

Heart of Wisdom Meditation DVD

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As only he can, An-shu Stephen K. Hayes presents an insightful introduction to the highly cryptic and often misunderstood Hannya Shingyo "heart of transcendental wisdom" concept of emptiness of phenomena, uniquely tailored for the martial artist. Includes English and Japanese study sheet and special examples from To-Shin Do 6th Degree Black Belt technique and philosophy.

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