



Ikuko Osumi, Japanese Master of Seiki Jutsu (Profiles in Healing)

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Recognized in Japan as a national treasure, Ikuko Osumi is a practitioner of a nearly extinct Japanese healing ritual called seiku jutsu. A two-part practice, seiku jutsu involves both a series of exercises used by the practitioner to develop and focus the inner spirit and a healing ritual during which the practitioner transmits the seiki life force to the patient. This book presents a series of exercises developed by Osumi that can be used on a daily basis to maintain one's own health and well-being. Designed to unfold like a Japanese scroll and read two ways, this book is an autobiographical description of Osumi's life and discovery of her powers and an illustrated description of an actual healing session. An accompanying CD includes translations of anecdotes told by Osumi and traditional music.

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