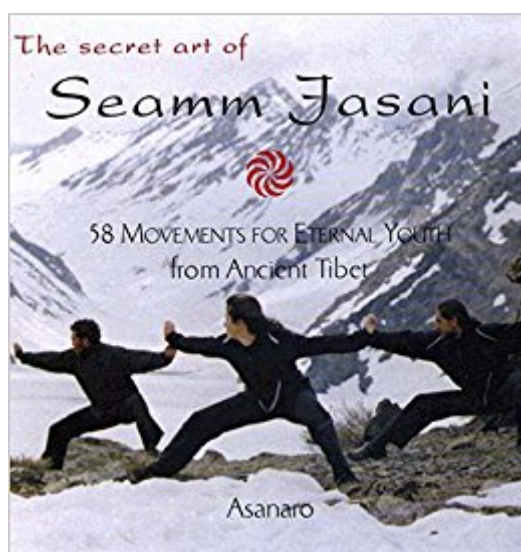


The book was found

# The Secret Art Of Seamm Jasani: 58 Movements For Eternal Youth From Ancient Tibet



## Synopsis

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.

## Book Information

Paperback: 210 pages

Publisher: TarcherPerigee (June 23, 2003)

Language: English

ISBN-10: 158542241X

ISBN-13: 978-1585422418

Product Dimensions: 7 x 0.6 x 7.5 inches

Shipping Weight: 9.6 ounces (View shipping rates and policies)

Average Customer Review: 3.8 out of 5 stars 35 customer reviews

Best Sellers Rank: #578,728 in Books (See Top 100 in Books) #47 in Books > Health, Fitness & Dieting > Aging > Exercise #118 in Books > Health, Fitness & Dieting > Aging > Longevity #933 in Books > Health, Fitness & Dieting > Exercise & Fitness > Injuries & Rehabilitation

## Customer Reviews

Asanaro has dedicated more than twenty years to the study and teaching of alternative arts and philosophy originating in pre-Buddhist Tibet, especially with regard to meditation through the union of body and mind. He has taught around the world, and has developed schools in South America, Europe, and the United States. He lives in Massachusetts.

Still working to build a harmony in this body mind art. Thank you Asanaro for making the journey to the abcient place and bringing us this understanding. "Movement"

I have the book Seamm Jasani in 58 movements. It is really a very smart and useful and kind present of Asanaro for us to improve the condition of our body, mind and health. These are basic functions of human beings, so I am really delighted to have this book for my life to be longer, more healthy, peaceful and strong. That is why I would like to offer my heartfelt thanks to the author of this book, Asanaro, who is really the great master and hero of this art, this special Art of Ancient Tibet. Tibetan traditional arts are special and unique, and totally for the benefit of all human beings by all means, so these 58 movements is a big part of them, especially for the benefit and achievements for our body and mind. I am sure that you will receive very great experience by way of your lovely practice of Seamm Jasani and Boabom (I have the book The Secret Art of Boabom too). I am a simple practitioner of Buddha's teaching and now practice the teaching of Boabom, and I am sure my life will be better from these two great teachings of ancient Tibet, skills for developing the mind, body, and health. Since I have this book, I have noticed that The secret art of Seamm Jasani is really a secret art for living beings to have a meaningful life. So I am very happy to inform you the kind readers that we must take time to catch this kind and great opportunity to practice the arts of Seamm Jasani. Seamm Jasani, It is a new way of my life, a gentle art of my life. It is meaning skill and art for the benefit of my brothers and sisters. So may your life never end for us. Thupten, from Lhasa (Tibet)

