

THE ART OF HUMANE LIVING: MARTIAL ARTS AS A PATH TO PEACE

MICHAEL R. FOLEY, M.D.

Note: This is not the actual book cover

Art Of Humane Living Martial Arts As A Path To Peace

Dave Lowry



Art Of Humane Living Martial Arts As A Path To Peace:

The Art of Humane Living Michael R. Foley, 2004-01-01 It's brave to author a book in today's world that professes to bring about peaceful living. It's especially courageous if you happen to be a Black Belt Martial artist. But that's exactly what Dr. Michael R. Foley has accomplished, and he has done a fine job of it. Teaching us the fight that leads to peace, the art of gentle power, and how to punch and kick and still be kind. Dr. Foley takes us on a journey of paradoxes that ultimately show us tangible, accessible ways to create peace within ourselves and outside ourselves with people we encounter every day. His focus is on our children, the leaders of tomorrow, and how important it is to ensure that they learn the power of love and respect, beginning with themselves. While he embraces the value of physical skills, Dr. Foley believes that these skills become more valuable when students learn to enhance their mental skills as well, creating a balance between the two. Without self-esteem and an expression of understanding toward other human beings, physical skills do nothing to help create a peaceful world. Without the ability to learn and live with mutual respect, our children are destined to suffer the same obstacles to peace that have plagued humankind for generations. With captivating photos of children of all ages practicing their forms, both girls and boys, Dr. Foley opens the door to a fresh perspective on the martial arts. It is one that will intrigue you and make you wish that you were one of the children in the photos, just now stepping out into the world with the greatest weapon of all: your mind. *Journal of Asian Martial Arts*, 2008

[The Zen Way to Self-Discipline: A Martial Arts Master Reveals the Secrets to Inner Strength](#) Pasquale De Marco, 2025-08-14 In a world of constant flux and uncertainty, *The Zen Way to Self-Discipline* offers a beacon of resilience and inner strength. This comprehensive guide, inspired by the wisdom of martial arts masters, unveils the secrets to unlocking your true potential and forging a path of purpose and fulfillment. Through a series of thought-provoking lessons, insightful questions and answers, sessions, and enigmatic koans, this book delves into the profound principles that underpin the martial arts. You will discover how to cultivate self-discipline, focus, and unwavering determination, transforming challenges into opportunities for growth and resilience. Explore the intricate relationship between mind and body, learning to harness the power of presence and the art of non-attachment. Discover the true essence of self-defense, not as a means of aggression but as a path to inner peace and harmony. Embark on a journey of self-discovery as you delve into the warrior's code, a set of ethical principles and values that guide the martial artist's conduct both on and off the mat. Learn to live with integrity, honor, and compassion, striving to make a positive impact on the world around you. *The Zen Way to Self-Discipline* is not just a book about martial arts techniques; it is an invitation to embark on a lifelong quest for self-mastery and enlightenment. It is a guide to living in the present moment, embracing change and uncertainty, and finding lasting happiness and fulfillment. Whether you are a seasoned martial artist seeking deeper understanding or a curious explorer searching for a path of self-transformation, this book will illuminate your journey. Open your heart and mind to the teachings of the martial arts and allow them to transform your life in extraordinary ways. If you like this book, write a review.

The Future of Post-Human Martial Arts Peter Baofu, 2009-10-02 Is it really true that martial arts in spite of their popularity in this day and age of ours have at their deepest level the promised land of self knowledge the expression of beauty or something highly spiritual to be pursued for the human soul Or to put it in a different way what exactly makes martial arts so amazing that somehow they will eventually lead the practitioners to the spiritual realm of self cultivation in its highest depth Contrary to the conventional wisdom about martial arts as held by many over the ages this popular view about martial arts has become so legendary that their dark sides have yet to be systematically explored and that the lofty aims of martial arts are neither possible nor desirable to the extent that their proponents would like us to believe Of course this is not to say that the very tradition of martial arts is absolutely useless or that the literature on martial arts hitherto existing in history is spiritually unworthy to be appreciated Instead this book constructively offers an alternative better way to understand the nature of martial arts in special relation to the body and spirit of warriors while learning from different views in the literature without favoring any one of them nor integrating them as they are not necessarily compatible with each other and in the end transcending them towards a new horizon not conceived before This seminal view if proven valid will fundamentally change the legendary way that people have thought about martial arts from the combined perspectives of the mind nature society and culture with enormous implications for the human future and what I originally called its post human fate _____

