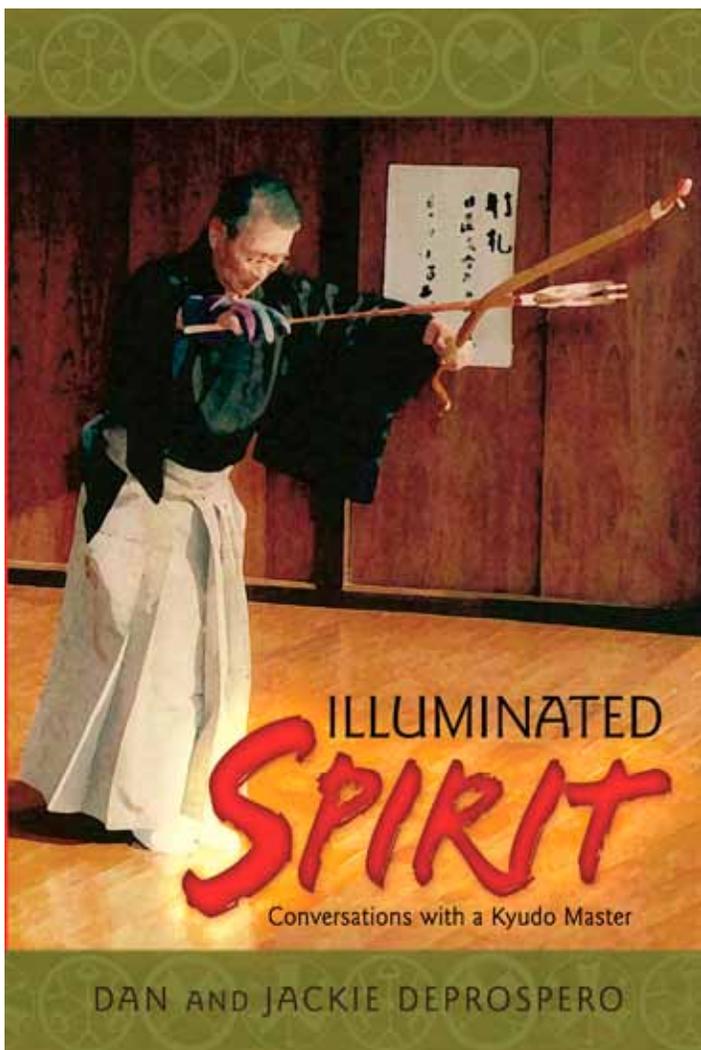


Illuminated Spirit: Conversations with a Kyudo Master

by Dan & Jackie
DeProspero



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“The truth is that humans—men and women of all cultural backgrounds—are more alike than they care to admit. If humankind concentrated more on seeking out those similarities there might be a lot less division in the world.”

Illuminated Spirit presents the everyday wisdom of Onuma Hideharu, fifteenth headmaster of the Heki-ryu Sekka-ha tradition of classical Japanese archery and modern kyudo *hanshi*, 9th dan. His words are remarkable for their truth and simplicity, and are as easily applied to daily life as to the discipline of Japanese archery.

The DeProsperos, long-time personal students of Onuma Sensei, pay tribute to his memory in this clear and unadorned distillation of his essential teachings. A frank and accessible account of a spiritual journey, *Illuminated Spirit* is an indispensable guide not only for those looking to understand more fully the relationship between a martial arts master and his students, but also for anyone who feels the need to explore in more depth the concepts of truth, goodness and beauty as embodied in a uniquely Japanese discipline.

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