



GLOBAL WELLNESS
SUMMIT 2019

Mindful Warriors: Conquering the Future with Lessons from the Past

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Why am
I here?



Mindfulness

A close-up photograph of a green grass blade with three water droplets on its surface, set against a blurred green background. The droplets are clear and spherical, reflecting light. The grass blade is curved and has a fine texture. The background is a soft, out-of-focus green, suggesting a natural setting.

Compassion



Uesugi Kenshin



Takeda Shingen

Kenshin



Shingen



Kenshin



Salt

Shingen



Ashikaga Yoshimasa





The Silver Pavilion



Mindfulness & Compassion in Ancient Martial Arts

Budo Shoshinshū: Bushido for Beginners





Mindfulness Exercise



Mindfulness & Compassion in Swordmanship

What did we learn?

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- Live mindfully
 - Have compassion
 - Leave a legacy