Forthcoming Books Rose Arny, 2003-12 Nourish the Flame Within Lynette Avis, David Brown, 2012 How can a book bring martial arts meditation quantum physics Reiki healing health well being and one's place in the world together and explain them in a way that highlights their connection and uniqueness as part of a universal whole Here we describe the essence of what binds the universe together and connects these seemingly disparate things energy We discuss how energy is the root of all these things and how we can harness its great power and potential to create lives for ourselves that are empowering exhilarating loving and filled with a sense of awe and a desire to explore and discover the way life is meant to be *Handbook of Research on Promoting Peace Through Practice, Academia, and the Arts* Lutfy, Mohamed Walid, Toffolo, Cris, 2018-09-07 Academic disciplines perceive tranquility and a sense of contentment differently among themselves and therefore contribute to peace building initiatives differently Peace is not merely a function of education or a tool that produces amicable systems but rather a concept that educational contributions can help societies progress to a more peaceful existence The Handbook of Research on Promoting Peace Through Practice Academia and the Arts aims to provide readers with a concise overview of proactive positive peace models and practices to counter the overemphasis on merely ending wars as a solution While approaching peace building through multiple vantage points and academic fields such as the humanities arts social sciences and theology this valuable resource promotes peace building as a cooperative effort This publication is a vital reference work for humanitarian workers leaders educators policymakers academicians undergraduate and graduate level students and researchers **The Way of the Martial Artist** Kevin L.

Brett,2008-11-29 Success in anything begins with a dream but to achieve that dream you must first adopt a mindset for success Learn how to develop a concrete action plan to identify your goals and begin to achieve them with black belt determination Leverage your existing positive qualities and talents into a toolset for success that can positively change every aspect of your life With commitment and determination anything is attainable 13 13 Supplement your dojo training with new knowledge skills techniques strategies and life lessons 13 Understand how to combine your newly improved skills and strategy in the ring and on the street 13 Learn how to develop strength inner harmony and excellence in martial arts and in everything you pursue 13 Find your passion and pursue it with the same techniques all successful people use to achieve your own endless string of life successes 13 Find answers to questions that all martial artists ask during their quest for excellence purpose and enlightenment 13 Learn what it means to mature into a servant warrior even if you are not a martial artist whose focus is on serving a purpose greater than yourself 13 Includes a detailed seven level framework for martial arts study that highlights essential skills in everything from close quarters combat to wilderness survival first aid grappling and weapons to techniques of camouflage concealment and character development 13 13 Learn how to develop a determined black belt mindset to enrich your life as a martial artist and a human being and excel at both Join the ranks of warriors throughout history who not only mastered their art but found ways to serve a cause greater than themselves Through martial arts your potential for human development is unlimited

Wado Ryu Karate/Jujutsu Mark Edward Cody,2007-12-05 Wado Ryu Karate Jujutsu is the third book by master martial arts instructor Mark Edward Cody This volume explores the origins techniques and kata of one of Japan s most traditional martial arts This is the first book to examine all seventeen kata of the system and is one of the few existing texts written by a native English speaker Unlike other works on the subject kata movement is explained in precise detail The reader is given clear systematic instruction in the direction execution and technique of kata movement Cody chronicles the traditions of Wado Ryu in light of the necessity for innovation and combat effectiveness in the propagation and evolution of ancient fighting systems Wado Ryu Karate Jujutsu embodies the ancient martial principle to Absorb that which is useful Hironori Ohtsuka created the Wado system by blending the best aspects of Shotokan Karate with Shindo Yoshin Ryu Jujutsu Following the Founder s example Cody draws upon his knowledge of Filipino Combat Systems and other arts in his analysis of this Traditional Japanese Fighting Art

