



The Aiki Singularity: Transformative Power

S. E. Meredith

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The commanding heights of genius in any field seem remote, but it is written: *What man has done, man can do*. THE AIKI SINGULARITY is an analytical probe into the common foundation of internal power conditioning that connects the unearthly martial skills of peerless Japanese martial arts phenomenon Sagawa Yuki Yoshi (1902-1998) to the legendary internal masters of 19th century China. THE AIKI SINGULARITY deconstructs and reassembles the hidden energy that unites all internal martial arts training, and teaches radically simple experiential methods for understanding and maximizing the universal power. Key movements and essential insights from Tai Chi, Xing Yi, Daito Ryu Aiki-Jujutsu and other arts are assembled into three exceptionally effective regimens of internal conditioning. Each regimen consists of a primary drill and a cluster of related supplemental extensions that deepen and massively intensify the energy experience of each. The work is supported by voluminous references to the writings and teachings of legendary old-time masters of the internal arts.

Is this an 'advanced' book? Yes and No. Yes - in the simple sense that some terminology from prior works is used – though everything is explained as needed here too. No - in the most important sense that you can do every drill in this book without any background in other materials, in fact, without any background in energy martial arts at all. The drills are profound in their effects but extremely simple, safe, and pleasant to perform. There are no long sequences of memorized movements, and the drills do not require a large practice space, a long time commitment, or any special equipment and clothing. They can be performed by anybody of any degree of athletic ability – including none whatsoever.

But despite their simplicity and ease, they will develop your internal energy fundamentals more deeply, strongly and quickly than many full systems that require decades of expensive, onerous drudgery. This book will be a revelation for students of Qi Gong, Tai Chi, Aikido, or Kung Fu and for anybody else who is seeking an adventure of inner exploration and power enhancement.

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