

Craniosacral Chi Kung Integrating Body And Emotion In The Cosmic Flow

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You Are How You Move - Ged Sumner 2009

Ged Sumner writes with rich insights into how to begin to think about your body and how to take the steps that will enable you to transform your Chi Kung practice. This modern, accessible approach to

Chi Kung by a highly experienced teacher integrates mind and body and shows you how to become sensitive to yourself.

[Equine-imity](#) - Beverley Kane, MD 2021-03-27

Ever wonder what it means to be “as healthy as a horse”?

Equine-imity teaches you how to achieve optimal mind-body health with qigong, a tai chi-like moving meditation, in the presence of gentle, sensitive horses. Written especially for non-equestrians and non-meditators. Seven easy-to-learn exercises. International resources for how to find a horse near you. Based on our course of the same name at Stanford, Equine-imity draws on principles and techniques from yoga, tai ji, mindfulness meditation, and Reiki lovingly laid on a foundation of Daoist philosophy and Jungian psychology. From an East-meets-Western medical perspective, Equine-imity includes state-of-the art information on stress physiology, sports medicine, mirror neurons, and the physics and metaphysics of energy measurement.

Healing Crystals - Karen Ryan
2019-06-11

Awaken your life using the power of crystals with the ultimate crystals book for beginners Get ready to embark on your journey to better well-

being by unlocking the metaphysical mysteries of healing crystals. Connecting with crystals allows you to harness your energy and balance your chakras to mend your body and soul. And this guide teaches you how! The Awakened Life: Crystal Healing explores the natural therapeutic power of crystals, from their chemical composition and ancient connections to the many ways in which preparing and using them can empower and enhance your life through physical, emotional, and spiritual healing. As you chart your course to better health and wellness, you'll survey the specific healing attributes of each type of crystal, and you'll learn how to select, prepare, charge, activate, and connect with them energetically. You'll also learn how to use the Five Master Healers-clear quartz, rose quartz, amethyst, smoky quartz, and turquoise-and other crystals, to heal the body, mind, and spirit, with techniques and crystal layouts that are easy to follow.

Taoist Astral Healing -

Mantak Chia 2004-04-12

Advanced techniques for utilizing the universal healing connections revealed by Taoist astrology and astronomy • Provides meditations and healing techniques based on Taoist astrology • Allows readers to develop a personal practice based on an understanding of their planetary strengths and weaknesses • Includes Taoist star practices for expanding personal awareness into a cosmic field of chi that will support others in their efforts to heal and grow spiritually

Taoist Astral Healing provides a step-by-step program for refining our ability to cultivate, circulate, and retain chi from the stars and planets. While the initial focus of Taoism centers on creating physical health that is deeply rooted in the energies provided by the earth, individuals may also draw down energies from the stars and planets to continue to grow in awareness and to develop their full soul potential.

Harnessing these energies

allows us to break through the cycles of attraction and addiction, promote longevity, and transform the physical and energy body into a “light body” in order to heal ourselves and others. Taoist Astral Healing teaches how to connect the body with the five elemental forces of nature, as well as the moon, sun, planets, stars, and galaxies. Noting the relationships between specific constellations and points on the body--such as the Big Dipper’s correspondence to the bones of the skull--the authors offer planetary and stellar meditations that allow the inner and outer universes to become more connected. Following the numerous meditations and techniques provided throughout the book, readers develop a personal practice based on an understanding of their planetary strengths and weaknesses and their own spiritual growth.

EMDR and the Universal Healing Tao - Mantak Chia
2016-12-15

Exercises to deactivate

emotional triggers, transform negative emotions into positive ones, and heal from PTSD, depression, anxiety, and addiction • Provides illustrated step-by-step instructions on how to combine the eye movements of EMDR therapy with the energetic practices of the Universal Healing Tao • Reveals how negative emotions are stored in the organs, where they also have effects on physical, mental, and spiritual health • Explains how to release stored negative emotions, transform them into positive energy, and harmonize the energies of your organs Through the energy psychology practices from the 5000-year-old Taoist Chi Kung system, you can recycle negative emotional states into positive energy for your spiritual, emotional, and physical benefit. By combining these ancient practices with the recently developed therapy of EMDR, or Eye Movement Desensitization and Reprocessing, you can produce fast, profound relief from emotional trauma, as well as

address the emotional imbalances underlying depression, anxiety, PTSD, and even addiction. In this illustrated guide, Master Mantak Chia and Doug Hilton explain how to integrate the eye movements of EMDR with the energetic exercises of the Universal Healing Tao to rid yourself of the negative feelings associated with past trauma, build up positive feelings about handling similar events in the future, and remove any physical sensations connected to the issue. The authors explore how negative emotions are stored in the organs, the effects they have on physical, mental, and spiritual health, and the maladaptive emotional states people develop to deal with the pressures of modern life. Providing step-by-step instructions for each practice, the authors show how to deactivate your emotional triggers, trace energy disturbances back to the affected organ systems, transform negative emotions into positive ones, and

harmonize the organs with EMDR and the Universal Healing Tao techniques of the Inner Smile, the Six Healing Sounds, and the Microcosmic Orbit. The result is a powerful self-healing practice that can be learned and applied quickly and easily.

Hand Reflexology & Acupressure - Chen Feisong
2020-01-14

Though practices like acupuncture have become popular in the West over the last few decades, they have been a part of Traditional Chinese Medicine for thousands of years. Hand reflexology and acupressure are two techniques that can achieve similar results to more complicated practices like acupuncture, but can be done at home, on yourself, without any tools. This book acts as a beginner's guide to these pressure-based practices. Through illustrations and easy-to-understand language, readers can learn a variety of useful pressure points, how to properly utilize them and daily care that can be done to

address certain health concerns. Through recent studies, hand reflexology and acupressure have been shown to help with a variety of issues, including: Nausea Stress, tension and anxiety Insomnia Headaches Chronic pain Digestive issues Muscle and joint injury The safe, reliable techniques outlined in this book are easy for anyone to master and, importantly, can be used anywhere.

