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Soul Sword: The Way and Mind of a Zen Warrior (Watkins Spiritual Classics)

Vernon Kitabu Turner

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Soul Sword: The Way and Mind of a Zen Warrior (Watkins Spiritual Classics) Vernon Kitabu Turner An amazing true story about achieving awareness, accessing ancient wisdom, and conquering fear. While working with a Japanese Zen master, Vernon Kitabu Turner experienced a spiritual epiphany: with virtually no training in the martial arts, he endured a sensational trial by combat to become a black belt. He believes this power exists in all of us. Now, he shares his secret, proving that the soul is the path to cultivating the Warrior Mind…and overcoming any obstacle.

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