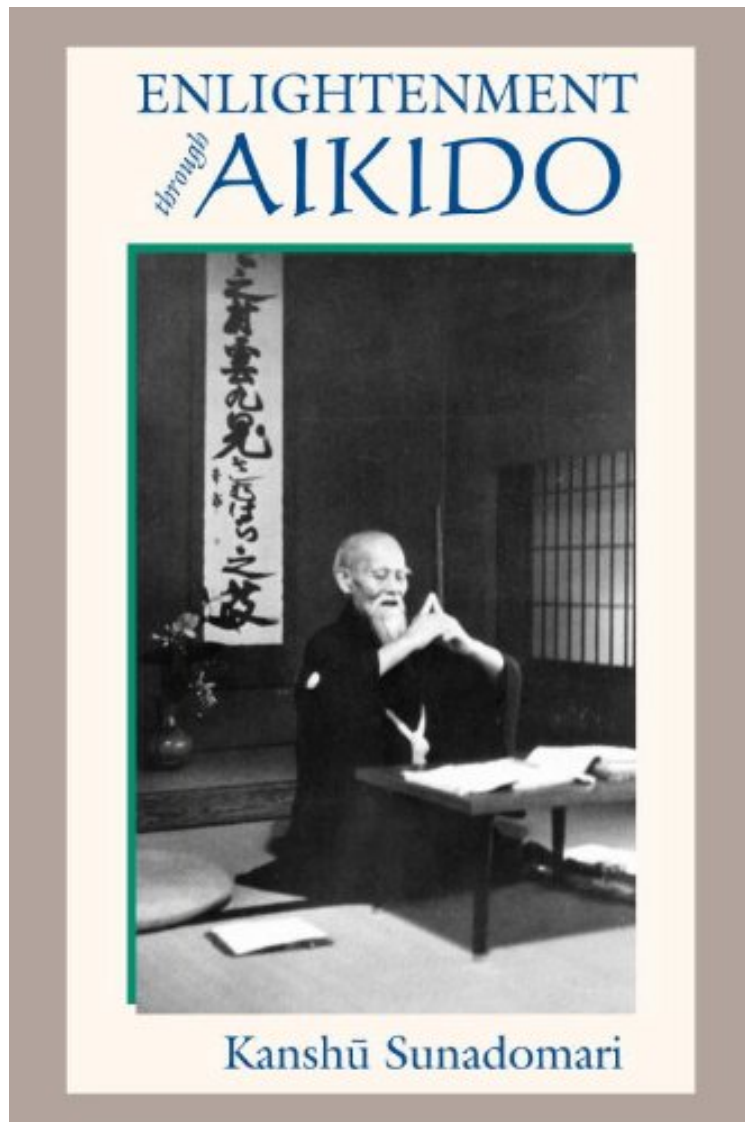


## Enlightenment through Aikido

Von Kanshu Sunadomari  
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Kurzbeschreibung Enlightenment through Aikido focuses on Aikido's spiritual teachings, drawing on Sunadomari's experiences as a direct student of Morihei Ueshiba. Quotes from the founder and the author's interpretations show how Aikido can develop inner strength and tranquility. This book is an excellent companion for those practitioners who aspire to go beyond the physical in their journey along the path of Aikido. From the Trade Paperback edition. Pressestimmen "Aiki is love. It is the path that brings our hearts into oneness with the spirit of the universe to complete our mission in life by instilling in us a love and reverence for all of nature." - Morihei Ueshiba, the Founder of Aikido Kurzbeschreibung Enlightenment through Aikido focuses on Aikido's spiritual teachings, drawing on Sunadomari's experiences as a direct student of Morihei Ueshiba. Quotes from the founder and the author's interpretations show how Aikido can develop inner strength and tranquility. This book is an excellent companion for those practitioners who aspire to go beyond the physical in their journey along the path of Aikido. From the Trade Paperback edition.