Mindful Warriors: Conquering the Future with Lessons from the Past

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Why am I here?
Mindfulness

Compassion
Uesugi Kenshin
Takeda Shingen
Ashikaga Yoshimasa
The Silver Pavilion
Mindfulness & Compassion in Ancient Martial Arts
Budo Shoshinshū: Bushido for Beginners
Mindfulness Exercise
Mindfulness & Compassion in Swordsmanship
What did we learn?
• Live mindfully
• Have compassion
• Leave a legacy