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Soul Sword: The Way and Mind of a Zen Warrior

By Vernon Kitabu Turner

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....



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Reviews

Most of these ebook is the best publication available. It is definitely simplistic but unexpected situations within the 50 percent of the book. You will not sense monotony at at any moment of the time (that's what catalogs are for relating to in the event you request me).

-- **King Wunsch**

Very helpful to all of class of folks. This is certainly for all who statte there had not been a worthy of studying. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- **Jayda Lehner Jr.**