



# The Philosophy of Aikido

*John Stevens*

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At last, a clear and insightful look at the system of beliefs that is the basis for the practice of Aikido. *The Philosophy of Aikido* is an invaluable guide for practitioners-whether beginning or advanced-wishing to know more about the context in which Aikido was developed and Aikido's implications for the world today.

Some of the ideas discussed are:

- the relation of Aikido to such Asian traditions as Shinto, Shingon Buddhism, Omotokyo esotericism, Taoist mysticism, and Tantra
- points of correspondence between Aikido and Western philosophical and religious systems-Greek philosophy, Christianity, Kabbalah, alchemy, and modern scientific theories
- links between Aikido and art
- ways that Aikido thought can be used to advance the causes of such urgent issues as health and healing, conflict resolution and environmental responsibility

*The Philosophy of Aikido* will be of vital interest to all those who are drawn to a dynamic philosophy centered on harmony, peace, and spiritual strength. The book includes 70 black-and-white illustrations of woodblock prints, calligraphy, and photographs from the author's extensive collection.

John Stevens lived in Japan for thirty-five years, where he was a professor of Buddhist studies at Tohoku Fukushi University in Sendai. Stevens is a widely respected translator, an ordained Buddhist priest, a curator of several major exhibitions of Zen art, and an aikido instructor. He has authored more than thirty books and is one of the foremost Western experts on aikido, holding a ranking of 7th dan Aikikai. Stevens has also studied calligraphy for decades, authoring the classic *Sacred Calligraphy of the East*. Other John Stevens titles that are likely to be of interest include *Extraordinary Zen Masters* and *The Marathon Monks of Mount Hiei*.

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