

The Wisdom Warrior Newsletter

2010 Edition Volume 3

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An able man shows his spirit by gentle words and resolute actions; he is neither hot nor timid.

Philip Dormer Stanhope

The true warrior ponders the future without discarding the past while living in the present.

F. J. Chu

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Bohdi Sanders

Welcome to the Wisdom Warrior Newsletter!

If this is your first time reading the *Wisdom Warrior Newsletter*, I want to welcome you and I also want to encourage you to think about how you live your life. The *Wisdom Warrior Newsletter* is about living the warrior lifestyle, a lifestyle of excellence, character, and honor. This is the third edition of the newsletter. If you missed any of the other editions, they are posted on the Wisdom Warrior website at www.TheWisdomWarrior.com. I hope that this newsletter finds you and your family prospering and doing well in every area of your life as we enter this holiday season. And I hope that you and your family have a very merry Christmas this year!

The Noble Eightfold Path of the Warrior Bohdi Sanders, Ph.D.

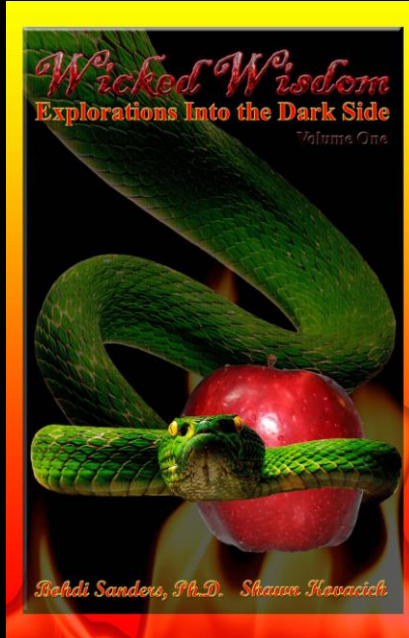
The path of the warrior requires dedication to excellence in every area of your life, much like most religions. In fact many of the precepts put forth by the major religions throughout history, can be applied to the warrior lifestyle. This essay cross references the Noble Eightfold Path taught by Buddha, with warrior ideals. Let's start with right understanding.

1 - Right Understanding

Right understanding is essential to the warrior. It is not good enough to just memorize your martial arts techniques or to memorize some wise sayings. You have to go past rote memorization and get to the point of having a thorough understanding of the underlying principles behind your art and your values. Simply scratching the surface doesn't cut it. If you don't have a solid foundation, no matter if it is in your martial arts or your personal code and beliefs, you are on shaky ground. In whatever you do, pursue understanding - correct understanding.

**Knowledge without wisdom is a
load of books on the back of an ass.
Japanese Proverb**

Continued on page 2



Wicked Wisdom: Explorations into the Dark Side takes you inside the criminal mind, to a place that very few people actually get to explore. Find out what motivates and drives the dangerous predators who roam our streets. Discover how they think and how their philosophy differs from yours. The information in *Wicked Wisdom* just might save your life!

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Every action we take, everything we do, is either a victory or defeat in the struggle to become what we want to be.

Anne Byrhhe

2 - Right Thought

Science has proven that our thoughts are actually energy and have an effect on our lives. I'm not only referring to the type of constructed thoughts such as the book, *The Secret* refers to or shows you how to use. Your thoughts have a strong influence on both your emotions and your body chemistry. Sad/depressed thoughts will cause the body to produce different hormones, chemicals, etc. than happy or excited thoughts. This can even be measured in the composition of someone's tears. Tears of joy have a different chemical make-up than tears of pain or sorrow.

In addition, your thoughts control your emotions and it is very important, especially for the warrior, to keep your emotions in check. If you doubt that your thoughts control your emotions, sit and meditate on something very sad for a while and see what affect it has on you. Then put on some music that you really enjoy and listen to when you are in a good mood, and see what happens to your emotions. I bet you find that both of these have a major effect on your emotionally. Your thoughts matter.

**It is the mind which makes a man, or mares him.
Sai Baba**

3 - Right Speech

The person walking the path of the warrior has to beware of his words. It is very easy to let the wrong words escape from your lips, especially when you are out of sorts. You should be even more careful to watch what you say when you are upset or angry with someone. You can say something in a split second, which will cost you dearly for days, months, or even years to come.