Martial Arts and Philosophy Graham Priest,Damon Young,2010-10-22 Socrates an Athenian soldier was a calmly efficient killing machine His student Plato was an accomplished and broad shouldered wrestler Martial arts and philosophy have always gone hand in hand as well as fist in throat Philosophical argument is closely parallel with hand to hand combat And all of today s Asian martial arts like Karate Kung Fu Judo or Aikido were developed to embody and apply philosophical ideas The Japanese martial tradition of Budo for instance was influenced by the three philosophical traditions of Shinto Confucianism and Zen Buddhism and these philosophies are still taught in Japanese martial arts schools all across the world As Damon Young

explains in his chapter the Japanese martial arts customs of courtesy are derived from Shinto purity Confucian virtues and the loving brutality of Zen In his interview with Bodhidharma included in the book Graham Priest brings out aspects of Buddhist philosophy behind Shaolin Kung Fu how fighting monks are seeking Buddhahood not brawls But as Scott Farrell s chapter reveals Eastern martial arts have no monopoly on philosophical traditions Western chivalry is an education in and living revival of Aristotelian ethical theories The Western martial art of fencing is explored by Nick Michaud who looks at the morality of selfishness in fencing and Christopher Lawrence and Jeremy Moss who try to pin down what makes fencing unique is it the sword the techniques the footwork the aristocratic aura or something else Jack Fuller argues that his training in Karate was an education in Stoicism Travis Taylor and Sasha Cooper reveal the utilitarian thinking behind Jigoro Kano s Judo Kevin Krein maintains that the martial arts are a reply to the existentialist s anxiety about the meaninglessness of life Patricia Peterson examines Karate s contribution to feminism and Scott Beattie analyzes the role of space in the martial arts school Joe Lynch pits the Western ideas of Plato against the Eastern ideas of the Shaolin monks Bronwyn Finnigan and Koji Tanaka uncover the meaning of human action as it appears in Kendo Rick Schubert explains the meaning of mastery in the fighting arts Moving to ethical issues Tamara Kohn discovers what we owe to others in Aikido Chris Mortensen questions whether his own Buddhist pacifism is compatible with being a martial artist In different ways Gillian Russell and John Haffner and Jason Vogel assess the ways in which martial arts can morally compromise us How can the sweaty and the brutal be exquisitely beautiful Judy Saltzman looks into the curious charm of fighting and forms with help from Friedrich Nietzsche

Kodo Ancient Ways Kensho Furuya,1996 A compilation of columns that appeared between 1988 and 1995 in Martial Arts Training magazine In this ever changing world traditions are often being cast aside as people search for novelty and progress The 41 essays in this book are inspired by the teachings and wisdom of the ancients who devoted their lives to instruct others Their ideas are preserved in this volume to inspire and guide readers in training and in life for years to come **Become the Force** Daniel M Jones,2017-11-16 Daniel M Jones founded the Church of Jediism in 2007 and it now has over 500 000 members around the world This is the book his fans have been waiting for In it Daniel outlines the Jedi perspective and provides practical tools for anyone interested in gaining a deeper understanding of how to use the Force in everyday life The Force is a metaphor for the universal life energy that connects us all and it can be both light and dark good and bad Now more than ever it is our responsibility to overcome the dark side This book does not aim to convert but to inspire its readers to live a life of meaning and purpose according to the universal spiritual teachings from The Way of the Jedi Become the Force covers Daniel s own fascinating spiritual journey and how overcoming personal struggles has awakened him to his purpose How Jedi teachings can empower mind body heart and spirit A comprehensive toolkit that will allow anyone to genuinely embrace the way of the Jedi Compelling reasons why the spiritual teachings of Jediism are relevant today A comprehensive explanation of Jediism as a spiritual movement a universal desire for self awareness spiritual awakening

peace love and harmony rather than a religion Shows that it s plausible that the Jedi minded among us today might usher in a new spirituality and shift in global consciousness towards peace and harmony that is more powerful than any we can possibly imagine

Filipino Combat Systems Mark Edward Cody,2005-03-03 Filipino Combat Systems chronicles the creation evolution and core concepts of one of the fastest growing martial arts in the world It overcomes the shortcomings inherent in martial art instruction manuals by focusing not on technique but on the strategy and philosophy of movement behind the technique Written by a first generation student under the authority and supervision of the system s Founder and Grand Master this work is an excellent introduction to the system FCS is one of the most practical combat oriented martial systems in existence bridging the gap between the ancient fighting arts and the modern world

