



Select Samplings from: Path of a Warrior

Featuring the Unique PHilosophy and Tactical Mindset of Phil Messina

When Modern Warrior was in its infancy Phil began a tradition that still holds today. He tacked up index cards around the training areas which touted his quotes, insights and philosophies. As time went on, Phil added more cards to the walls of the gym. As each card went up, it would make a statement about the ideals and philosophies of the art and the master that his students were so dedicated to.

Path of a Warrior encompasses some of the many thought provoking writings that Phil has given us. They were written for us in the truest spirit of wisdom, a spirit that unselfishly nurtures growth.

In Path of a Warrior, you'll find quotes like this one:

*The true Master does not wish to lead,
Nor does he wish to follow.
He only wishes to place himself
Where he is needed most.*

You'll find poems like this one:

And to My Son, I Leave the Forest

Pick up my pack, kid, hardships and all.
Take up the challenge which I tried to stall.
Walk through the forest that I tried to tame.
See each living thing there and remember its name.
Go through the darkness like I never did,
Carry the lantern which I was forbid.
Jump over the streams, boy, now shallow and dim,
Where once where great rivers that I tried to swim.
Make a small pathway whenever you can.
Be a good man, son, but first be a man.
And if you get lost, lad, and wish to come home,
Just look down my path, son, then follow your own.

Gain insight. Get inspired. Order your copy today!

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