



Seiki Jutsu: The Practice of Non-Subtle Energy Medicine

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A guide to the ancient Japanese art of working with concentrated life-force energy, seiki, for self-healing, revitalization, and creativity

- Explains how to awaken seiki, guiding you through the stages of seiki development
- Details how to develop your own daily practice for self-healing and renewal as well as providing exercises to infuse your everyday activities with seiki
- Includes many inspiring stories from the authors' decades of healing work

Seiki jutsu is the ancient Japanese shamanic art of working with seiki, concentrated life-force energy, for self-healing, revitalization, creativity, and inspiration. Known in Tantra as *kundalini* and to the Kalahari Bushmen as *n/om*, seiki has been called “activated and strengthened chi” and is often described as a “non-subtle” energy because it is strongly felt when awakened. Centering on spontaneity of movement to gather and transmit seiki, the practice of seiki jutsu does not require years of training or endless memorization of forms. Once you have received seiki, your daily practice will teach you to activate the flow of this powerful energy to recharge your body, mind, and spirit and empower you to find your unique destiny.

Renowned seiki jutsu masters Bradford and Hillary Keeney detail the history and lineage of seiki jutsu beginning in 8th-century Japan and reveal how this ancient practice was used by the samurai. The authors show how seiki underlies the “flow experience” sought after by artists, musicians, athletes, and performers of all types. They explain how to recognize the awakening of seiki, guiding you through the stages of seiki development with stories of healings they have participated in or witnessed. They reveal how to develop your own daily practice for self-healing and renewal as well as provide active exercises to discover your life’s purpose, infuse your everyday activities with seiki, and motivate yourself to create a fulfilling life. They show that no method of performance, spiritual practice, or philosophy of life can fully awaken unless you are instilled with sufficient seiki. Regarded in Japan as “the fountain of youth,” seiki jutsu provides a way to bring maximum vitality into every aspect of life.

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