring the origins of Buddhism and the ethos of the Japanese samurai, university professor and martial arts practitioner Jeffrey Mann traces the close connection between the Buddhist way of compassion and the way of the warrior. This zen book serves as a basic introduction to the history, philosophy, and current practice of Zen as it relates to the Japanese martial arts. It examines the elements of Zen that have found a place in budo—the martial way—such as zazen, mushin, zanshin and fudoshin, then goes on to discuss the ethics and practice of budo as modern sport. Offering insights into how qualities integral to the true martial artist are interwoven

with this ancient religious philosophy, this Buddhism book will help practitioners reconnect to an authentic spiritual discipline of the martial arts.

The Secret of Divine Civilization - `Abdu'-Bahá
2021-01-18

The Lightning Thief - Rick Riordan 2010-02-02

Percy Jackson is about to be kicked out of boarding school...again. And that's the least of his troubles. Lately, mythological monsters and the gods of Mount Olympus seem to be walking straight out of the pages of Percy's Greek mythology textbook and into his life. Book #1 in the NYT best-selling series, with cover art from the feature film, *The Lightning Thief*.

The Lone Samurai - William Scott Wilson 2013-03-12

Miyamoto Musashi (1584?1645) was the legendary samurai known throughout the world as a master swordsman, spiritual seeker, and author of the classic book on strategy, *The Book of Five Rings*. Over

350 years after his death, Musashi and his legacy still fascinate us and continue to inspire artists, authors, and filmmakers. Here, respected translator and expert on samurai culture William Scott Wilson has created both a vivid account of a fascinating period in feudal Japan and a portrait of the courageous, iconoclastic samurai who wrestled with philosophical and spiritual ideas that are as relevant today as they were in his time. For Musashi, the way of the martial arts was about mastery of the mind rather than simply technical prowess—and it is this path to mastery that is the core teaching in his *Book of Five Rings*. This volume includes supplemental material on Musashi's legacy as a martial arts icon, his impact on literature and film, and the influence of his *Book of Five Rings*.

The Life-Giving Sword - Liese Klein 2019-11-21

The Life-Giving Sword: Kazuo Chiba's Life in Aikido spans modern Japanese history and ranges across the world to tell

the story of a man with a mission - to understand and transmit the modern martial art of Aikido. It's a story full of struggle and heartbreak that will leave the reader with a new appreciation of an immigrant's achievements and the transformative power of a unique physical and spiritual practice.

The Breaking of the Outer Man and the Release of the Spirit - Watchman Nee

1997-06

"Every Christian who has believed into Christ and received Him has a desire to grow in Him. The greatest hindrances to the experience of the growth in life are not outward circumstances and environmental hardships; rather, they are a mind in need of renewing, a will in need of submission to God, and an emotion in need of stability. In the Breaking of the Outer Man and the Release of the Spirit Watchman Nee provides a clear picture of the need for the breaking of the outer man so that the life of Christ in our spirit can flow out as rivers of

living water to refresh and build up the people of God. In a new and revised translation of this spiritual classic, Watchman Nee provides crucial insight into the Biblical revelation of the necessity of the dividing of our soul from our spirit"--Back cover

The Life-Giving Sword -

Yagyu Munenori 2012-12-11

The legendary seventeenth-century swordsman Yagyu Munenori was the sword instructor and military and political adviser to two shoguns—and a great rival to Miyamoto Musashi. Despite his martial ability and his political power, Munenori's life was spent immersed in Zen teachings. These teachings formed the framework for his deeply spiritual approach to sword fighting. Munenori saw in the practice of the sword a way to transform the student into a total human being. The Life-Giving Sword is Munenori's manifesto on his approach. His central themes are the "life-giving sword"—the idea of controlling one's opponent by spiritual readiness

to fight rather than by actual fighting—and "No Sword," which is the idea that the mind must be free of everything, even the sword itself, in order to get to the place of complete mastery. Munenori's ideas are applicable not only to martial arts but to business and human relations as well.

□□□□ - □□□□ 2003

This is a translation of an important classic on Zen swordfighting. Yagyu's Buddhist spirituality is reflected in his central idea of the life-giving sword' - the notion of controlling an opponent by the spiritual readiness to fight, rather than during the fight. This is a translation of an important classic on Zen swordfighting. Yagyu Munenori was so widely renowned that he was appointed official sword instructor to two Tokugawa shoguns. (The position was always coveted by Miyamoto Musashi, but he never succeeded in gaining the post). Yagyu's'

The Gospel of Life - Pope John Paul II 1995-04

Reaffirming the "greatness and inestimable value of human life," Pope John Paul II discusses in this encyclical letter the present-day legal, ethical, and moral threats to life. In view of today's climate of practical materialism, he addresses, among other issues: abortion artificial reproduction techniques contraception death penalty euthanasia legitimate defense sterilization suicide The Holy Father encourages the faithful to promote and develop the Christian message concerning life, based on the goodness and dignity of life and on the human responsibility to share in the fullness and truth of God's love. In order to build a new culture of human life through prayer and action, he welcomes evangelization efforts and stresses the role of the family in bringing this to fruition. Noting the unique role of women in promoting a "new feminism" that overcomes discrimination, violence, and exploitation, the pope recognizes the witness of love through motherhood and also

adds a special word to women who have had an abortion. The letter concludes by looking to Jesus, in order that all may contemplate the life that was made manifest, and to the example and solace of Mary, who is the mother of life.

