



Art of Peace

Morihei Ueshiba , John Stevens (Translator)

[Download now](#)

[Read Online](#) ➔

Art of Peace

Morihei Ueshiba , John Stevens (Translator)

Art of Peace Morihei Ueshiba , John Stevens (Translator)

New York Times Bestseller

These inspirational teachings show that the real way of the warrior is based on compassion, wisdom, fearlessness, and love of nature. Drawn from the talks and writings of Morihei Ueshiba, founder of the popular Japanese martial art known as Aikido, *The Art of Peace*, presented here in a pocket-sized edition, offers a nonviolent way to victory and a convincing counterpoint to such classics as Musashi's *Book of Five Rings* and Sun Tzu's *Art of War*.

Art of Peace Details

Date : Published November 10th 1992 by Shambhala

ISBN : 9780877738510

Author : Morihei Ueshiba , John Stevens (Translator)

Format : Paperback 126 pages

Genre : Nonfiction, Spirituality, Cultural, Japan, Asian Literature, Japanese Literature

 [Download Art of Peace ...pdf](#)

 [Read Online Art of Peace ...pdf](#)

Download and Read Free Online Art of Peace Morihei Ueshiba , John Stevens (Translator)

From Reader Review Art of Peace for online ebook

Jon(athan) Nakapalau says

Your greatest opponent is always yourself...this book (although focused on Aikido) will help anyone find the 'centering' that is so important before any action is taken which could be used against you if not properly contextualized.

Jeremy says

Excellent bookend to the Tao Teh Ching...and good for any aikidoka (or any martial artist for that matter) in making peace and harmony an overarching goal in the struggle of the everyday.

Miloš Vasi? says

The book that changed my life !

k.wing says

I hope to revisit this little book often. I found that the passages toward the end resonated with me the most. That the Path is the responsibility of the individual, the focus on mastering one's own self, and also finding the connection in all things.

Karl says

Prior to discussing content, it is important to note that 'The Art of Peace' is literally a 'pocket book' - with the physical dimensions being ~ 2.5x3.5x.5 inches (~ 5.5x8x1 cm). Consistent with the small physical size, the thoughts/aphorisms contained in this book, acquired '...from Morihei's collected talks, poems, and calligraphy, and from oral tradition' are also very brief – most being a sentence or two in length. Translation of the material was provided by John Stevens: a Zen scholar and Aikido instructor.

While John Stevens certainly has the background to compile 'The Art of Peace', as the person reviewing this book, I have NO knowledge of Aikido and no prior knowledge of the founder: Morihei Ueshiba. That being said, at the very beginning of the book it was plain for even me to see that the essence of Morihei's teachings are truly based on a system of harmony within that allows us to interact in a harmonious way without. "Unlike the authors of old-time warrior classics such as 'The Art of War' and 'The Book of Five Rings', which accept the inevitability of war and emphasize cunning strategy as a means to victory. Morihei understood that continued fighting – with others, with ourselves, and with the environment – will ruin the earth.... What we need now are techniques of harmony, not those of contention."

Many of the quotes/aphorisms are profound and they inspire the reader to ponder various aspects of life in general. The wisdom is essentially timeless because the ideas are a philosophy on life, a way of living in harmony with the universe, not simply a series of techniques to throw an opponent across the room. Indeed, the "...real way of the warrior is based on compassion, wisdom, fearlessness and love of nature."

Other ideas put forth by Morihei Ueshiba that I particularly made note of:

- 'Life is growth. If we stop growing, technically and spiritually, we are as good as dead.'
- 'There are many paths leading to the top of Mount Fuji, but there is only one summit – love.'
- 'A true warrior is invincible because he or she contests with nothing.'
- 'Each day of human life contains joy and anger, pain and pleasure, darkness and light, growth and decay. Each moment is etched with nature's grand design—do not try to deny or oppose the cosmic order of things.'
- 'ULTIMATELY, you must forget about technique. The further you progress the fewer teachings there are. The Great Path is really No Path.'

As much as I enjoyed, and will certainly benefit from, reading the ideas of Morihei Ueshiba, the fact that no specific sources were provided with the individual thoughts is a disappointment. I don't have any doubt that what John Stevens shares is accurate, it's just that I would like to examine some of these quotes/aphorisms in context or I would like to follow the train of thought all the way to the station. On the other hand, if the intent of not providing the source information was to compel the reader to go on a journey of discovery, then I would say that the aim was successful because I will certainly be reading other books on the philosophy of Morihei Ueshiba.

In the end, if I had to sum up the essence of Morihei Ueshiba's thoughts, as they appear in 'The Art of Peace', it would be thus: 'Walk softly and carry a big stick.'

