

#### Mindful Warriors: Conquering the Future with Lessons from the Past

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### Mindfulness



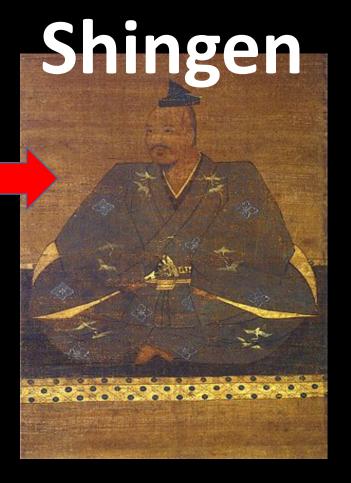


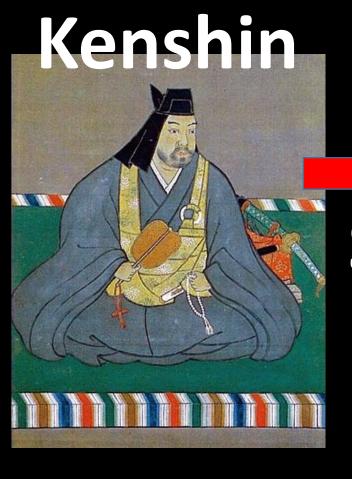
### Uesugi Kenshin



### Takeda Shingen







Salt







# The Silver Pavilion





Budo
Shoshinshū:
Bushido
for Beginners



### Mindfulness Excercise



## Mindfulness

Compassion in

Swordmanship

### What did we learn?

