. anma 26 . . (Jin Shin Jyutsu) "jin", "shin", "kyo" .

Amna( ) 7 . , . . , PTSD .

Anma . '' Ampuku . Shogo Mochizuki Kobido. Kobido .

. . . , . , . https://thetravelhackr.com/ .

Amna 1600 . (Sugiyama Waichi). . .

. . 17 (Sugiyama Waichi) . . . .

. "" "" "" . , , ...

Amma 17 . (Sugiyama Waichi) . . . .

Amma . . . . Amma . .

. "anma" "" . "" "" . . . .