Healing Light of the Tao - Mantak Chia 2008-05-27

The guide to engaging and directing the three primordial forces of Earth, Heaven, and Higher Self to achieve enlightenment and immortality

- Explains how to circulate the life force, or chi, by balancing yang (male) and yin (female) currents of bioenergy
- Includes an overview of the complete Taoist body/mind/spirit system along with newly refined methods of activating the life force
- The sequel to the classic Awaken Healing Energy Through the Tao In 1983, Mantak Chia introduced the "Microcosmic

Orbit” to the West. Prior to that time, most of the Eastern energy practices transmitted to the West were incomplete, dealing only with the ascending yang/masculine channel, which shoots life-force energy up the spine. The Microcosmic Orbit showed practitioners how to establish the descending yin/feminine channel of the life-force energy loop. Within Taoist systems, cultivating feminine energy has always been seen as the key to gaining balance and wholeness. Healing Light of the Tao presents the more advanced methods of chi cultivation in the Microcosmic Orbit, offering a full understanding of Taoist spiritual theory through its comprehensive overview of the complete Taoist body/mind/spirit system. The book also includes more advanced meditation methods for absorbing the higher frequencies of Earth Force, Cosmic Force, and Universal Force (Heavenly chi) into the basic orbit. It establishes a spiritual science that not only emphasizes practical benefits

to health, sexual vitality, and emotional balance, but also shows how changes made in the energy body can lead to physical rejuvenation that the Taoists called immortality.

The Subtle Body Practice Manual - Cyndi Dale

2013-08-01

Cyndi Dale's The Subtle Body has become the go-to reference guide for anyone who wants to learn about the many varieties of energy healing. With The Subtle Body Practice Manual, she offers an equally valuable resource: a practical instruction manual for putting energy healing into action. Filled with lucid information, step-by-step guidance, diagrams, and key insights, here is an expansive how-to manual that covers practices from a vast range of holistic healing and energy medicine traditions, including: The six core energy techniques that every healer should know Energetic diagnosis practices to determine which kind of modality will be most effective for specific health issues Setting strong and flexible

energetic boundaries, with special guidance for those in the healing professions

Techniques for working with the subtle aspects of the body, emotions, and the subconscious mind Dozens of practices for healing through the chakras, the meridians, chi, breathwork, auric fields, sacred geometry, acupuncture, music, and much more As Cyndi Dale writes, all medicine is energy medicine—which is why subtle energy practices can be used to complement and enhance any approach to healing or self-care. Presented with Cyndi Dale's thorough scholarship and clear writing style, *The Subtle Body Practice Manual* provides professionals and laypersons alike with an indispensable resource on the many varieties and applications of energetic care—so you can begin using these powerful practices in your own life.

Wuji Qi Gong and the Secret of Immortality - Stephen Bennett Elliott 2010-01-01

Five Point Touch Therapy - Pierre-Noël Delatte 2013-04-19

Simple and fast-acting self-treatment of emotional issues with acupuncture points • Illustrates how to quickly treat emotional difficulties arising from acute crises or loss and long-term issues such as depression and anxiety • Explains how to remove the emotional blocks and scars at the root of many common physical ailments, such as eczema, ulcers, and weight gain • Provides guidance on treating others, including babies and children, and daily treatment routines to combat stress and create emotional and energetic balance Does emotion rule you or do you rule your emotions? With five point touch therapy, you can quickly counter negative emotional states as they arise, leaving you better able to cope with a crisis, as well as treat long-term issues such as depression and anxiety. More than just a self-help method, this technique, also called psycho-bio-acupuncture (PBA), is also effective for children and babies, particularly for sleep problems and colic. Based on

Dr. Delatte's 20 years of research and decades of hands-on practice, PBA works by sequential activation of 5 acupressure points to produce an energetic circuit in the body. This circuit can provide immediate relief from acute negative emotions and, when applied regularly, prevent future emotional overreactions and treat deep-seated destructive emotional states. The book includes 22 five-point sequences for specific emotional issues, such as panic attacks or suppressed anger, and for removing the emotional blocks and scars at the root of many common physical ailments, such as eczema, asthma, and weight gain. Dr. Delatte explains how to combine the 22 sequences to treat more than 70 additional emotional and physical ailments as well as how to use this technique with homeopathy and Bach Flower Therapy for more stubborn conditions. Providing a daily routine of self-treatment to combat stress and balance your energetic centers, this book

allows you to take control of your emotions as well as protect and enhance your health.

The Eight Immortal Healers - Mantak Chia 2017-08-15

A detailed guide to restoring the eight foundational areas of health • Explains how each of legendary Taoist masters known as the Eight Immortals has a specific area of health as the focus of his or her teachings • Offers practices, techniques and guidelines for each of the Eight Immortal Healer teachings, including the important roles of oxygen and water in the body, nutrition, detoxification, exercise, energy work, emotional pollution, and spiritual hygiene The Eight Immortals are a group of legendary ancient Taoist masters, each associated with a specific area of health or a powerful healing technique. These eight disciplines can bestow vibrant health and well-being and provide the antidote to the stresses, ailments, degenerative diseases, and toxins of modern life. In this guide to the healing practices

of the Eight Immortals, Master Mantak Chia and Johnathon Dao share the legends of each Immortal teacher and detail the many ways to apply their wisdom through nutrition, exercises, supplements, detoxification methods, spiritual practices, and energy work. They explain how the first Immortal, born during the 8th century AD, is associated with oxygen, considered in the Taoist healing perspective as the body's primary nutrient. They discuss how oxygen deficiency is the main culprit in cancer and virus and provide a number of oxygen therapies including the use of hydrogen peroxide and deep breathing to stimulate the metabolism and immune system. The second Immortal Healer centers on water, and the authors explain how chronic dehydration can lead to a host of ailments and offer advice for rehydrating. The other teachings of the Immortal Healers include Nutrition, with guidance on supplements, superfoods, toxic foods, and daily meals; Detoxification, with detailed

guidelines for cleansing the body's organs and glands; Avoiding environmental poisons, with advice on vaccines, dental amalgam fillings, sunscreen, chemotherapy, fluoride, and pesticides; Exercise, with step-by-step instructions for Inner Alchemy practices, yoga, and breathing techniques; Maintenance of the energy body, through acupuncture, chi kung healing, magnet therapy, and photon sound beams; and Emotional pollution and spiritual hygiene, with a wealth of practices for balancing the emotional body and staying connected to Source, including forgiveness, meditation, and karmic yoga. By following these Eight Immortal Healers, you can take control of your health, remove the root causes of the chronic ailments that inhibit well-being and longevity, and choose to live life to the fullest in happiness and radiant health.