The Secret of the Rosary -
Saint Louis de Montfort
2015-02-20

BIOGRAPHERS have already told us much about St. Louis De Montfort and the Rosary; now, with this first English edition of THE SECRET OF THE ROSARY, we can listen to Montfort speaking for himself. Drawing upon his own experience as well as upon the experience of others, he endeavors to bring home to the reader, "in a simple and straightforward manner," as he himself tells us, the authentic message of the Rosary; namely, that it is a veritable school of Christian life. He sees it as including essentially the meditation of the mysteries of the life, death and glory of Jesus and Mary, with a view not only to honoring but especially imitating their

virtues as held up to our consideration in each mystery.
Igensho: The Book of Dignity -
Karasuma Kantaro 2006-08-07

Cultivating Ch'i - Kaibara
Ekiken 2013-04-09

Discover a different side of Japanese swordsmanship through this fascinating treatise by a samurai doctor on how to maintain a healthy mind, body, and spiritual life. Samurai are best known for taking life—but here is a samurai doctor's prescription for how to preserve life, and to make yours a long and healthy one. Unlike other samurai of his time, the samurai Kaibara Ekiken (1630–1714) was concerned less with swordsmanship than with how to maintain and nurture the healthy mind and body upon which martial techniques and philosophy depended. While serving as the chief medical doctor and healer to the Kuroda clan, he came to a holistic view of how the physical, mental, and spiritual lives of his patients were connected. Drawing from his

medical practice, the principles of traditional Chinese medicine, and his life experience, Ekiken created this text as a guide to sustaining health and stamina from youth to old age. Ekiken's advice regarding moderation, food and drink, sleep, sexual activity, bathing, and therapeutic practices is still amazingly intuitive and appropriate nearly three hundred years after this book was written.

The Sword of the Templars -

Paul Christopher 2009-07-07
From the USA Today bestselling author of *The Aztec Heresy* A mystery that spans the past A conspiracy that lives on in the heart of an ancient order... Army Ranger Lt. Col. John Holliday had resigned himself to ending his career teaching at West Point. When his uncle passes away, Holliday discovers a medieval sword-wrapped in Adolf Hitler's personal battle standard. But when someone burns down his uncle's house in an attempt to retrieve the sword, Holliday realizes that he's being drawn

into a war that has been fought for centuries-a war in which he may be the next casualty.

The Way of the Living Sword

- Yagyu Munenori 2003-08

The Way of the Living Sword is the final installment in D.E. Tarver's popular Warrior Series. It stands beside *The Book of Five Rings* by Miyamoto Musashi as one of the greatest writings of the warrior mind. In *The Way of the Living Sword*, Munenori gives an in-depth explanation of the connection between physical martial arts and the mental process of Zen. While Munenori and Musashi were both avid students of Zen, Munenori was more fascinated by the academic aspects of the philosophy. Munenori stretches the consciousness of even the most enlightened martial artist. Martial arts devotees will experience many flashes of revelation as Tarver explores the various aspects of Munenori's approach. Read and grow!

The Book of Lies - Aleister Crowley 2018-01-23

Aleister Crowley's *The Book of*

Lies is an important and complex work of occultism. Deciphering its many layers of hidden meaning requires a little patience and more than a beginner's knowledge of Thelema. For those interested in passing beyond the initiate stage, the reward offered by a deeper understanding of this challenging text is well worth the effort. This new 2018 edition of *The Book of Lies* from Kismet Publishing restores all of Crowley's original text, including the important keys, sigils and diagrams often omitted from reprints.

Budoshoshinshu - Yūzan

Daidōji 1984

This 17th-century text written for the education and guidance of Japanese warriors delineates the ethics, morality and daily duties of a class of people dedicated to honor and courage. William Scott Wilson holds a master's degree in Japanese language and literature.