The Way of Judo John Stevens,2013-08-13 A martial arts biography of the legendary founder of judo Jigoro Kano and the colorful coterie of disciples who wanted to carry on his legacy Kodokan judo one of the most well known martial arts in the world today was originated by Jigoro Kano 1860 1938 a martial artist and career educator who developed the art after studying several types of jujutsu sumo and Western wrestling Openness and refinement were hallmarks of his personal and professional style and he relentlessly searched for the best way to practice teach and perform techniques This biography shows how Kano saw judo as a vehicle not just for self defense but for physical spiritual and moral development as well His teachings clearly emphasize his ideal of judo as a way of self cultivation that leads to physical health ethical behavior and ultimately a better society Kano was a tireless activist who promoted the practical application of judo s principles in all realms of life in one s personal behavior for education in work for economic benefit and in both the local and international political arenas Kano s students were a colorful sometimes notorious bunch and this book reveals how several went on to become famous or infamous in their own right They include a prime minister of Japan the leader of the Communist party in China a famous novelist a spy high level military leaders and a media mogul among many others

The Karate Way Dave Lowry,2009-01-13 Karate is not just a sport or a hobby it s a lifetime study toward perfection of character Here Dave Lowry one of the best known writers on the Japanese martial arts illuminates the complete path of karate including practice philosophy and culture He covers myriad subjects of interest to karate practitioners of all ages and levels including The relationship between students and teachers Cultivating the correct attitude during practice The differences between karate in the East and West Whether a karate student really needs to study in Japan to perfect the art The meaning of rank and the black belt Detailed descriptions of kicks punches evasions and techniques and the philosophical concepts that they manifest What practice means and looks like as one ages How the practice of karate aims toward cultivating character and spiritual development After forty years studying karate and the budo arts Lowry is an informative and reliable guide highlighting aspects of the karate path that will surprise entertain and enlighten

Power of Internal Martial Arts Bruce Kumar Frantzis,1997-12-31 From the author of Opening the Energy Gates of Your Body comes a book that introduces martial arts practitioners to three internal arts and their subtle

powers Inner martial arts rely on internal energy for power rather than on muscles or tension 15 photos [The Overlook Martial Arts Reader](#) John Donohue,2004-11-08 A detailed anthology and analysis of fundamental martial arts writings from the ancient and modern worlds from Lao Tzu s Taoist principles of striving for the natural to Musashi s classic writings on swordsmanship and discipline is complemented by editor commentary on why the martial arts exert in **The Power of Internal Martial Arts and Chi** Bruce Kumar Frantzis,2007 Explains how awareness and development of chi gives internal martial arts their power and strength contains full instructions on the Taoist system Nei Gung describes how specific martial arts use chi includes stories about masters The new edition adds a new foreword new introduction by author practical explanations on spiritual traditions of the internal martial arts index Provided by publisher *The Mysterious Waves Of Living Cells* Hubert Rudakemwa,2014-07-24 In this book Rudakemwa shares with us intriguing questions which lead to thinking about the existence of a new way of communication used by living cells These ideas lead to a new theory that revolutionizes the way we previously conceived the internal organization of living beings Not only this theory is new in its own way but it also brings in many other stunning consequences about the living world as we know it In this book He also goes deep to cover other issues such as a review of the theory of evolution and the origins of human conflicts *The Fighter of Inner Peace* Milka Gostovic,2021-02-27 Martial arts teaches effective techniques of self defense Due to the demanding training you will strengthen your body mind and spirit Grip strength throwing punching kicking pushing and falling techniques improve your physical fitness but as a martial artist you learn much more during your training Aikido Judo Karate Taekwondo Wing Tsun as well as other martial arts represent a philosophy of life This philosophy will support you during the challenges that life throws at you With every training session you work on becoming a better version of yourself That way you benefit from an inner peace which nobody can take away from you Numerous values and virtues of martial arts can easily be transferred to life situations As a result you strengthen your character from several angles Convince yourself of the 77 reasons why ambitious martial artists always stay faithful to their training and never give up

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