Pathways of Qi - Matthew

Sweigart 2016-10-08

Nurture the flow of Qi energy in your body for a life of

vibrancy, balance, and wellness. In *Pathways of Qi*, Chinese Medicine expert Matthew Sweigart shows how to use touch therapy, meditations, and gentle Qigong exercises to clear away blockages and open up to energetic nourishment. Based on ancient wisdom traditions, these hands-on assessment and treatment techniques have been cultivated to heal the body, mind, emotions, and spirit. Explore the channels of energy in the body—known in Chinese Medicine as the meridians—and for each one, discover the limb position, yin/yang properties, corresponding elements, functions, affirmations, and more. With illustrations to help you master the physical postures and gestures, *Pathways of Qi* will guide you through gentle practices for a life of improved awareness, connection, and health. Praise: "Pathways of Qi exemplifies the essence and beauty of the Ohashiatsu modality in every way. I highly recommend this book."—Ohashi, author of *Do-*

It-Yourself Shiatsu and Reading the Body "Matthew Sweigart's new book provides a fresh look on a subject too often taught using only boring charts and lists. In *Pathways of Qi*, Matthew takes the reader along on his own personal journey. Although it reads a lot like a novel the text includes an in-depth presentation of the subject. Matthew explains both the scope and the details he has discovered and become familiar with inside the body's electromagnetic field. A very worthwhile read for students, professionals, and even potential clients of Asian Bodywork Therapy (ABT) and acupuncture."—Cindy Banker, Founding President of the American Shiatsu Association and Director of the A.O.B.T.A.'s Council of Schools and Programs "Pathways of Qi is an empowering manual on Meridian Therapy providing practical ways to heal yourself and others. If you're interested in healing, this book is vital for tapping the source of your life force."—Michael Reed Gach, author of *Acupressure's Potent*

Points "A gifted Shiatsu and Qi Gong teacher, Matthew Sweigart harmoniously combines his passion for the healing arts with his lifetime experience with the theories of ancient Chinese philosophy. Written in an easy to understand, refreshing way, Pathways of Qi is a valuable compendium for practitioners and instructors of different traditions."—Nilsa Eberhart Diaz, owner of Zen Shiatsu Caribbean Institute, San Juan, Puerto Rico "Matthew Sweigart's clear illustrations and instructions are enhanced by his wisdom stories that bring these teachings to life. The stories and teachings open your eyes to the Qi that is the source of Life, energy and healing. Pathways of Qi is a reference tool, a collection of wisdom, and a gift to humanity. Thank you for taking the time to record your wisdom for current and future generations. A masterpiece!"—Bonnie Jean Miller, MDI, Kellogg School of Management at Northwestern Universit

Complementary and

Alternative Medicine in the United States - Institute of Medicine 2005-04-13
Integration of complementary and alternative medicine therapies (CAM) with conventional medicine is occurring in hospitals and physicians offices, health maintenance organizations (HMOs) are covering CAM therapies, insurance coverage for CAM is increasing, and integrative medicine centers and clinics are being established, many with close ties to medical schools and teaching hospitals. In determining what care to provide, the goal should be comprehensive care that uses the best scientific evidence available regarding benefits and harm, encourages a focus on healing, recognizes the importance of compassion and caring, emphasizes the centrality of relationship-based care, encourages patients to share in decision making about therapeutic options, and promotes choices in care that can include complementary therapies where appropriate.

Numerous approaches to delivering integrative medicine have evolved. Complementary and Alternative Medicine in the United States identifies an urgent need for health systems research that focuses on identifying the elements of these models, the outcomes of care delivered in these models, and whether these models are cost-effective when compared to conventional practice settings. It outlines areas of research in convention and CAM therapies, ways of integrating these therapies, development of curriculum that provides further education to health professionals, and an amendment of the Dietary Supplement Health and Education Act to improve quality, accurate labeling, research into use of supplements, incentives for privately funded research into their efficacy, and consumer protection against all potential hazards.

The Foundations of Mastery -

Narina Riskowitz 2019

Uncover your inherent mastery

Take charge of your life; step

into your true power Run your mind like a master; claim your higher gifts Have you been on your path of personal transformation and spiritual growth for a while now, worked through your old fears and doubts, and learned the lessons of life? Now you are ready for the great work - that of Mastery. The Foundations of Mastery takes personal development to a level of self-mastery. Drawing on principles of esoteric psychology, spirituality, ancient wisdom and modern-day quantum physics, this book equips you to master your mind, body, energy, emotions and soul. A practical, interactive guide, The Foundations of Mastery offers: powerful, yet simple practices, tools and visualisations for mental, emotional and spiritual empowerment the 'how' of the mastery mindset that empowers you to flow with life intuitively and create powerfully and with purposeful intent insight into the 12-Chakra System and how you can activate your higher

chakras a guide to the Universal Laws and how to use them to grow in mastery transformational meditations with free access to audio downloads. Be your own healer, grow in consciousness and master your ability to manifest abundance, happiness and fulfilment in your life.

Cranial Intelligence - Ged Sumner 2011-01-15

At the deepest level of our physiology, all living tissues and fluids expand and contract with the 'breath of life'. Through gentle touch, the skilled practitioner can interact with these subtle rhythms to address physical aches and pains, acute or chronic disease, emotional or psychological disturbances, or simply to promote enduring health and vitality. This new and important textbook demystifies the biodynamic approach to craniosacral therapy and shows how and why it can be so effective at bringing about a natural realignment towards optimal health. The authors describe how to 'listen' and respond appropriately to each

client's system, how to create a safe space for working with different kinds of trauma, and how to address specific states of imbalance to support deep-felt and lasting change.

Throughout the book, experiential exercises encourage the reader to practice their newly-acquired skills, and refine their knowledge of human anatomy and physiology. A final chapter on practice development covers issues pertinent to practitioners trying to set up and maintain a successful practice. This intensely practical textbook will transform the practice of craniosacral therapists, and contains much that bodyworkers of all kinds will find useful.