Right speech is a form of self-discipline. Simply put, it requires self-control. Control your emotions and your speech, instead of letting your emotions control you and cause you trouble in the form of uncontrolled speech. If you want the respect of others, be careful concerning the words that you utter.

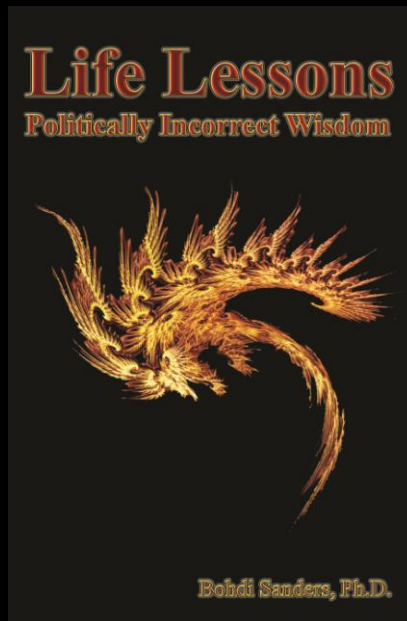
**Don't talk too much – your ignorance exceeds your knowledge.
Spanish Proverb**

4 - Right Action

A man's actions are evidence of his beliefs. Every action you take, everything that you think, do or say, either take you closer or further

To subdue the enemy without
fighting is the greatest of skills.

Sun Tzu



Life Lessons is a hard-hitting book from the award winning author, Bohdi Sanders. This book deals with issues concerning living a successful life and dealing with people who are sometime less than honest or even manipulative. Knowledge is power and this book gives you the knowledge you need. *Life Lessons* is one of the favorites among Bohdi's readers!

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away from your goals on the journey through the warrior lifestyle. Your actions matter! Make your actions right. Listen to your spirit and follow your intuition. Let your personal code of ethics and honor guide your every decision. Do the right thing, at the right time, and in the right way.

**Hold yourself responsible for a higher standard
than anybody else expects of you. Never excuse yourself.
Henry Ward Beecher**

5 - Right Livelihood

There is nothing more draining for a warrior than going to a thankless job, which he absolutely hates, every single day. This sucks the life from your spirit, and the energy and vitality from your mind. Nevertheless, the warrior will continue to do his job to the best of his abilities until the right livelihood comes along.

Finding the right livelihood makes life so much better, especially if it is one in which the warrior can feel he is fulfilling a higher purpose with his life. When you do find the right livelihood, you will know it because work will no longer be work, but rather a passion for you. Strive to make a living doing what you love.

**The talent of success is nothing more than doing what you
can do well, and doing well whatever you do.
Henry Wadsworth Longfellow**

6 - Right Effort

Buddha taught that whatever you do, you should put your whole heart into your task, being diligent and energetic. Put forth your best effort, no matter what you are doing. If something is worth doing at all, it is worth doing well. If the task is only worthy of a partial effort, why even bother with it?

The warrior aims for excellence in all that he does; there is no room for half-hearted effort in the warrior's world. If the mind and heart are right, the effort will be right. You never know when an unenthusiastic effort will come back and cause you problems in ways you could never have imagined.

**Put your heart, mind, intellect, and soul
even to your smallest acts. His is the secret to success.
Swami Sivananda**



Fireside Meditations is the most unique book by the acclaimed author of the *Warrior Wisdom Series*. In *Fireside Meditations*, Dr. Sanders guides the reader through a series of questions which lead you to better understand of what you believe and why.

Many people think that they know concretely what they believe in and why, but when they dig a little deeper, they find that they have avoided many of life's tougher questions. Dr. Sanders brings these questions to the surface and causes you to look deeply within to learn exactly who and what you truly are.

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7 - Right Mindfulness

Right mindfulness is very close to right thought. Right mindfulness is what you keep your mind focused on throughout the day. Are you focused on your goals, your training, and becoming the best person that you can be, or are you simply daydreaming your time away? It is important to keep your mind focused on the now.

If you continue to focus on what is happening at this very moment, you will not find yourself regretting the past nor worrying about the future. Stay in the moment. Live in the now. Be mindful concerning life.

