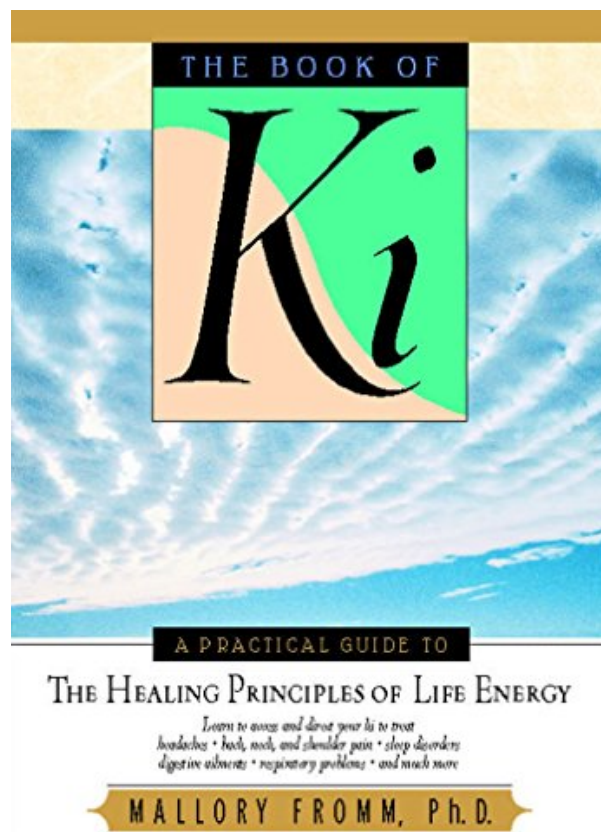
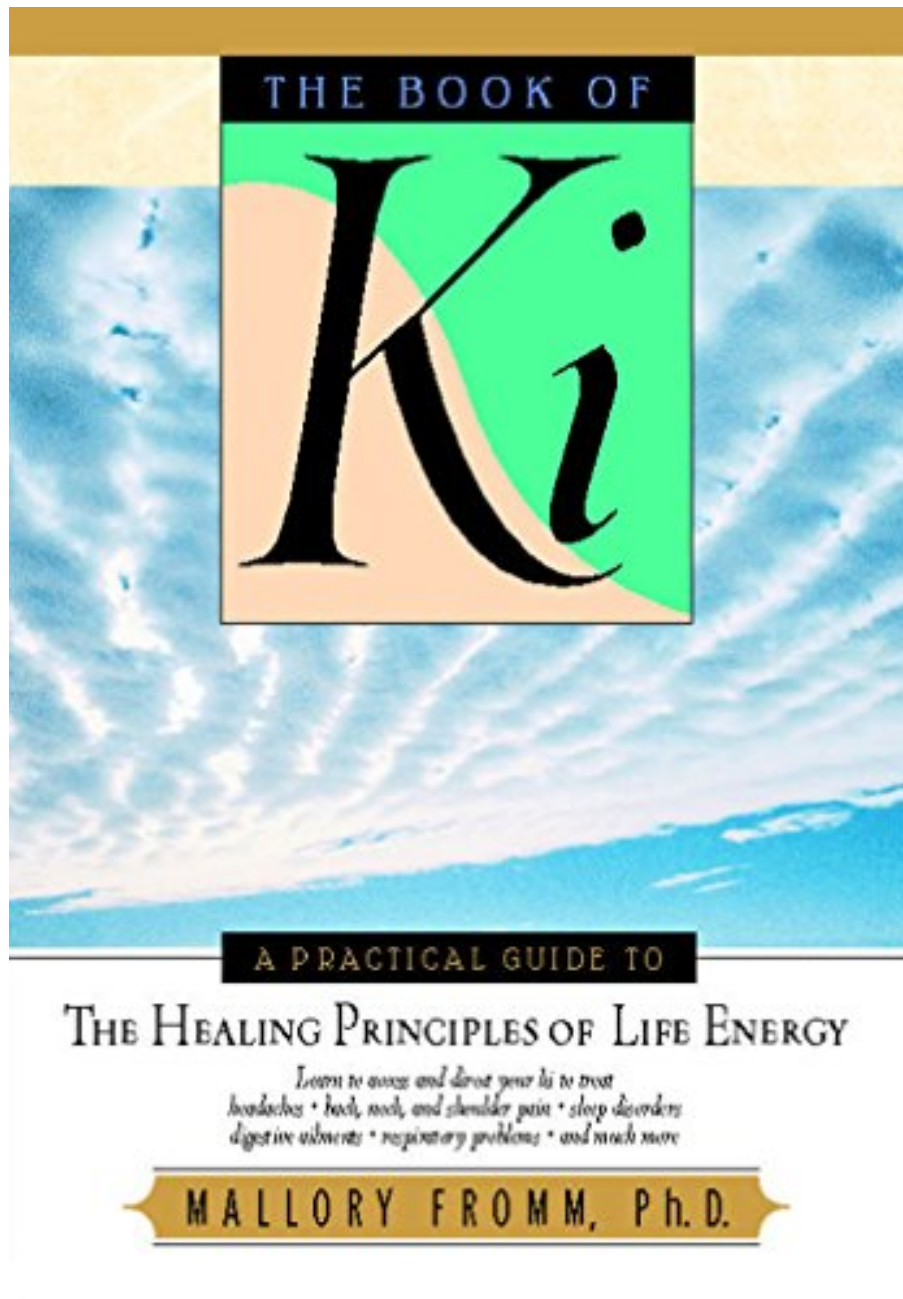


THE BOOK OF KI: A PRACTICAL GUIDE TO THE HEALING PRINCIPLES OF LIFE ENERGY BY MALLORY FROMM PH.D.