Chi Self-Massage - Mantak Chia 2006-06-05

Energetic massage techniques that dispel negative emotions, relieve stress, and strengthen the senses, internal organs, and nervous system • Shows how Chi Massage employs one's own internal energy to promote rejuvenation •

Presents Chi Massage techniques for every organ and bodily system • Provides a daily practice routine that requires only 5 to 10 minutes to complete The Western concept of massage primarily concerns muscle manipulation. In the practice of Chi Massage, internal energy, or Chi, is manipulated to strengthen and rejuvenate the sense organs--eyes, ears, nose, tongue, teeth, and skin--and the internal organs. The Taoist techniques in this practice are more than 5,000 years old and, until very recently, were closely guarded secrets passed down from master to student with each master often knowing only a small part of the complete method. In Chi Self-Massage Master Mantak Chia pieces together the entire system of Chi Massage into a logical routine, revealing the methods used by Taoist masters to maintain their youthfulness. He explains the energetic theory behind Chi Massage and how negative emotions affect the organs and nervous system. By practicing the exercises

outlined and following the daily routine that requires only 5 to 10 minutes to complete, readers can strengthen their senses--most notably vision, hearing, and taste--detoxify their internal organs and glands, help control negative emotions, relieve stress and constipation, and improve their complexion, teeth and gums, and overall stamina.

The Code of Life: the AntiAging, Disease Prevention, and Recovery Breakthrough of Our Lifetime! - Ronald P. Drucker
2020-08-20

Authors, Dr. Ronald P. Drucker and Sergey Sorin, M.D. reveal to us that in most cases, "incurable diseases" are not incurable at all, and our "modern medical system" is not providing us with solutions that have been recognized as fact by scientists for decades. The fact is, the cure for most diseases and the effective solution to prevention, health, healing, beauty, and anti-aging is already known and available. Learn the secrets the "industry" does not want you to

know about all natural healing from degenerative & autoimmune conditions.

Craniosacral Chi Kung - Mantak Chia 2016-01-22

Craniosacral therapy and Chi Kung practices to harmonize emotions, release chronic tensions, and optimize the flow of energy • Provides illustrated instructions for movement exercises, breathwork, self-massage, and emotional intelligence meditations to free the flow of energy in the body • Reveals clear parallels between the craniosacral rhythm and the flow of chi • Explains how to release energetic blockages and emotional and physiological knots, activate the energetic pumps of the 3 tan tiens, and tap in to the Cosmic Flow Exploring the connections between Western craniosacral therapy and Chi Kung, Taoist master Mantak Chia and craniosacral instructor Joyce Thom detail movement exercises, breathwork practices, self-massage techniques, and focused meditations from Taoist and other wisdom

traditions to release and harmonize the flow of energy in the body and optimize our potential for physical, emotional, and spiritual well-being. The authors link the craniosacral rhythm--the gentle flow of cerebrospinal fluid from the head (cranium) to the tailbone (sacrum)--and the flow of chi throughout the body, circulated by the pumps of the three tan tiens. They explain how these subtle energetic flows indicate the harmony or disharmony of the whole person and are greatly affected by physical traumas, chronic tensions, and unresolved emotions. For example, the psoas muscle, known in Taoism as the muscle of the Soul, connects the spine to the legs and is the first muscle to contract when anger or fear triggers our fight-or-flight response. Often a storehouse of subconscious stressors, this muscle's sensitivity is connected to many common ailments like back pain. Providing step-by-step illustrated exercise instructions, the authors

explain how to identify and unwind energetic blockages and emotional and physiological knots. They explore emotional intelligence exercises for tuning in to our hearts so we can listen to our bodies' messages and learn to relieve related emotional burdens. They also reveal how to activate the cranial, respiratory/cardiac, and sacral pumps of the three tan tiens to optimize the body's energetic flow and explain how, when our energy is flowing freely, we can enter the Cosmic Flow--a state of calm well-being and extraordinary creativity where we find ourselves truly at one with the universe.

The Healer Within - Roger O.M.D. Jahnke 2013-07-02
Release your natural powers for healing, endurance, and longevity With this revolutionary guide, you will learn four simple and remarkably effective techniques to release your natural powers for healing. The methods—gentle movement, self-applied massage, breathing exercises, and

meditation—are drawn from the ancient Chinese healing system of Qigong (Chi Kung) and are easily adaptable to every lifestyle. You can practice them almost anywhere—in the car, in line at the bank, at your desk, while walking, even in bed. Using these methods for as little as ten minutes a day can dramatically increase your endurance, vitality, and longevity. Self-care has never been so easy!

Quantum DNA Healing - Althea S. Hawk 2017-03-16

How consciousness and quantum energies affect your genetic expression and the development of disease and chronic health conditions •
Draws on cellular medicine, genetics, quantum physics, and consciousness studies to define the real underlying mechanisms of disease and how they can be addressed •
Explains how consciousness influences quantum DNA to erase the genetic imprint of illness, allowing your body to remember how to function efficiently and effectively •

Shares the author's discoveries that enabled her to successfully heal the cellular dysfunction at the root cause of her cancer, tumors, chronic inflammation, and toxicity • Explores consciousness tools to re-encode DNA and includes detailed scripts for techniques that readers can apply to their own healing journeys Drawing on new advancements in quantum physics, cellular medicine, genetics, and consciousness studies, as well as her own journey of self-healing from a number of challenging health conditions, Althea S. Hawk reveals how you can consciously influence your DNA and re-encode it to improve your health and alter your genetic destiny. Sharing the discoveries that enabled her to successfully heal from her cancer, tumors, toxicity, and inflammatory-related conditions, the author explains how genes are not solely responsible for creating disease. She shows how human physiology interacts with the quantum energies of our external and personal

environments and how the resulting information triggers the development and persistence of disease and chronic conditions. We each inherit susceptibilities, but it is our unique experience of these environmental factors, as well as our beliefs, thoughts, and emotions, that alter the way our genes are expressed. Detailing how our DNA is both quantum-energetic and biological-chemical, Hawk explains how your environment and your consciousness influence your quantum DNA, which in turn interacts with your biological DNA. By working directly with energetic information that affects how your quantum and biological DNA communicate, you can alter the expression of your genes by re-encoding the gene sequences on your physical DNA, erasing the imprint of illness and enabling your body to remember how to function properly. Hawk explores consciousness tools and mind-body techniques to re-encode your DNA, such as sound and breathing work, DNA marker

removal, recalibration of Akashic information, and cellular communication exercises that readers can apply to their own healing journeys.

