



Enlightenment through Aikido

Kanshu Sunadomari

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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.

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