


# Abundant Peace

*By John Stevens*

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**Abundant Peace** By John Stevens

Morihei Ueshiba (1883-1969), the founder of Aikido—whose name means "abundant peace"—was "undoubtedly the greatest martial artist who ever lived," according to his biographer, John Stevens. "Even if we accept every exploit of all the legendary warriors, East and West, as being literally true, none of those accomplishments can be compared to Morihei's documented ability to disarm any attacker, throw a dozen men simultaneously, and down and pin opponents without touching them, recorded scores of times in photographs, on film, and by personal testimony." How did the diminutive master—barely five feet tall—attain this uncanny power? In *Abundant Peace,* John Stevens tells the real story behind Morihei's achievement, illuminating the man and his message in a way that will delight and stimulate the reader. Focusing on the how and why of Morihei's career, Stevens describes the people, events, and ideas that influenced his lifelong spiritual quest, which culminated in the unique teachings of Aikido. Illustrated with photographs of Morihei in action and filled with revealing anecdotes about his life and times, the book also offers a valuable discussion of the Founder's conception of Aikido as a path of harmony and love, unifying mind and body, self and others, man and the universe.

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## Editorial Review

Review
*"Abundant Peace* is the simply told biography of 'the greatest martial artist who ever lived,' Morihei Ueshiba. Barely five feet tall, Ueshiba trained himself to be the world's most amazing—and indestructible—fighter. Yet he was a man of peace and his personally created martial art, Aikido, has been called a path to love. John Stevens, author of *Aikido: The Way of Harmony,* has now written an inspiring and anecdote-rich account of Ueshiba's relentless pursuit (and realization) of universal truth. *Abundant Peace*, though short, reveals many little known facts about the master's life and includes rare photographs and illustrations." —*East West*

From the Inside Flap
Focuses on the "how" and "why" of the quest of Morihei (the founder of Aikido-Japanes Martial Arts), concentrating on a discussion of the people, events, and ideas that most influenced the master.

About the Author
John Stevens is Professor of Buddhist Studies and Aikido instructor at Tohoku Fukushi University in Sendai, Japan. He is the author or translator of over twenty books on Buddhism, Zen, Aikido, and Asian culture. He has practiced and taught Aikido all over the world.

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