Simple Chi Kung - Mantak Chia 2011-12-30

Distills the many different Chi Kung practices into one simple daily routine for abundant health, calmness, and mental clarity • Provides step-by-step illustrated instructions for a complete yet easy daily Chi Kung routine • Perfect for beginners and ideal as a warm-up to more advanced practices • Clears physical and mental stress, stimulates healing and disease prevention, detoxifies the body, releases tensions, improves circulation, and works to develop flexibility, strength, resiliency, and suppleness Within every person there is a place full of energy, health, and happiness. Practicing Chi Kung allows us to visit this place of inner vitality and harmony, clearing physical and mental stress, detoxifying the body and mind, and helping us return to our

natural state of abundant health, calmness, and mental clarity. An ideal complement to the treatment of chronic pain, asthma, diabetes, high blood pressure, headaches, and even heart disease and cancer, Chi Kung is a way to take control of your physical, mental, and spiritual health and live a long and healthy life. In Simple Chi Kung, Taoist master Mantak Chia distills thousands of Chi Kung practices into one simple daily routine perfect for beginners and ideal as a warm-up to more advanced practices. Designed to relax our muscles, loosen the joints, improve circulation, and develop flexibility, strength, resiliency, and suppleness, the gentle, flowing movements of Chi Kung mirror the movements of nature and help practitioners connect to their own inner flow of chi, clearing blockages and stagnation in our life-force energy and tapping in to our natural powers of healing and disease prevention. Walking readers step-by-step through each exercise, from movement work with the knees, hips, and

spine to internal energy work through controlled breathing, Master Chia explains how daily practice of Chi Kung cultivates life-force energy, a stronger immune system, emotional balance, and spiritual awareness, transforming the patterns and assumptions that limit our body and mind as well as enhancing our connection to nature and the universe.

Qi - Stefan Stenudd 2009-10

Qi is the Chinese word for life energy, also spelled chi or ki. This book explains how qi works, and presents several very easy exercises by which you can cultivate and increase its flow within yourself. It is not difficult at all, and the result will invigorate you beyond your expectations. So, give it a try.

Body Intelligence - Ged

Sumner 2009-12-15

Body Intelligence offers a new understanding of how the body works and leads the reader to a greater sense of wellbeing and an enriched sense of self. The anatomy of the body is explored without the complexity of medical terminology. Instead, common

descriptions are used along with a multitude of images, allowing the reader to visualize and work with different levels of the body. Experiential exercises, guided meditations and movements are provided throughout the book, helping the reader to develop improved levels of health and body intelligence that are natural and accessible all the time. As body intelligence increases through these exercises, physical changes occur and a new posture emerges, followed by positive mental and emotional shifts. The reader will begin to feel differently, move differently and think differently. This book will benefit everyone. People experiencing depression, fatigue, emotional issues, stress and anxiety and in fact any condition associated with living in a human body have the potential to be relieved of their symptoms with practice using this book as guidance.

Total Reflexology of the Hand -

Martine Faure-Alderson

2016-05-17

How to apply the precise

treatment techniques of Total Reflexology, which combines craniosacral therapy and foot reflexology, to the hands • Explains the special relationship between the hand and the brain, making hand reflexology ideal for treatment of neurological, mental, and emotional disorders • Details how to use the occipital zones of craniosacral therapy to pinpoint which zones and points on the hands to treat • Includes full-color detailed maps of the pressure points and zones of the hands One of the most defining physical characteristics of humanity, the hands contain reflex zones and pressure points related to the systems and organs of the body just like the feet. The reflex zones and points of the hands present the most effective means of treating psychological and neurological disorders due to their sophisticated relationship with the brain. Applying her ground-breaking combination of reflexology and craniosacral therapy to the hands, Dr. Martine Faure-Alderson explains how to use

hand reflexology to treat the brain and each of the body's systems, from the digestive system to the human energetic system. She provides precise full-color mapped hand diagrams illustrating the exact placement of the points according to the bones of the hands, the result of more than 40 years of research and clinical practice. She explains how to use the occipital zones of craniosacral therapy to pinpoint which zones and points on the hands to treat. Examining the psychological level of brain-hand interactions, the author reveals how neurological dysfunctions and mental disorders respond more readily to hand reflexology than to other forms of therapies. She explains how many physical ailments have a psychological component and how reflexology automatically triggers the release of endorphins by working directly on the autonomic nervous system. The author explores the role of nutritional supplements, including Omega 3s, as a support to reflexology

therapy and shows how finely tuned reflexology stimulates the body's self-healing abilities and cellular regeneration, making this an indispensable resource for holistic health practitioners and for home self-care.

Taoist Shaman - Mantak Chia
2011-01-25

The shamanic roots of Taoist practice • Explains the principles of the Taoist Medicine Wheel, including the Five Elements, the animals of the Chinese zodiac, and the trigrams of the I Ching • Includes exercises from the "Wheel of Love" to access the Tao of Ecstasy • Contains illustrated teaching stories about the Eight Immortals
Thousands of years ago the immortals known as the Shining Ones shipwrecked on the Chinese coast. Passing their shamanic practices--such as ecstatic flight and how to find power animals and spirit guides--on to the indigenous people, they also taught them the wisdom of the Medicine Wheel. From the Taoist Medicine Wheel came the

principles of Yin and Yang, the Five Elements, the Eight Forces, the Chinese zodiac, and the I Ching. The Taoist Medicine Wheel can also be found at the foundation of traditional Chinese medicine and the esoteric sexual practices of Taoist Alchemy. In the Taoist Shaman, Master Mantak Chia and Kris Deva North explain the shamanic principles of the Taoist Medicine Wheel, how it is oriented on the Five Elements rather than the Four Directions, how it relates to the twelve animals of the Chinese zodiac and the trigrams of the I Ching, and how it aligns with the Eight Forces of the Pakua. Through illustrated teaching stories, the authors show how the energetic principles of each of the Eight Forces are reflected in the Eight Immortals. Revealing the wheel's application to sacred sexuality, they offer exercises from the "Wheel of Love" to strengthen and deepen relationships as well as providing a means to access the Tao of Ecstasy.

Job's Body - Deane Juhan 2003
Possibly the most famous and widely used resource in therapeutic bodywork (required for national massage therapy certification), this beautifully written, detailed, and reader-friendly picture of how and why the body responds to touch is both scientifically reliable and inspiring. Furthering the presentation of recent research in biochemistry, cell biology, and energy medicine in the Second Edition, this new update includes advances in neurophysiology and physics, reconfiguring knowledge of mind and body, from "microgenesis" to "quantum consciousness." A rare book that fits general reader as much as professional and student. -- Publisher description.