Having practiced various martial arts, tai-chi, chi-gung, yoga and pilates for over 40 years this is by far the most effective and practical exercise I have encountered. By far. The book is excellent, the art of Seamm-Jasani is amazing. First, I was able to actually learn it from the book. I read some reviews that call the author pompous and such but I did not get that from the book at all. He is blunt and unapologetic about preferring this gentler and less violent method of exercise to say karate or weight lifting or marathon training etc. Some others observed that this is simply chi-gung revisited. Apparently these people have not had any exposure to chi-gung other than by reading books. It is not warmed over chi-gung. There are some similarities but did it ever occur to those so-called critics that this art precedes chi-gung by millennia. Chi-gung is like Seamm-Jasani not the other way around. Besides, so the genesis of the art or even the author may be in question...the results are not. My experience: I bought the book and practiced and learned many of the moves. I saw results very quickly and without any pain. I felt better, slept better and thought better after I started Seamm-Jasani. Mark me completely satisfied at that point. Then I found out that Asanaro (the author) was conducting a weekend class at the Boston Baobom School in Brookline Ma. I live in Texas on modest means but I cashed in some miles and rewards points, signed up for the session

and enjoyed the best training days of my life. It turns out that the book instructions were very good and I was doing most of the movements approximately right. But the weekend transcended the practice of Seamm-Jasani. Every member of the school staff and to my pleasant surprise, each participant were simply wonderful people. As for the author himself, it would be hard to describe the humble, kind, almost monk-like Asanaro. The man exudes love, contentment and friendship. To say he is unique I would be guilty of vast understatement. He would patiently answer every question of every student until there were no more. He was such an amazing teacher that even people who had not read the book learned all the movements easily during the weekend's five mini workshops. His only request was not to practice the art in front of anyone because doing so would show ego and not be true to the energy of the art, which is after all, eternal youth and vitality. On that note I must add that upon my returning my friends and colleagues and co-workers could not stop talking about how much better I looked after my weekend trip. Let me clear up some confusion about the so-called secret part of the art of Seamm-Jasani. Each student is shown and taught all the appropriate information for their level. Each level, provides more of the art but is given as the student demonstrates the commitment to the art. There were many questions I had about things during the session and many went politely unanswered. This did not bother me, as I knew that I was simply a beginner. Some people might have a problem with that, though I can hardly imagine why. The whole process, in fact the whole art, has tremendous integrity. Great book, excellent instruction, easy to use and most of all it truly works. You may want to find and visit the Baobom website and see when they will repeat the course. It is priced incredibly low and nowhere near the value it provides for a lifetime.

Personally I found it difficult to gel with this method of teaching. However it may suit those who are inclined to learn this from a book - recommend just finding an actual teacher.

[Download to continue reading...](#)

The Secret Art of Seamm Jasani: 58 Movements for Eternal Youth from Ancient Tibet Practicing Discernment with Youth: A Transformative Youth Ministry Approach (Youth Ministry Alternatives) Literary Movements & Genres: Horror - L (Greenhaven Press Companion to Literary Movements and Genres) Guatemala: Eternal Spring, Eternal Tyranny Eternal Frontier (The Eternal Frontier Book 1) Eternal Hell: Eternal Book-2 Tibet (Insight Pocket Guide Tibet) High Road To Tibet - Travels in China, Tibet, Nepal and India My Path Leads to Tibet: The Inspiring Story of How One Young Blind Woman Brought Hope to the Blind Children of Tibet Tibet, 4th: Tread Your Own Path (Footprint Tibet Handbook) Alexander: The Great Leader and Hero of Macedonia and Ancient

Greece (European History, Ancient History, Ancient Rome, Ancient Greece, Egyptian History, Roman Empire, Roman History) The Fountain of Youth and Eternal Health The Denial of Aging: Perpetual Youth, Eternal Life, and Other Dangerous Fantasies Old Seville: The City of Eternal Youth (The Hispanophile Series Book 4) Old Seville: The City of Eternal Youth (The Hispanophile Series) Ancient Secret of the Fountain of Youth Ancient Secret of the Fountain of Youth, Book 2: A companion to the book by Peter Kelder Gothic Art (Movements in Art) Anti Aging Secret of the Animals - Learn the Simple Somatic Movements That Can Cure Back Pain, Restore Your Flexibility and Rejuvenate Your Body to Its Natural, Youthful State Today! The Power of the Blood Covenant: Uncover the Secret Strength of God's Eternal Oath

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)