



## The Unfettered Mind (Paperback)

By Takuan Soho

Shambhala Publications Inc, United States, 2012. Paperback. Condition: New. Reprint. Language: English . Brand New Book. This classic samurai-era text fused Japanese swordsmanship with Zen and influenced the direction that the art has taken ever since. Written by the seventeenth-century Zen master Takuan Soho (1573-1645), *The Unfettered Mind* is a book of advice on swordsmanship and the cultivation of right mind and intention. It was written as a guide for the samurai Yagyu Munenori, who was a great swordsman and rival to the legendary Miyamoto Musashi. Takuan was a giant in the history of Zen; he was also a gardener, calligrapher, poet, author, adviser to samurai and shoguns, and a pivotal figure in Zen painting. He was known for his brilliance and acerbic wit. In these succinct and pointed essays, Takuan is concerned primarily with understanding and refining the mind--both generally and when faced with conflict. *The Unfettered Mind* was a major influence on the classic manifestos on swordsmanship that came after it, including Miyamoto Musashi's *Book of Five Rings* and Yagyu Munenori's *Life-Giving Sword*.

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