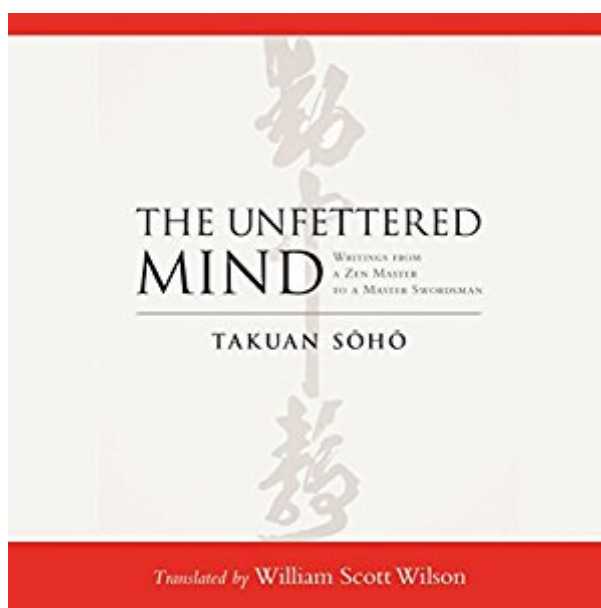


The book was found

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

Audible Audio Edition

Listening Length: 2 hours and 38 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Audible Studios

Audible.com Release Date: December 9, 2014

Whispersync for Voice: Ready

Language: English

ASIN: B00NSQJA40

Best Sellers Rank: #22 in Books > Sports & Outdoors > Individual Sports > Martial Arts #33 in Books > Politics & Social Sciences > Philosophy > Eastern > Buddhism > Zen > Spirituality #35 in Books > Politics & Social Sciences > Philosophy > Eastern > Buddhism > Zen > Philosophy

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

Ã¥Â•Ã~Ã|Â ÂCE,Kanyu Ã~Â|Â Ã|Â¶ÂCE HosshiNichiren 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.

[Download to continue reading...](#)

The Unfettered Mind: Writings from a Zen Master to a Master Swordsman ZEN: Everything You Need to Know About Forming Zen Habits â “ A Practical Guide to Find Inner Peace, Practice Mindfulness & Learn Zen Meditation (Zen Buddhism, Zen Mastery, Zen for Beginners) Zen Buddhism: How Zen Buddhism Can Create A Life of Peace, Happiness and Inspiration (Zen Buddhism for Beginners, Zen, Zen Books) Zen: Beginnerâ™s Guide to Understanding & Practicing Zen Meditation to Become Present (Zen for Beginners, Zen Meditation, Zen Habits, Meditation for Beginners) Zen Flesh Zen Bones: A Collection of Zen and Pre-Zen Writings Zen: Zen For Beginners

â “ The Ultimate Guide To Incorporating Zen Into Your Life â “ A Zen Buddhism Approach To Happiness And Inner Peace Zen: How to Practice Zen Everywhere in Your Daily Life (FREE Bonus Inside) (Zen Meditation, Zen for Beginners, Buddhism) Zen and Zen Classics 1: From the Upanishads to Huineng (Zen & Zen Classics) Zen Mind, Beginner's Mind: Informal Talks on Zen Meditation and Practice Zen Mind, Beginner's Mind: Informal Talks on Zen Meditation and Practice (Shambhala Library) Master Your Mind: Achieve Greatness by Powering Your Subconscious Mind [mental power, mind control, thought control] (brain power, subconscious mind power, NLP, Neuro Linguistic Programming) Unfettered: Tales By Masters of Fantasy Zen Mind, Zen Horse: The Science and Spirituality of Working with Horses It Came from Beyond Zen!: More Practical Advice from Dogen, Japan's Greatest Zen Master The Master Swordsman & the Magic Doorway: Two Legends from Ancient China The Essential Dogen: Writings of the Great Zen Master NLP: Neuro Linguistic Programming: Re-program your control over emotions and behavior, Mind Control - 3rd Edition (Hypnosis, Meditation, Zen, Self-Hypnosis, Mind Control, CBT) Conversation with a Zen Tennis Master: Courting the Mind, Minding the Court BUDDHISM: Buddhism For Beginners: How To Go From Beginner To Monk And Master Your Mind (Buddhism For Beginners, Zen Meditation, Mindfulness, Chakras) Zen Action/Zen Person

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)