**It is the mind that leads a man to power,
not strength of body.
Crow Maxim**

8 - Right Concentration

According to Hsun Tzu, the superior man is committed to focus. Learn to concentrate on what you are doing, and do only one thing at a time. Today, we are all too prone to multi-tasking, doing several things at once. The sages taught that to do two things at once is to do neither, at least to do neither well.

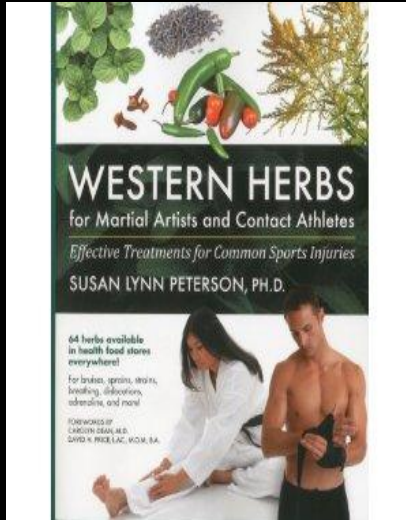
In order to perform at your best, you have to give your total attention to the task at hand. Take care of one thing and then move on to the next. Concentrate your entire mind on the work at hand. Concentration is the key to proper martial arts techniques, as well as the key to success in all that you attempt.

**A concentrated mind will pierce a rock.
Japanese Proverb**

Walking the Noble Eightfold Path of the Warrior requires living with intention. Too many people spend their lives in a mindless blur, trying to do too much and accomplishing little. The Eightfold Path concentrates on wisdom, ethical conduct, and mental development. Achieving perfection in each of these areas will take you a long way on your quest for the warrior lifestyle.

Bohdi Sanders, Ph.D.

Book/DVD Reviews



Bushido

I see through different eyes.
I see a bigger picture when
others see grey skies.
Though many can't conceive
it, I stand, facing the wind.
My bravery not from fighting,
but from my strength within.
I am a warrior.
I'll walk the extra mile.
Not because I have to, but
because it's worthwhile.
I know that I am different,
when I stand on the street.
I know the fullness of
winning; I've tasted the cup
of defeat.
I am a warrior.
They say I walk with ease.
Though trained for bodily
harm, my intentions are for
peace.
The world may come and
go, but a different path I'll
choose.
A path I will not stray from,
no matter, win or lose.
(anonymous)

Western Herbs for Martial Artists & Contact Athletes By Susan Lynn Peterson, Ph.D.

As an herbalist myself, I have read dozens of books on natural healing and herbalism. I found *Western Herbs for Martial Artists and Contact Athletes* to be a wonderful resource. It is well researched and well organized. Many books on herbs are a bit hard for the average person to read, as they are packed with terminology and explanations which can be hard to understand and follow, but this book does a great job of presenting the information in layman's terms.

Dr. Peterson doesn't try to cover every herb available or to impress the reader with her extensive knowledge of herbs, rather she presents the information in a well organized, easy to read format. She covers herbs which are easily available and easy to use. This is a very good starting place for the novice who is interested in learning and using herbs, but who have found other books too over-whelming.

I really found the organizational format easy to use. Each individual herb is organized by:

- 1) Scientific Information
- 2) What the herb is good for
- 3) How you use it
- 4) Dosage
- 5) Important information that you should be aware of

There are also chapters on how to safely use herbs, preparing herbs, different applications, herbal contraindications, and further resources. I have many books on herbs in my library, but this one has become one of my favorites as far as western herbs and quick referencing common herbs for practical use.

I highly recommend this book for anyone who is interested in learning about the practical applications of western herbs. You will find that *Western Herbs* is a very usable book that you will refer back to time and time again. **5 Stars!**

The Wisdom Warrior News

Wisdom of the Elders
Wins 1st Place Book Award!



