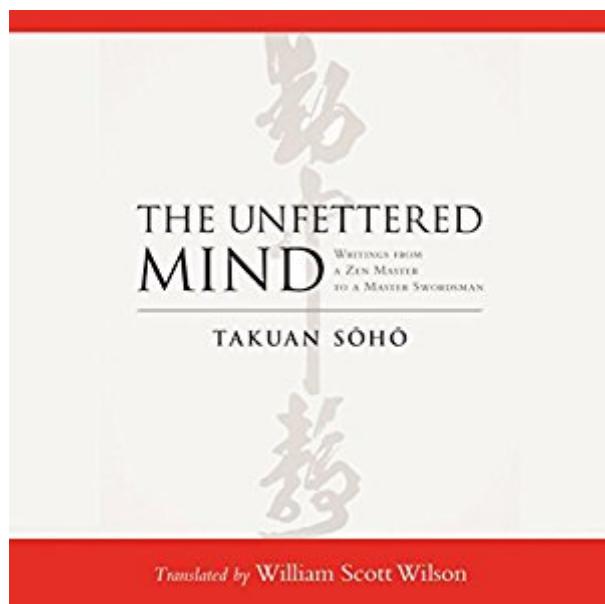


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The Unfettered Mind: Writings From A Zen Master To A Master Swordsman



Synopsis

This classic samurai-era text fused Japanese swordsmanship with Zen and influenced the direction that the art has taken ever since. Written by the 17th-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*.

Book Information

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Customer Reviews

A classic in the Samurai literature. A bit slow and dry, but worth a read.

If you give a sword to a bad person, they will hit someone with it. Hence much of Zen in Japan is about refinement of the spirit. Enlightenment is as quick as a lightning flash.

A must for Budo practitioners and those of various Buddhist traditions. Gassho

Enishi Kanyu, Nichiren Shu Buddhist Minister

This is an incredible collection of three essays. All should read. Be warned that it is very head-ey and intellectual though. It will make you think. A lot.

This is the fifth time I've read this book. Each time I read it, I find something new that enlightens my perspective. The only way to understand these writings is to experience them. It ties directly into my martial arts (kenjutsu), and the further down the path I travel the more I begin to understand. Master Soho understands, and relates what's written to those who have experienced No-Mind. He brought understanding to BOTH founders of modern day Japanese swordsmanship; Musashi founder of the Itto-ryu, and Munenori founder of the Shinkage-ryu. This is my favorite book...

Greetings, I have been in the Martial Arts forty -five years. I have an extensive library and love my art, I use to compete full contact. I have been a teacher many years, and books as the Unfettered Mind are way to transmit the philosophy of Beginners Mind and how distractions can rob your mind of focus. Of course this would not make sense to a beginner as they have so much to learn until they reach a level that training becomes internalize and spontaneity is your goal. This book is beautiful icing on the cake.John

I get more inspiration from the ancients and more insight. For me, this kind of book reveals many things over many years of reading.

An excellent read for those seeking knowledge on improving performance in their professions, sports and life in general. It contains lessons on minimizing the ego and the importance of staying in the present moment.

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