

# CONTENTS

|                        |   |
|------------------------|---|
| Author's foreword..... | 7 |
|------------------------|---|

## PART ONE

### THE WARRIOR OF THE LIGHT

|  |    |
|--|----|
| Introduction .....   | 13 |
| Western value crisis versus Far- Eastern<br>„Way of the Warrior” ..... | 14 |
| Strenght in Weakness.....  | 19 |
| Theory of Self-Fulfillment.....  | 21 |
| Philosophy and the „Transmission”<br>in Far Eastern Dimension .....    | 23 |
| The Living Philosophy.....   | 24 |
| The Key Reason .....   | 25 |
| The Key Question.....  | 25 |
| Lifestyle.....   | 26 |

## PART TWO

### THE WAY OF THE WARRIOR IN INDIA AND CHINA

|   |    |
|---|----|
| INDIA .....   | 31 |
| India preforms of Budō .....  | 32 |
| Power of tradition as characteristic trait of Far East.....         | 35 |
| Mahabharata .....   | 36 |
| Kalaripayat .....   | 37 |
| Darshana means attitude.....  | 38 |
| Karman .....  | 38 |
| Buddhism, karman and self-realization.....                          | 39 |
| Yoga.....   | 41 |
| Meditation.....   | 44 |
| Spiritual intelligence .....  | 46 |
| The Way of the Warrior in India.....                                | 47 |
| Hinduism and the safety culture .....                               | 51 |
| Dharma.....   | 54 |
| Karman .....  | 54 |
| Samsara.....  | 54 |
| Mukti.....  | 55 |
| Vedis tractease: .....  | 56 |
| The non-canonic literature of India includes:.....                  | 56 |
| Stages of life and development of man .....                         | 57 |
| Some of described Indian concepts<br>of The Way of the Emperor..... | 59 |

|                               |    |
|-------------------------------|----|
| BUDDHISM .....                | 69 |
| The Noble Eightfold Way ..... | 74 |
| Leader's duties .....         | 78 |
| ASHOKA.....                   | 85 |
| Army of Ashoka.....           | 87 |
| KANISHKA.....                 | 89 |
| GANDHI.....                   | 90 |
| CHINA.....                    | 91 |

### PART THREE

#### THE WAY OF THE WARRIOR – MODERN VERSION

|  |     |
|--|-----|
| Creation and Development of the Universal Karate-Do<br>Phenomenon in the Post-World War II World ..... | 105 |
| Why Orient?.....   | 106 |

### PART FOUR

#### SELF IMPROVEMENT AND SECURITY CULTURE

|  |     |
|--|-----|
| The Way of the Warrior in Europe and in Poland ..... | 127 |
| Japan and USA: Fascination and utilitarianism .....  | 132 |
| Self Improvement & Security Culture .....            | 147 |
| EPILOGUE .....                                       | 163 |
| BIBLIOGRAPHY.....                                    | 195 |

### AJANTA CAVE MONUMENTS

|   |     |
|---|-----|
| (PICTURES FORM AUTHOR'S JOURNEY TO INDIA) ..... | 205 |
|---|-----|