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Enlightenment Through Aikido by Kanshu Sunadomari

I feel that this book will be more relevant and helpful for those practicing Aikido. Just as one can't understand what is meditation just by reading it, one can't fully understand and realize the depth of Sunadomari Sensei's words just by reading it. However, it is a good read for anyone wanting to

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was a live-in student of the Founder of Aikido, just prior to World War II. After the war, he was one of the first people to begin teaching the art of Aikido, and in

[Kanshu Sunadomari - Wikipedia](#)

Kanshu Sunadomari was a Japanese aikido teacher who was an uchideshi to the founder of aikido, Morihei Ueshiba. He founded the aikido style Manseikan Aikido.

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Enlightenment through Aikido focuses on Aikido's spiritual teachings, drawing on Sunadomari's experiences as a direct student of Morihei Ueshiba. Quotes from the founder and the author's interpretations show how Aikido can develop inner strength and tranquility. This book is an excellent companion for those practitioners who aspire to go beyond

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In Enlightenment Through Aikido Sunadomari touches on the spiritual teachings of Aikido and how they relate to our own spirituality, our daily lives, and the quest for world peace. The central, recurring themes are lessons about inner tranquility, life's journey, and world peace.

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