Characters of Wisdom - Debra Kaatz 2005-01-01

The Key to the Qigong Meditation State - Tianjun Liu 2016-12-21
Exploring classic Qigong meditation from the

perspective of modern psychology, parapsychology and cognitive science, Dr. Tianjun Liu defines the mental state of 'still' Qigong in new terms, identifying a specific mental state, Rujing. He examines the psychology of meditation, showing what happens, both mentally and physically, when a person is in a meditation state. Dr Liu shows how the mastery of Rujing is a fundamental skill vital to the practice of Qigong, and presents a new type of Qigong exercise which takes the achievement of Rujing as its primary goal. His scientific approach to meditation is a breakthrough in this area and will be of interest to practitioners of Qigong and related practices at any level, in addition to anyone with an academic interest in meditation.

Spirituality, Health, and Healing: An Integrative Approach - Caroline Young 2010-08-15

"Spiritual, Health, and Healing : An Integrative Approach, Second Edition offers

healthcare professionals, instructors, and spiritual care providers a comprehensive guide to the most current research on the connection between spiritual practice and health. This updated Second Edition includes new sections on integral spirituality and the New Thought Movement; healing rituals and healing environments; plus new information on spirituality and aging, caring for the elderly, and spiritual hospice."--Résumé de l'éditeur.

Cosmic Astrology - Mantak Chia 2012-07-26

Combining Chinese Taoist astrology, Western zodiac astrology, and birth destiny cards to develop your innate talents and transform your negative traits • Includes charts to discover your Chinese animal year, your Western zodiac sun sign, your moon sign, and your birth destiny card as well as those of your friends, lovers, relatives, and colleagues • Provides insightful and accurate descriptions for each animal year, zodiac sun sign, and birth card as well as

each year and sun sign combination and each sun and moon sign combination • Offers career suggestions based on your innate gifts and relationship advice on which animals, sign combos, and birth cards to seek out and which to avoid With your first breath of life, you take in the energy pattern radiated by the sun, moon, and stars at that moment in time and space. This internal energy pattern underlies your persona--your behavioral patterns, personality traits, and life's path. Understanding these underlying patterns enables you to balance and transform your negative traits and highlight and develop your innate talents. Blending Eastern and Western astrological methods, Master Mantak Chia and William Wei explain how to identify the five key patterns of your internal energy persona based on the year, month, and day of your birth. Including charts to discover your Chinese animal year, your Western zodiac sun sign, your moon sign, and your

birth destiny card, they explore how each of these astrological profiles interact to build your unique persona and provide profoundly accurate descriptions for each year and sun sign combination, each sun and moon sign combination, and each birth card. Each description also includes career recommendations to best utilize your innate gifts and relationship advice on which animals, sign combinations, and birth cards to seek out and which to avoid. Not only useful for personal insight and self-development, this new astrological approach can also be used to understand the underlying energetic personality patterns of your lovers, friends, relatives, and colleagues.

The Encyclopedia of Healing Points - Roger Dalet

2010-08-20

A complete home health guide for treating more than 150 common illnesses with the stimulation of acupressure points • Provides treatment points for conditions ranging from diabetes and heart

problems to insomnia and stage fright • Offers a safe and effective alternative, or supplement, to standard allopathic medical treatment and pharmaceuticals A safe and effective technique for finding relief from pain and illness--be it a cold or flu, asthma or arthritis--is, quite literally, right at your fingertips. We have all experienced how the simple power of touch can bring such comfort and relief. Massaging specific healing points used in acupressure directs this powerful energy in a way that stimulates the body's own natural healing ability. Illustrated in full color, *The Encyclopedia of Healing Points* presents a complete guide for treating more than 150 diseases and disorders--from chronic conditions such as arthritis, diabetes, and heart problems to more minor problems such as tinnitus, insomnia, and stage fright. Each treatment protocol includes Dr. Dalet's guidance on how acupressure can best help the situation--whether it is

capable of completely curing a condition or whether it should be used in conjunction with other healing modalities. A valuable resource for any home, the acupressure treatments presented in this book can provide immediate relief to pain and injuries as well as be used preventively. Most important, they offer an effective method of self-care and a way to provide comfort and relief to ailing loved ones--especially the delicate immune systems of children. In addition to the commonly known and prescribed acupressure points, Dr. Dalet includes important new acupoints discovered by contemporary Chinese medical researchers that address ailments resulting from our more sedentary lifestyles and use of computers, such as obesity and eye strain. He also recommends the most effective options for stimulating the points, including devices for electrical stimulation.

Vertigo and the Vagus Nerve - a Medical Mystery Solved? -

Merryn Fergusson 2016

Vertigo or Labyrinthitis is a

very distressing condition. Why does someone who has suffered from labyrinthitis and vertigo for six months, recover after one session of physiotherapy? When another three people with labyrinthitis also respond to treatment the author begins a medical journey that leads far from the textbook. This story reveals the intriguing mechanism of the joints of the upper neck, the effect of herpes viruses, and the influence of the secretive autonomic system. Eventually the trail goes to Massachusetts. Here a neuroscientist is researching his theory for the role of the specialised and mysterious Vagus nerve in Chronic Fatigue Syndrome/Myalgic Encephalitis. Could the Vagus hold the key to both Labyrinthitis and CFS/ME? Life Pulse Massage - Mantak Chia 2015-08-15

A fully illustrated guide to abdominal massage for improved cardiovascular health, organ detoxification, and enhanced vital energy • Includes fully illustrated

massage instructions to open restricted blood vessels, direct blood flow for healing, balancing blood pressure, and detoxifying organs • Details specific massage treatments for many common ailments such as lower back pain, sciatica, asthma, headaches, and reproductive issues • Explains the ancient art of reading pulses to diagnose organ health • Reveals how blood acts as the vehicle for our vital energy Blood and chi often flow side by side throughout the body, the blood acting as the vehicle for our vital energy. Areas of slow or congested circulation lead to blockages in the flow of vital energy and toxin accumulation in the body. The practice of Life Pulse Massage allows these blockages to be cleared, revitalizing cardiovascular function, detoxifying the organs, and restoring the flow of blood and chi throughout the body. In this fully illustrated guide to Life Pulse Massage, Master Mantak Chia details abdominal massage practices to open restricted blood

vessels, direct blood flow to specific areas for healing, release arterial tension to rebalance high or low blood pressure, and detoxify individual organs and body systems such as the liver, lungs, lymph nodes, and colon. He shows how to clear and activate the master pulses of the navel and aorta and synchronize these master pulses with the 52 pulses of the whole body for optimum circulation and energy balance. He explains the ancient art of reading pulses to diagnose organ health as well as how to recognize internal health states through the unique positions and shapes of the navel. Detailing specific Life Pulse Massage treatments for many common ailments such as lower back pain, sciatica, asthma, headaches, and reproductive issues, Master Chia shows how liberating the flow of blood and chi can prevent illness before it takes hold, revitalize the organs, and set the stage for optimum health.