Patrick Gibson says

A page a day spiritual affirmations like:

"Eight forces sustain creation:
Movement and stillness,
Solidification and fluidity,
Extension and contraction,
Unification and division."

got it?

Anne Marie says

Is great even just to open at any page randomly each day and meditate on what you find there

Andy says

I want to learn Aikido now.

Charlie says

Morihei Ueshiba was ahead of his time in preparing for a crowded, difficult world and his philosophy is extremely refined, non-dogmatic zen buddhism. Unfortunately his legacy has been held to an almost radical traditionalism regarding his teachings through the practice of the art of Aikido. Fortunately, his words transcend the quasi-militarism of the modern "martial arts" describing a state of as near perfection for an individual's potential being as possible.

One of the few books that deserves the energy required to preserve it in physical form and to be a part of one's belongings.

Jason says

As a daily practitioner of Aikido, having access to the philosophy of the spiritual warrior, in the founder's own words, has been invaluable to me. I carried the pocket edition with me during my travels in Japan, Thailand, India, and back. It is a great book in understanding how to practice life in the world. Let me know if you need a copy. :)

There is also a copy I have that has all the sayings on a CD that's nice to have around. I don't remember if the tracks worked for the pages well, but it was a good reading to have around on audio.

Naomi says

Lots of wisdom to meditate on in this relatively slim volume of teachings from the Aikido master Morihei Ueshiba. Although I can't lift a suitcase (Morihei Ueshiba's definition of someone strong enough to practice Aikido), I still observe lots to learn from a great teacher.

Martin says

Granted this is not a Japanese original print of Ueshiba's words. Still it's a decent translation, and does collect many of the concepts that are often discussed in advanced aikido classes or seminars.

For those of you that have never heard of aikido, do not be turned off so quickly. This book reads like short reminders of for better living. If you have more time, explore his words more carefully and you might discover a universe of questions that arise from his words.

Emelia says

Morihei Ueshiba is a Master of Aikido (translated as The Art of Peace) as well as it's creator and remains the most profound martial arts teacher known. The Art of Peace contains quotations that have been compiled from his collected talks, poems, and calligraphy by his students. The great Masters refrain from writing books, preferring to speak from the moment as they feel it is up to their students to listen carefully and discern what their master is saying and then pass it on. And so I have read this book, inhaled it's lessons and beauty, and hope to pass it on to the ones who read this review.

Morihei, though a master of martial arts, understood that there is war, however continued fighting - with others, ourselves, and fighting the environment instead of striving to maintain a partnership- leads to the destruction of the Earth and ourselves. Only by looking inward can we achieve enlightenment and true peace, and in this book we are given these keys to harmony and true peace. The path to being a great warrior lies in not fighting and destruction, but creation and tolerance.

By following his instructions we see that everything on this planet, trees, stones, water, air, and the people we meet on our journey are our teachers; we need only to silence the tangents of the world and our destructive selves to hear their words. From our birth til our passing from this world to the next we never stop learning and when we find ourselves short tempered, depressed, angry, or ill-natured it is only because we have strayed from the path of peace and have failed to listen to the words of Nature and the Universe. In all things their must be a balance. In today's world the balance is askew leaning more towards destruction and violence and we must seek equilibrium from within.

I can not stress the importance of this book and I myself will be carrying it with me everywhere I go as a constant guide and reminder of our true purpose here on earth. The path of the greatest warriors are paths of peace, compassion, tolerance, and love. There is an art of war, yes, but the most beautiful art is the art of peace.

"Rely on peace to activate your Manifold powers;
pacify your environment and create a beautiful world."

"The Divine is not something high above us.
It is in heaven, it is in earth, it is inside us."

"There are no contests in the art of peace. A true warrior is invincible because he or she contests with nothing. Defeat means to defeat the mind of contention that we harbor within."

May you fill your world with the beautiful Art of Peace.

Michaela says

Because: The Walking Dead...

Paul E. Morph says

I'm not gonna lie; I picked up this book after watching the episode of *The Walking Dead* that it featured heavily in. I'm glad I did.

While I can do without its talk of 'divinity', I found a lot of its teachings and philosophy really interesting and, funnily enough, in line with the state of mind I've been trying to cultivate and maintain for the last year.

Having turned forty, I find that peace is the state I enjoy the most. I had a mini-revelation a few weeks ago when I realised I'd rather sit on the beach and watch the waves roll in and listen to the sound of the surf than... well, just about anything, actually. I know this must sound boring to a lot of you but I find that this is how I feel most like my truest self. I think this book will be a useful tool.