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ALTERNATIVE HEALTH

One morning in 1979 Mallory Fromm awoke in his Tokyo apartment with agonizing pain shooting through half of his body. A string of specialists was unable to cure the pain, which grew worse until Fromm could no longer walk. Just when Fromm had given up all hope, a friend introduced him to a mysterious, elderly Japanese woman. She began a healing regimen that completely cured him by initiating him into her healing art based on ki, the life energy that flows through each and every one of us.

The Book of Ki presents you with a thorough understanding of what ki is, then teaches you how to access your ki through breathing. Having gained access to it, a series of exercises teaches how to strengthen, smooth, and balance your ki, and finally how to transmit it to heal yourself and others. An essential tool for maintaining general well-being, ki can also be used to heal stress-related aches and pains, sleeping problems, hair loss, appetite and digestion difficulties, and stress-related psychological problems. Photographs accompanying each exercise clearly show you where to position your hands to maximize the flow of ki in the body.

The Book of Ki also tells the story of Kayoko Matsuura, the brilliant healer who saved Mallory Fromm and countless others. It is an in-depth and moving account of a woman whose simple but revolutionary healing art the West is only now ready to understand.

MALLORY FROMM, Ph.D., is Professor of Comparative Culture at Meiji University in Tokyo, where he has lived for twenty years. He is the director of the SIKE Institute, an alternative HMO in Los Angeles, and has taught workshops on ki at the Esalen Institute. An instructor of Aikido, the Japanese martial art based on ki, he divides his time between California and Tokyo.

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Illustrated exercises for strengthening your life energy to heal yourself and others

- Presents a thorough understanding of ki and teaches how to access ki through breathing
- Includes a series of exercises, accompanied by photographs, for strengthening, smoothing, balancing, and transmitting ki

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The Book of Ki presents you with a thorough understanding of what ki is, then teaches you how to access your ki. A series of exercises teaches you how to strengthen, smooth, and balance your ki, and shows you how to transmit your ki to heal yourself and others. Photographs accompanying each exercise clearly show you where to position your hands to maximize the flow of ki in the body.

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Most helpful customer reviews

30 of 33 people found the following review helpful.

A joyful, life-enhancing, and exhilarating book to treasure.

By strongsan@aol.com

This book is an excellent and lucid introduction to Ki which caters to both the pedagogical and the credibility needs of the reader interested in the subtle energy of Ki. Part I is practical and informative, with instructive photographs showing exercises to assist in the generation of Ki, as well as in the application of the technique to specific problems including headaches, eye-aches, digestive problems, fatigue, menstrual cramps etc. Part II is a beautifully written account of the author's healing by Mrs. Matsuura in Tokyo, after a dozen Western physicians had failed to cure his sciatica without recourse to drastic surgery. The tale is by turns highly entertaining - with an ironic yet affectionate eye turned to the mores of the Japanese in general and the eccentricities of Matsuura-san in particular - yet moving in its portrayal of a deepening relationship between healer and patient, which culminates in a radiant celebration of Ki as a mysteriously moving Life Energy in the story's final twist. Dr Fromm's writing is grounded in a sound anatomical and physiological familiarity, and as an academic thoroughly at home in the Japanese language and culture, he conveys the essential Japanese concepts with a fluid ease, which in this particular field must be unique. Being half-Japanese myself, I recognize what an excellent job Dr. Fromm has done in bridging the cultural divide so smoothly and effortlessly, and for such a good cause. My wife and I have been working for some months on the Ki exercises in the book and we have gained in both vitality and general health. What a gift the book has been for us! The author also mentions that animals (pets) respond favorably to Ki. Well, not having a pet, I was

still eager to test this idea further and while swimming recently in the Pacific Ocean in the vicinity of a pod of dolphins, I focused my Ki towards them and was amazed at how close they came! The book was worth its price a hundred-fold just for this magical experience, which was, I am convinced, brought about in no small part by the practice of Ki work recommended in the text.

5 of 5 people found the following review helpful.

Ki is a natural valuable tool to healing

By Doris

I read this book and was able to utilize the techniques to generate Ki. It was amazing to see what a positive impact this energy can have on the body. I have experienced the healing power of this myself and have seen it work on others who I have Ki-ed. Anyone who is open to exploring alternative strategies to health can benefit from reading this book.

10 of 13 people found the following review helpful.

The Book of Ki

By Leigh Prickett

Many books on this subject are often complex, lengthy and unreadable or at the other end of the spectrum, characterized by odd stick figure drawings, terse, inadequate and generally undecipherable descriptions. The Book of Ki appropriately, strikes a harmonious balance between these two extremes.

By combining the exercise and treatment section with the very well written and fascinating narrative description of his personal experiences with Mrs. Matsuura (the Japanese healer who inspired the author to learn these techniques) Mallory Fromm has produced a book that is informative, interesting and easy to read. If you are interested in or open to the broad possibilities of Ki (or Chi) then you should read this book (incidentally this is type of Ki healing is NOT, nor is it based on, Reiki).

Also having personally benefited from the Ki workshops and treatments offered by Mallory and Therese Baxter at the SIKE institute and Esalen, I would recommend them to anyone with an interest or need for this type of non-manipulative and non-invasive healing.

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