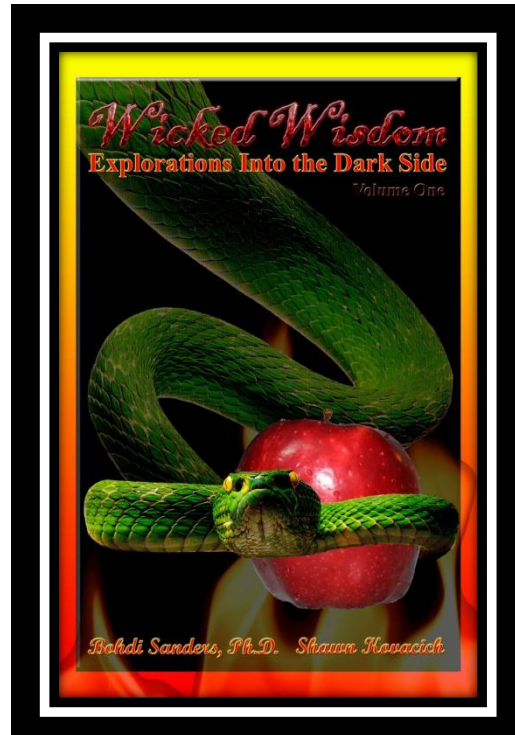
Wisdom of the Elders won a 1st Place award in the USA Book News Best Books of 2010 Book Awards for 2010. This is a prestigious national award for authors and publishers nationwide.

Wisdom of the Elders is simply the best quote book available for those interested in living a life of excellence! This book focuses on quotes that can and will change your life if you apply them. The wisdom in this book truly spans the ages and is life-changing.

Wisdom of the Elders



Bohdi Sanders, Ph.D.



Wicked Wisdom: Explorations into the Dark Side, the new book by **Bohdi Sanders and Shawn Kovacich**, has been a long time in coming, but it is finally here! *Wicked Wisdom* will be released this month, a couple of weeks before Christmas. I know that many of you have been eagerly awaiting this book. Pre-sales have been tremendous and I have received a lot of emails inquiring about when *Wicked Wisdom* would finally be published.

We have had some unforeseen delays, but *Wicked Wisdom* has finally gone to the printer. If you haven't ordered your copy yet, now is the time. *Wicked Wisdom* is a chilling in-depth look into the mind and soul of the predator.

Wicked Wisdom turned out even better than first expected, and features contributions from some of the biggest names in self-defense over the last 30 years such as **Loren Christensen, Lawrence Kane, Kevin Brett, Marc MacYoung, and Alain Burrese**.

Parts of this book will remind you of personal experiences or close calls, and other parts will simply send chills down your spine – either way, you are sure to find *Wicked Wisdom* both enlightening and bone chilling. *Wicked Wisdom* may be ordered at: TheWisdomWarror.com and on Amazon.com.

Parting Thoughts

Your Thoughts

I would love to hear your thoughts, opinions, tips, recommendations, etc. on our newsletter! Tell me which articles you like and which you didn't care for. Let me know what subjects you would like to see discussed and where your interests lie.

I want this to be a newsletter that you look forward to receiving and which gives you relevant and useful information each time. Your feedback is invaluable in helping me to ensure that I am covering the material that you, the reader, finds interesting.

So please send me any comments, critiques, ideas, or requests for specific topics to:

WarriorWisdom@comcast.net



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Live With Honor!

Wisdom can be found in places that most people would never think to look for it. You can learn something from everyone, no matter how wise or how lowly he or she may be. Always think about what you can learn from every situation you find yourself in, and then apply that wisdom to your life from that point forward.

Then, freely share what you have learned with those who have a desire to better their lives or with those who come to you for advice. It is part of the duty of the true warrior to help those around them in need. Sharing your wisdom and knowledge is one way that you can fulfill that duty. During this holiday season, see how many people you can help. This is not just a good philosophy for the holidays, but for the warrior, it is an essential part of life.

I also want to encourage you to forward the *Wisdom Warrior Newsletter* to all of your friends, relatives, or anyone who you think may benefit from or enjoy reading it. My goal is to provide relevant, useful information on a variety of topics which will aid our readers to live a life of excellence, which is what the warrior lifestyle is all about.

I provide all of this information freely and ask that you share it liberally with those you know. So pass this, and all the other copies of the *Wisdom Warrior Newsletter* along, and let's start helping others learn the principles of the warrior lifestyle!

Live With Honor!

SUBSCRIPTIONS

If you want to subscribe to the Wisdom Warrior Newsletter, you may do so in one of two ways:

- 1) Visit TheWisdomWarrior.com and click on the "FREE NEWSLETTER" button
- 2) Send an email request to WarriorWisdom@comcast.net and let us know to add you to our mailing list. Make sure to include "The Wisdom Warrior Newsletter" in the subject line!