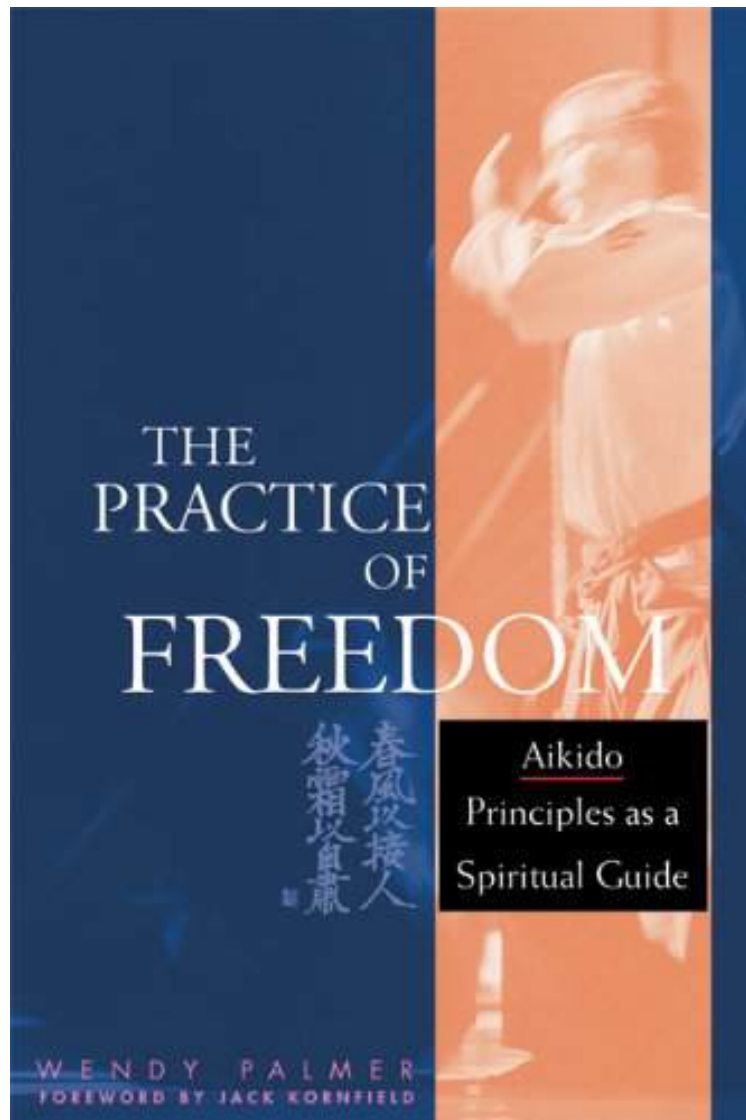


## The Practice of Freedom: Aikido Principles as a Spiritual Guide

By Wendy Palmer

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**By Wendy Palmer : The Practice of Freedom: Aikido Principles as a Spiritual Guide** The Practice of Freedom:  
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4 of 4 review helpful I am extremely disappointed By Customer This book is neither a path or do nor is it a book really

about Aikido and based on the title one would think that it s based on the idea that Aikido is a spiritual path and talks in length about how On the contrary in my honest opinion it fails horribly at the task She makes more references towards other spiritual paths and ideas rather than Aikido Not th Drawing on the poetic wisdom of the Tao Te Ching American sensei Wendy Palmer translates the powerful teachings of aikido for use in everyday life mdash all without practicing the vigorous exercises of the martial art itself With poignant reflections on her own life including her Conscious Embodiment work and teaching inmates in a woman s federal prison she describes how we can lose our sense of freedom vitality and integrity when under the duress of life s From Publishers Weekly Palmer aikido instructor and author of The Intuitive Body has constructed a passable if unremarkable synopsis of personal reflections favorite spiritual authors and principles of this unique martial art At its best the book is informe

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