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~~The Secret Art of Boabom by Asanaro (ebook)~~

Reviewed in the United States on February 5, 2018. Verified Purchase. I have had a passion for the Martial and healing arts (Karate-Do, Judo, Jujitsu, Boxing, Tai Chi, Qigong, Yoga and Reiki) for more than 60 years, and I am always seeking new and unique books on these topics. When I saw this 337 pages soft cover book (The secret art of Boabom: awaken inner power through defense – meditation

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The Secret Art consists of slow and fluid exercises designed to improve co-ordination and strength equilibrium between body and mind through various breathing and movement techniques. In particular Seamm-Jasani is known for its harmonic combination of relaxation action motion and breathing techniques.

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From the author of the book "The Secret Art of Seamm-Jasani" comes a new work, bringing readers into the realm of meditation and reflection. 38 Stories and Fables will stimulate the mind of those who enjoy simple philosophy and seek to gain a deeper understanding of the Boabom teachings, an Art of Defense that goes beyond movements, covering a complete vision of life. This book continues the series begun with Mystic Meditations, dedicated to the philosophy of the Boabom Arts, with their roots in ancient Tibet.

More than 10,000 years ago in the ancient Himalayan Mountains, an ancestral civilization committed itself to the study and development of the Science and Art for Eternal Youth. A form kept in close secrecy for millennia is now revealed for the first time in this practical and dynamic guidebook. The teachings focus on cultivating the powers of the individual's mind, the harmony of movements, and the discovery of internal potentialities as the ultimate force of self-healing to extend one's lifetime. Comparable to a cross between yoga and tai chi, this ancient Tibetan system is designed to increase vitality, balance, and Inner Energy. The Secret Art consists of slow and fluid movements that improve coordination and strengthen equilibrium between body and mind through various breathing and movement techniques. In particular, Seamm-Jasani is known for its combination of relaxation, active motion, and breathing exercises.

A journey through the mysterious world of dreams. In this mystical memoir of his spiritual journey through the world of Dreams, teacher of pre-Buddhist Tibetan martial arts and philosophy Asanaro describes his apprenticeship with his master, Alsam. As the young apprentice opens his vision to the Astral World, he learns that the art of mental projection allows him to jump through time and space . . .

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and what he discovers isn't at all what he had expected. Written in the form of a teaching story, Bamso uncovers for readers the fundamentals of astral projection and "doubling" the art of lucid dreaming. Presented in an engaging yet instructive manner, this book will captivate fans of Carlos Castaneda and Paulo Coelho.

The secrets of the ancient Eastern masters are your key to mind control--and victory. Lost to history until now, these Eastern techniques of mental domination, developed and perfected over thousands of years--and through hundreds of secret cadres--are your crucial weapons for ensuring victory, even before landing a blow. As Dr. Haha Lung and Christopher Prowant unlock the seemingly supernatural strategies of Asia's shrouded cultures in their much-praised easy-to-understand language, you'll master long-lost techniques from:

- India: the extraordinary physical and mental powers of Tantric sex yoga
- Tibet: the unstoppable methods of sDop sDop, the secret warrior-monks
- China: the tactics and techniques of manipulation and mayhem of the Lin-Kuei and Mushuh Nanren
- Vietnam: the mysterious methods of the "The Clack Crows," a stealthy, ninjalike branch of the Cao Dai
- Japan: the strategies of the criminal masters of Japan's underworld for tempting and terrorizing your victim into obeying your every command

A word of caution: these are very powerful--and dangerous--secrets. Mental Dominance is for academic study ONLY. Dr. Haha Lung is the author of more than a dozen books on martial arts, including Mind Penetration, Mind Fist, The Nine Halls of Death, Assassin!, Mind Manipulation, Knights of Darkness, Mind Control: The Ancient Art of Psychological Warfare, The Lost Fighting Arts of Vietnam and, with co-author Christopher B. Prowant, Ninja Shadowland.

Drawing on the vast body of styles practiced around the world, including ancient and obscure styles from

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every continent on the planet, The Way of the Warrior is an indispensable, one-stop reference work for anyone interested in the martial-arts canon.

Acorns delineates the future of humanity as a reunification of intellect with the Deep Self. Having chosen to focus upon ego (established securely by the time of Christ), much more beta brain wave development will destroy our species and others, which process has already begun. We create our own realities through beliefs, intents and desires and we were in and out of probabilities constantly. Feelings follow beliefs, not the other way around.

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