From a book titled **The Three Ways of Tao: The Peaceful Warrior**, by Flavio Daniele, 2012

"The warrior inside us calls us to be brave and to fight when necessary, for ourselves and for others. He is equipped with unshakable faith, not blind faith, not faith in dogma, but a faith in a final goal.

His conduct is unorthodox, actively involved in making use of everything as a means to obtain that goal. His survival is linked to his ability to adapt. He must be able to transform anything or any circumstance to his advantage. He must activate a revolutionary and extraordinary approach to life which allows him to alchemically transform the negative energies and forces of the heart.

He knows that what cannot be overcome must be exalted and utilized.

Just as a wise gardener whose uses manure to nourish his splendid flowers, the warrior must guide his mind in a way that all his vices and virtues serve as nourishment for his spiritual flame. The real war is against the inner enemies: hatred, desperation and sloth. It is the courage to face these inner dragons that enables us to confront the outer ones with intelligence, self-discipline and wisdom."

“Knowing others is intelligence;

Mastering others is strength;

Knowing yourself is true wisdom.

Mastering yourself is true power”

 From Lao Tzu, Tao Te Ching