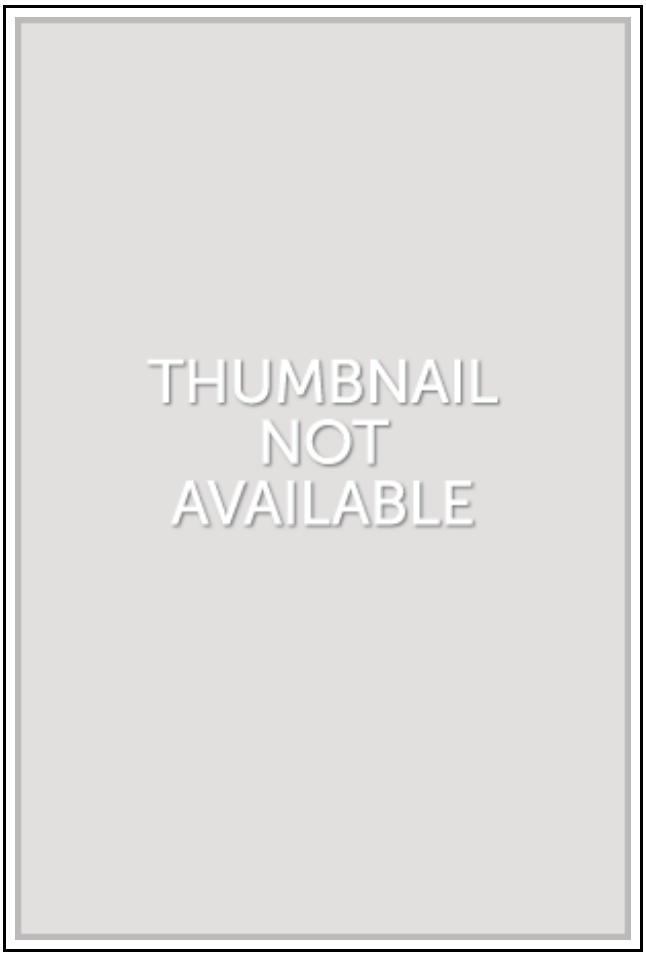
Martial Arts Teaching Tales of Power and Paradox: Freeing the Mind, Focusing Chi and Mastering the Self



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Reviews

This composed pdf is excellent. It really is basic but excitement in the 50 % in the book. Your lifestyle span will likely be change when you comprehensive looking at this book.
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Inner Traditions Bear and Company. Paperback. Book Condition: new. BRAND NEW, Martial Arts Teaching Tales of Power and Paradox: Freeing the Mind, Focusing Chi and Mastering the Self, Pascal Fauliot, A collection of parables and teaching stories from the martial arts traditions of Japan and China that emphasizes their spiritual foundation. - The teaching stories in this book are based on the lives of martial arts masters and are meant to inspire questions and insights for the student. - Written for martial artists and anyone interested in Eastern religions such as Buddhism, Zen, and Taoism. True martial arts should never be confused with simple combat techniques. Rather, martial arts are a way that an individual, after a long and difficult apprenticeship, can gain a profound understanding of the true nature of reality and one's place in it. Over time the apprentice discovers the laws governing the subtle forces of life and realizes that their mastery is only possible after one has mastered oneself. "He who has mastered the Art doesn't use his sword: he compels his adversary to kill himself." This quote from renowned sword master Tajima no Kami perfectly expresses the paradoxical nature of martial arts teachings in China and Japan. These teaching stories are not moral fables; in fact they have nothing to prove. Their purpose is actually to inspire questions and insights that will aid the student to achieve self-realization. Most of the stories in this book are based on actual events in the lives of martial arts teachers who have achieved legendary status. The almost superhuman abilities of some of the masters described here are evidence of the secret powers that can be wielded by those whose martial arts training is not simply the learning of physical techniques but involves the mastering of the subtle energies...

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