Taoist Secrets of Eating for

Balance - Mantak Chia

2019-08-20

Explains how to use your Taoist astrology birth chart as a personal nutritional guide for health, longevity, and organ energy balance • Explores how to help balance your birth chi through your eating habits as well as explaining how foods address your five-element energetic profile • Provides detailed food lists based on ancient Taoist wisdom that reveal their effect on the Yin, Yang, and five-element energies • Shows how your five-element energies outline your life and influence success in relationships and at work We are each born with a unique combination of heavenly and earthly energies defined by the five elements and dictated by the universe at the moment you take your first breath. This “birth chi” can be calculated using the year, month, day, and time of your birth, and it reveals your personal profile of health and emotional strengths and weaknesses as well as the energy cycles you will encounter throughout your life.

In this Inner Alchemy astrology nutrition guide, Master Mantak Chia and Christine Harkness-Giles explore how to strengthen your birth chi through your eating habits, revealing which foods will address imbalances in your five-element organ energy profile. The authors explain which organs are connected with each element--fire, earth, metal, water, and wood--and provide detailed food lists based on ancient Taoist wisdom that reveal the energetic temperature, flavor, and organ related to many common foods and superfoods. They emphasize the importance of local, seasonal, and fresh foods and of yin-yang balance for health. The authors illustrate the five elements’ characteristics through sample profiles for celebrities such as Paul McCartney and Meryl Streep, along with Taoist nutritional recommendations based on their charts. The authors also explore how your Inner Alchemy astrology profile determines your life and relationships and explain how

Inner Alchemy practices and five-element nutrition can improve all aspects of your life. By eating in line with your personal five-element energetic profile, as part of ancient Inner Alchemy techniques, you can improve health and longevity and strengthen connections with your loved ones and the energies of the cosmos.

Fusion of the Five Elements

- Mantak Chia 2007-04-30

A guide to the practice of Inner Alchemy, which allows you to control the energies of your inner universe to better connect with energies of the outer universe • Teaches the essential first-level meditations in Taoist practice, also known as Fusion of the Five Forces, for self-healing and emotional and spiritual development • Shows step-by-step how to remove negative emotions from the organs in which they are lodged by neutralizing and transforming the negativity back into positive energy • Includes basic and advanced-level meditations Fusion of the Five Elements is the necessary first step in the Taoist practice

of Inner Alchemy, in which one learns to control the generation and flow of emotional, mental, and physical energies within the body. It is a series of meditations designed to locate and dissolve negative energies trapped inside the body by making a connection between the five outer senses (experienced through the ears, eyes, nose, mouth, and tongue) and the five major negative emotions (anger, hate, worry, sadness, and fear). When the body is cleared of negative energy, universal chi energy flows freely and productively, nourishing both body and soul. The practice is divided into two parts. The first works with controlling the forces of the five elements on the five major organs of the body by learning the elements' effects upon each other and how to balance and utilize these energies properly. The advanced Fusion exercises then show how to channel the greater energies of the stars and planets to strengthen internal weaknesses and crystallize positive energy. By "fusing" all the different kinds

of energy together, a harmonious whole is created--the key to manifesting an Immortal existence.

Chi Nei Tsang and Microcurrent Therapy - Mantak Chia 2018-08-14

An illustrated guide to combining the new healing modality of microcurrent therapy with Chi Nei Tsang energy massage • Explains how microcurrent therapy harmonizes the body's cells, regenerates the nervous system, and boosts the body's natural self-healing abilities • Provides illustrated, step-by-step instructions for using microcurrent therapy during massage and for the basic techniques of Chi Nei Tsang massage • Shows how combining these therapies can relieve pain, reduce inflammation, and help specific ailments, such as arthritis, sciatica, fibromyalgia, and shingles Each cell of the body is animated by a highly organized and intelligent bioenergy, or bioelectricity. When cells are damaged, they become electrically

imbalanced. Recently it has been discovered that microcurrent therapy--applying low-amperage electrical currents to the body--harmonizes the cells, returns them to a normal state of cellular activity, and boosts the body's natural self-healing abilities. Combining this innovative new modality with ancient Taoist healing methods, Mantak Chia and Aisha Sieburth detail how to integrate microcurrent therapy with Chi Nei Tsang energy massage for pain relief, self-healing, and rejuvenation. The authors explain how microcurrent has a regenerative effect on the nervous system, helping to increase energy levels, promote circulation of blood and lymph, relieve acute or chronic pain, restore pH balance of the blood, balance hormone function, and improve the immune system. Its effects on circulation extend to all the body's vessels, tissues, and cells as well as enhancing toxin elimination and reducing inflammation. The authors

show how microcurrent therapy pairs extraordinarily well with Chi Nei Tsang massage. The microcurrent, flowing through the hands of the massage practitioner into the body, enhances the effects of the massage within the nerves and tissues, making it easier to harmonize the flow of energy, release tensions, and dissolve energetic knots in the meridians. With illustrated, step-by-step instructions, the authors explain how to use microcurrent therapy during massage and describe the basic techniques of CNT massage. They also show how CNT microcurrent therapy is beneficial for general physical health and for a host of specific ailments, such as nerve pain, arthritis, sciatica, fibromyalgia, shingles, headaches, slow-healing wounds, and tendon and ligament pain.

