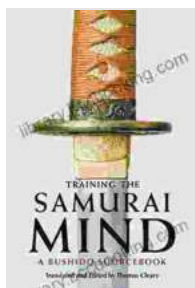


# Training the Samurai Mind: A Bushido Sourcebook

By Thomas Cleary



## Training the Samurai Mind: A Bushido Sourcebook

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★★★★☆ 4.5 out of 5

Language : English  
File size : 683 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 290 pages



Training the Samurai Mind is a comprehensive guide to the ancient Japanese philosophy of Bushido. This book provides a detailed overview of the history, principles, and practices of Bushido, and includes a wealth of primary source material, such as samurai codes of conduct, martial arts manuals, and Zen Buddhist teachings.

Bushido is a code of honor and ethics that developed among the samurai class of feudal Japan. It emphasizes loyalty, courage, self-discipline, and respect. Bushido has had a profound influence on Japanese culture and continues to be practiced by martial artists and others today.

Training the Samurai Mind is an essential resource for anyone interested in learning more about Bushido. This book is also a valuable tool for martial artists who wish to develop the mental and spiritual qualities necessary for success.

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Bushido is a code of honor and ethics that developed among the samurai class of feudal Japan. It emphasizes loyalty, courage, self-discipline, and respect. Bushido has had a profound influence on Japanese culture and continues to be practiced by martial artists and others today.

The word "Bushido" literally means "the way of the warrior." It is a philosophy that guides the behavior of samurai in all aspects of their lives, from the battlefield to the home. Bushido is based on the Confucian principles of loyalty, righteousness, propriety, wisdom, and sincerity.

The samurai were a class of professional warriors who served the feudal lords of Japan. They were renowned for their skill in martial arts and their unwavering loyalty to their masters. Bushido provided samurai with a framework for living a life of honor and courage.

## **History of Bushido**

The origins of Bushido can be traced back to the Heian period (794-1185). During this time, Japan was ruled by a powerful aristocracy who employed samurai to protect their interests. The samurai developed a code of conduct that emphasized loyalty, courage, and self-discipline.

During the Kamakura period (1185-1333), the samurai class became increasingly powerful. They established their own governments and began to challenge the authority of the aristocracy. The samurai also adopted Zen Buddhism, which provided them with a spiritual foundation for their code of conduct.

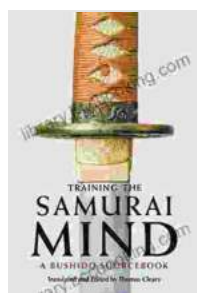
The Muromachi period (1333-1573) was a time of great upheaval in Japan. The country was ravaged by civil war and foreign invasions. The samurai played a key role in these conflicts, and their code of conduct helped them to maintain their honor and loyalty in the face of adversity.

The Edo period (1603-1868) was a time of relative peace and stability in Japan. The samurai class continued to play an important role in society, but their military role diminished. During this time, Bushido evolved into a more refined code of ethics that emphasized self-cultivation and spiritual development.

## **Principles of Bushido**

The principles of Bushido are based on the Confucian principles of loyalty, righteousness, propriety, wisdom, and sincerity. These principles guide the behavior of samurai in all aspects of their lives.

- **Loyalty:** Samurai were expected to be fiercely loyal to their masters. They would often fight to the death to protect their lord's interests.
- **Righteousness:** Samurai were expected to act in a just and fair manner. They would not cheat or lie, and they would always stand up for what they believed in.
- **Propriety:** Samurai were expected to behave in a polite and respectful manner. They would always show deference to their superiors and would never engage in unseemly conduct.
- **Wisdom:** Samurai were expected to be intelligent and well-educated. They would often study history, philosophy, and martial arts.
- **Sincerity:** Samurai were expected to be honest and sincere in all their dealings. They would never break a promise and would always strive to do what is right.



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