The Unfettered Mind - Takuan Soho 2012-06-12

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.
Soul of the Samurai - Thomas Cleary 2011-07-05
Soul of the Samurai contains modern translations of three classic works of Zen & Bushido. In Soul of the Samurai, bestselling author and respected translator Thomas Cleary reveals the true essence of the Bushido code or Zen warrior teachings according to 17th-century Japanese samurai master Yagyū Munenori and his Zen teacher Takuan Soho. The three works of Zen & Bushido translated in Soul of the Samurai are: The Book of the Sword by Yagyū Munenori The Inscrutable Subtlety of Immovable Wisdom by Takuan Soho The Peerless Sword by Takuan Soho Yagyū was a renowned swordsman and chief of the Shogun's secret police, while Takuan was the Zen spiritual mentor to the Emperor. This samurai philosophy book contains the first English translations of their seminal writings on Bushido. Cleary not only provides clear and readable

translations but comprehensive notes introducing the social, political, and organizational principles that defined samurai culture—their loyalty to family, their sense of service and duty, and their political strategies for dealing with allies and enemies. These writings introduce the reader to the authentic world of Zen culture and the secrets behind the samurai's success—being "in the moment" and freeing the mind from all distractions, allowing you to react instantaneously and instinctively without thinking. In these classic works we learn that Zen mental control and meditational training were as important to the Samurai as swordsmanship and fighting skills.

Secrets of the Sword - Baron De Bazancourt 2016-03-10
This vintage book contains a fascinating, engaging, and thoroughly enjoyable book concerning fencing. A gentleman delivers a series of lectures over a period of eleven evenings on the subject of fencing, dealing with the

fundamentals of the sport, different techniques, etiquette, and more. This volume is highly recommended for anyone with an interest in fencing, and it would make for a fantastic addition to collections of allied literature. Contents include: "The First Evening", "The Second Evening", "The Third Evening", "The Fourth Evening", "The Fifth Evening", "The Sixth Evening", "The Seventh Evening", "The Eighth Evening", "The Ninth Evening", "The Tenth Evening", et cetera. Many vintage books such as this are increasingly scarce and expensive. We are republishing this volume now in an affordable, modern edition complete with a specially commissioned new introduction.

The Mandaean Book of John

- Charles G. Häberl 2019-11-18

Given the degree of popular fascination with Gnostic religions, it is surprising how few pay attention to the one such religion that has survived from antiquity until the present day: Mandaeism. Madaeans,

who esteem John the Baptist as the most famous adherent to their religion, have in our time found themselves driven from their historic homelands by war and oppression. Today, they are a community in crisis, but they provide us with unparalleled access to a library of ancient Gnostic scriptures, as part of the living tradition that has sustained them across the centuries. Gnostic texts such as these have caught popular interest in recent times, as traditional assumptions about the original forms and cultural contexts of related religious traditions, such as Judaism, Christianity, and Islam, have been called into question. However, we can learn only so much from texts in isolation from their own contexts. Mandaean literature uniquely allows us not only to increase our knowledge about Gnosticism, and by extension all these other religions, but also to observe the relationship between Gnostic texts, rituals, beliefs, and living practices, both historically and in the present day.

Aikido and the Dynamic Sphere - Adele Westbrook

2012-10-16

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! [The Swordsman's Handbook](#) - William Scott Wilson

2014-04-29

An anthology of the most influential writings on swordsmanship from the samurai era. There is perhaps no more potent symbol of the samurai era than the sword. By the seventeenth century in Japan, the art of swordsmanship had begun to take on an almost cult-like popularity. Swordsmanship was more than a mastery of technique; it was a path toward self-mastery. The Swordsman's Handbook is the definitive collection of writings by men who saw the study of swordsmanship not only as essential to life and death, but as something that transcended life and death as well. Their teaching, that dealing with conflict is an art that requires grace and courage, speaks to us today with surprising

immediacy and relevance. Included in this collection are writings by Kotada Yahei Toshitada, Takuan Soho, Yagyu Munenori, Miyamoto Musashi, Matura Seizan, Issai Chozanshi, and Yamaoka Tesshu.

The Art of Peace - Morihei Ueshiba 2010

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.

Ben-Hur. A Tale of the Christ - Lew Wallace 1887

Revelation - 1999-01-01

The final book of the Bible, Revelation prophesies the ultimate judgement of mankind in a series of allegorical visions, grisly images and numerological predictions. According to these, empires will fall, the "Beast" will be destroyed and Christ will rule a

new Jerusalem. With an introduction by Will Self.

Legacies of the Sword - Karl F. Friday 1997-07-01

Western scholars and educators are generally far less familiar with the samurai in his original-and, ostensibly, primary-role as warrior and masters of arms than in his other functions as landowner, feudal lord, literature, or philosopher. Yet, any attempt to comprehend fully the samurai without considering his military abilities and training (bugei) is futile. With verve and wit, Karl Friday combines the results of nearly two decades of fieldwork and archival research to examine samurai martial culture from a broad perspective: as a historical phenomenon, as a worldview, and as a system of physical, spiritual, and moral education.

