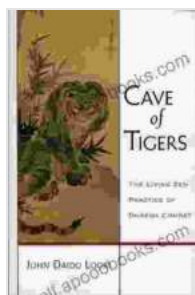


# The Living Zen Practice of Dharma Combat: Unleash Your Inner Warrior for Peace and Enlightenment

Discover the ancient Zen practice of Dharma Combat, a transformative journey of self-discovery and spiritual growth. Learn how to cultivate mindfulness, overcome obstacles, and live a life of purpose and fulfillment.

In the realm of Zen Buddhism, Dharma Combat is a profound practice that has been passed down from master to student for centuries. It is a martial art that is not about physical violence, but rather about the inner struggle against our own ego, our attachments, and our fears.

Dharma Combat is a practice of self-reflection and self-discovery. It is about learning to see ourselves clearly, to accept our strengths and weaknesses, and to cultivate a deep sense of compassion and understanding.



## Cave of Tigers: The Living Zen Practice of Dharma

**Combat** by John Daido Looi

★★★★☆ 4.5 out of 5

Language : English  
File size : 1326 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 258 pages  
Lending : Enabled



The practice of Dharma Combat begins with mindfulness. We learn to pay attention to our thoughts, feelings, and actions without judgment. We learn to observe ourselves from a place of non-attachment, allowing ourselves to see our true nature.

As we become more mindful, we begin to see the obstacles that stand in our way. These obstacles can be anything from our own self-doubt to the challenges of the world around us. Dharma Combat teaches us how to face these obstacles with courage and determination.

Dharma Combat is not about fighting against others. It is about fighting against our own inner demons. It is about overcoming our fear, our anger, and our ignorance. It is about becoming a warrior for peace and enlightenment.

The practice of Dharma Combat can be challenging, but it is also incredibly rewarding. It is a path that leads to a deeper understanding of ourselves, a greater sense of purpose, and a more fulfilling life.

**If you are ready to embark on the journey of Dharma Combat, this book is your guide.**

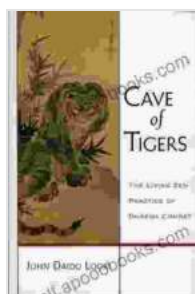
In this book, you will learn:

- The history and philosophy of Dharma Combat
- The basic principles of mindfulness
- How to face your obstacles with courage and determination

- How to cultivate a deep sense of compassion and understanding
- How to live a life of purpose and fulfillment

The Living Zen Practice of Dharma Combat is more than just a book. It is a roadmap for a transformative journey. If you are willing to follow this path, you will discover the true warrior within yourself.

**Free Download your copy today and begin your journey to peace and enlightenment!**



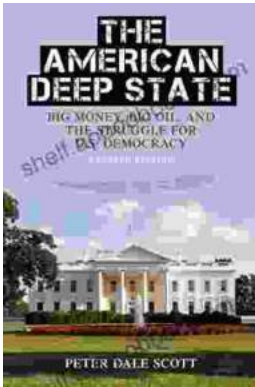
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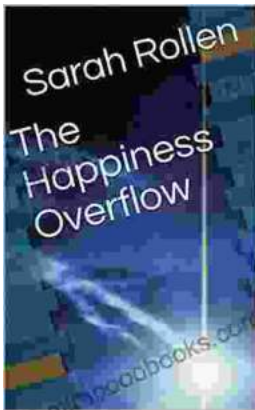
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