



Journey to the Heart of Aikido: The Teachings of Motomichi Anno Sensei

Linda Holiday

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Journey to the Heart of Aikido presents the teachings of Motomichi Anno Sensei, one of the few remaining direct students of Morihei Ueshiba, the legendary founder of Aikido. After a lifetime of practice and teaching in Japan, the United States, and Europe, Anno Sensei conveys through his teachings Aikido's essential spirit of love, harmony, gratitude, and purification with simple authenticity and eloquence. Author and translator Linda Holiday--herself a senior instructor of Aikido--brings to life the intimacy of this communication through translated discourses on the deep practice of Aikido and candid dialogues between Anno sensei and Western students.

Journey to the Heart of Aikido includes Linda Holiday's vivid account of her adventure as a young woman studying Aikido in the mystical region of Kumano, Japan, in the 1970s, and a poignant telling of Anno sensei's life and his first-hand experience of training with Aikido's founder. An essential resource for the global Aikido community, *Journey to the Heart of Aikido* also offers spiritual teachings relevant to all contemporary seekers, touching a wide range of themes such as the meaning of martial arts, the integration of body and spirit, the truth of interconnectedness, and the practice of peace, offering all readers insight into the profound spiritual questions at the heart of life.

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Caleb Hutto:

People live in this new day of lifestyle always try to and must have the spare time or they will get wide range of stress from both way of life and work. So , when we ask do people have spare time, we will say absolutely of course. People is human not just a robot. Then we request again, what kind of activity have you got when the spare time coming to anyone of course your answer will unlimited right. Then do you try this one, reading textbooks. It can be your alternative with spending your spare time, the book you have read is actually Journey to the Heart of Aikido: The Teachings of Motomichi Anno Sensei.

Norman Ross:

Playing with family in a very park, coming to see the ocean world or hanging out with close friends is thing that usually you could have done when you have spare time, subsequently why you don't try point that really opposite from that. One particular activity that make you not sense tired but still relaxing, trilling like on roller coaster you are ride on and with addition details. Even you love Journey to the Heart of Aikido: The Teachings of Motomichi Anno Sensei, you can enjoy both. It is excellent combination right, you still want to miss it? What kind of hang-out type is it? Oh occur its mind hangout people. What? Still don't get it, oh come on its referred to as reading friends.

Marcos Hawkins:

In this age globalization it is important to someone to acquire information. The information will make a professional understand the condition of the world. The fitness of the world makes the information quicker to share. You can find a lot of personal references to get information example: internet, paper, book, and soon. You will see that now, a lot of publisher that will print many kinds of book. The particular book that recommended to you is Journey to the Heart of Aikido: The Teachings of Motomichi Anno Sensei this e-book consist a lot of the information with the condition of this world now. This particular book was represented so why is the world has grown up. The words styles that writer make usage of to explain it is easy to understand. Often the writer made some study when he makes this book. This is why this book ideal all of you.

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