Hagakure: The Book of the Samurai - Yamamoto

Tsunetomo 2015-06-08

A Collection of Thoughts, Sayings and Meditations on the Way of the Samurai "It is said that what is called "the spirit of

an age" is something to which one cannot return. That this spirit gradually dissipates is due to the world's coming to an end. For this reason, although one would like to change today's world back to the spirit of one hundred years or more ago, it cannot be done. Thus it is important to make the best out of every generation." — Tsunetomo Yamamoto, Hagakure: The Book of the Samurai A formerly secret text known only to the Samurai, Hagakure is a classic text on Bushido--the Way of the Warrior. More than just a handbook for battle, Hagakure is a text that filled with teachings that still apply in business, political and social situations today. This Xist Classics edition has been professionally formatted for e-readers with a linked table of contents. This eBook also contains a bonus book club leadership guide and discussion questions. We hope you'll share this book with your friends, neighbors and colleagues and can't wait to hear what you have to say

about it.

The 48 Laws Of Power -

Robert Greene 2010-09-03

THE MILLION COPY
INTERNATIONAL

BESTSELLER Drawn from 3,000 years of the history of power, this is the definitive guide to help readers achieve for themselves what Queen Elizabeth I, Henry Kissinger, Louis XIV and Machiavelli learnt the hard way. Law 1: Never outshine the master Law 2: Never put too much trust in friends; learn how to use enemies Law 3: Conceal your intentions Law 4: Always say less than necessary. The text is bold and elegant, laid out in black and red throughout and replete with fables and unique word sculptures. The 48 laws are illustrated through the tactics, triumphs and failures of great figures from the past who have wielded - or been victimised by - power.

___ (From the Playboy interview with Jay-Z, April 2003) PLAYBOY: Rap careers are usually over fast: one or two hits, then styles change

and a new guy comes along. Why have you endured while other rappers haven't? JAY-Z: I would say that it's from still being able to relate to people. It's natural to lose yourself when you have success, to start surrounding yourself with fake people. In *The 48 Laws of Power*, it says the worst thing you can do is build a fortress around yourself. I still got the people who grew up with me, my cousin and my childhood friends. This guy right here (gestures to the studio manager), he's my friend, and he told me that one of my records, Volume Three, was wack. People set higher standards for me, and I love it.

The Demon's Sermon on the Martial Arts and Other Tales

- Chozan Niwa 2006

Chozanshi was a swordsman with a deep understanding of Taoism, Buddhism, Confucianism and Shinto. "The Demon's Sermon" is a masterful syncretic treatment of these philosophies and religions, bringing their central teachings to bear on the essence of the martial arts. The demon

delivering the sermon is the long-nosed half-man, half-bird Tengu, a terrifying but not necessarily malevolent figure who inhabits the recesses of Mount Kurama. Opening this volume is a selection of short, humorous tales from Chozanshi's "The Hayseed Taoist" ("Inaka Soshi"). The stories are lessons about spontaneity and non-attachment, and prime the reader philosophically for 'Theemon'. The final section is a translation of "The Mysterious Technique of the Cat" ("Neko no Myojutsu"), also from "The Hayseed Taoist" and a traditional favourite of the martial artists of Japan. The section summarises the entire work and adroitly illustrates Lao Tzu's dictum that "The master acts, relying on nothing."

Sword of Zen - Peter Haskel
2012-10-25

Takuan Sōhō's (1573-1645) two works on Zen and swordsmanship are among the most straightforward and lively presentations of Zen ever written and have enjoyed great popularity in both premodern

and modern Japan. Although dealing ostensibly with the art of the sword, *Record of Immovable Wisdom* and *On the Sword Taie* are basic guides to Zen—“user’s manuals” for Zen mind that show one how to manifest it not only in sword play but from moment to moment in everyday life. Along with translations of *Record of Immovable Wisdom* and *On the Sword Taie* (the former, composed in all likelihood for the shogun Tokugawa Iemitsu and his fencing master, Yagyū Munenori), this book includes an introduction to Takuan’s distinctive approach to Zen, drawing on excerpts from the master’s other writings. It also offers an accessible overview of the actual role of the sword in Takuan’s day, a period that witnessed both a bloody age of

civil warfare and Japan’s final unification under the Tokugawa shoguns. Takuan was arguably the most famous Zen priest of his time, and as a pivotal figure, bridging the Zen of the late medieval and early modern periods, his story (presented in the book’s biographical section) offers a rare picture of Japanese Zen in transition. For modern readers, whether practitioners of Zen or the martial arts, Takuan’s emphasis on freedom of mind as the crux of his teaching resonates as powerfully as it did with the samurai and swordsmen of Tokugawa Japan. Scholars will welcome this new, annotated translation of Takuan’s sword-related works as well as the host of detail it provides, illuminating an obscure period in Zen’s history in Japan.