



## Soul Sword: The Way and Mind of a Zen Warrior

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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 covered 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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