



The Practice of Freedom: Aikido Principles as a Spiritual Guide

Wendy Palmer

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The Practice of Freedom: Aikido Principles as a Spiritual Guide Wendy Palmer

Drawing on the poetic wisdom of the Tao Te Ching, American sensei Wendy Palmer translates the powerful teachings of aikido for use in everyday life—all without practicing the vigorous exercises of the martial art, itself. With poignant reflections on her own life, including her Conscious Embodiment work and teaching inmates in a woman's federal prison, she describes how we can lose our sense of freedom, vitality, and integrity when under the duress of life's "attacks." She explores a process that responds to the question How? How do we transform our negativity into budo, or love, and how do we move from reactivity to freedom? The Practice of Freedom is invaluable not only for students of aikido and other movement and martial arts, but also for those who seek to live with confidence and self-reliance, to establish clear and compassionate boundaries, and to deepen their capacities for loving and honest relationships.

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