The Tao of Immortality -

Mantak Chia 2018-02-20

A comprehensive guide to the core practices of the Universal Healing Tao System and the advanced esoteric practices of Inner Alchemy • Explains each

of the nine levels of Inner Alchemy and their more than 240 formulas • Explores the Four Healing Arts for transformation of the emotional body, physical body, energy body, and spiritual body • Provides simplified versions of core Universal Healing Tao practices to more easily integrate the system into your daily life • Shows how these exercises were designed to increase longevity and ensure the survival of consciousness beyond death Explaining the evolution and core of the Universal Healing Tao system, Master Mantak Chia and William U. Wei offer a condensed approach to the Inner Alchemy practices taught to Master Chia by his first Taoist Master, Yi Eng, more than 60 years ago. Beginning with the basic principles called the Five Enlightenments, the authors explain each of the nine levels of Inner Alchemy and their more than 240 formulas, including simplified versions of the Microcosmic Orbit, the Inner Smile, Sexual Alchemy exercises for men and

women, Fusion of the Five Elements practices, Kan and Li Alchemy, the Sealing of the Five Senses, and Star and Galaxy Alchemy. They explore the Four Healing Arts that encompass the nine levels of Inner Alchemy--Living Tao practices for transformation of your emotional body, Chi Nei Tsang practices for transformation of the physical body, Cosmic Healing practices for transformation of the energy body, and Immortal Tao practices for transformation of the spiritual body--all aimed toward the survival of consciousness in a self-aware vessel. They also offer simplified versions of the other core practices, such as Iron Shirt Chi Kung, Bone Marrow Nei Kung, and Wisdom Chi Kung, to help you easily integrate Inner Alchemy and Universal Healing Tao practices into your daily life. Providing a primer not only on the foundational practices of the Universal Healing Tao System but also a condensed guide to the esoteric practices of Inner Alchemy, Master Chia

and William U. Wei show how these exercises were designed to increase longevity, providing you with enough time to master the more advanced spiritual techniques and ensure the survival of consciousness beyond death.

Pi Gu Chi Kung - Mantak Chia
2016-04-15

A step-by-step guide to the Taoist fasting practice of Pi Gu

- Explains how you do not stop eating with this fasting practice and details the simple pi gu diet
- Illustrates the chewing and chi kung practices to accompany pi gu, for natural chi energy production
- Reveals how Pi Gu Chi Kung activates the body's natural healing abilities, accelerates the elimination of toxins, reduces appetite and cravings, and enables you to draw energies from the Earth and Universe

Pi gu is an ancient Taoist method of fasting for spiritual and healing purposes. Unlike traditional fasting, you do not need to stop eating when practicing pi gu. Used by ancient Taoist masters during their months or years of

solitary retreat in pursuit of enlightenment, the practice centers on a simple diet of fruits, teas, nuts, and eggs paired with special chewing techniques and chi kung exercises. During the pi gu state, the need for food decreases yet the body's energy levels actually increase. The body gathers chi not from food but from chi kung and the "golden elixir" produced by the pi gu chewing practices. The chi produced through pi gu charges your internal organs, activating the body's natural healing abilities and enabling you to draw energies from the Earth and Universe. In the pi gu state the body automatically balances itself, the mind is more relaxed, and sleep improves. The pause in normal eating makes the body's cells more sensitive, accelerating the elimination of toxins. The stomach reduces in size, flattening the belly, eliminating cravings, decreasing appetite, and naturally producing weight loss. The body's meridians stay open, making it easier to attune to meditation, chi kung,

and energies from the cosmos. Providing a step-by-step guide to Pi Gu Chi Kung, Master Mantak Chia and coauthor Christine Harkness-Giles explain the pi gu diet, provide immortality tea recipes, detail the pi gu chewing exercises, and illustrate the corresponding chi kung energy exercises. They also explain the use of pi gu during darkness retreats to enhance spiritual awareness and increase mental powers and wisdom.

Wisdom Chi Kung - Mantak Chia 2008-06-24

Taoist meditation practices for increasing and maintaining mental awareness, memory, and clarity • Details techniques to increase the level of chi energy in the brain • Explains how to synchronize the left and right brain by activating the body's energetic potentials • Shows that by emptying the mind there is more energy to heal the body Wisdom Chi Kung teaches practitioners how to revitalize the brain: to repair function, increase memory, and expand capacity. Every day we use up so much of our brain's

capacity to function that we have very little left at the end of the day. By thinking or worrying too much, the brain can use up to 80 percent of the body's entire energy reserve. Learning to stop the brain, to empty the mind from the ceaseless chatter of the "monkey mind," and then recharge it with chi energy can increase our mental capacity, focus, and clarity. Using the Inner Smile meditation technique, practitioners learn how to recharge chi energy for the brain in a form that is most useful. Practitioners smile and empty the mind into the lower tan tien and the organs. The organs then transform this chi energy. When the mind is empty, the energy transformed by the organs is sent back to the brain to revitalize it. This process synchronizes the left and right brain by activating and tapping in to the body's energetic potentials. As the mind continues to empty, receive, and also enhance the transformed chi energy, it is able to open itself to connect with universal chi energies and

fill the body with enhanced life force.

Hermetic Philosophy and Creative Alchemy - Marlene

Seven Bremner 2022-06-14

- Examines the foundational texts and principles of Hermeticism and alchemy, showing how they offer a foundation for a psycho-spiritual creative practice • Takes the reader on a Hermetic journey through each of the seven traditional planets, offering meditative discourses that speak directly to the intuitive soul • Provides examples from traditional alchemical art and the author's own intricate esoteric paintings Drawing on ancient Egyptian and Greek cosmogonies and essential Hermetic texts, such as the Corpus Hermeticum, the Emerald Tablet (Tabula Smaragdina), and the Nag Hammadi codices, Marlene Seven Bremner offers a detailed understanding of Hermetic philosophy and the art of alchemy as a foundation for a psycho-spiritual creative practice. Offering examples from traditional alchemical art

and her own intricate esoteric paintings, Bremner examines the foundational principles of Hermeticism and alchemy and shows how these traditions are a direct means for accessing higher consciousness and true self-knowledge, or gnosis, as well as a way to extract the essence of one's own creative gifts. The author takes the reader on a Hermetic journey through each of the seven traditional planets--Saturn, Jupiter, Mars, the Sun, Venus, Mercury, and the Moon--exploring their mythological, philosophical, alchemical, Qabalistic, magical, astrological, and energetic natures and offering meditative discourses that reach past the

rational mind to speak directly to the intuitive soul. She relates the seven planets to the esoteric anatomy of the human body, specifically the seven chakras, and shows how the planets can offer understanding and experience of archetypal energies and patterns in the body, in one's life, and in the creative process. A profound synthesis of magical and occult teachings as well as an initiation into the alchemical opus, this book reveals how to integrate and apply Hermetic and alchemical principles to awaken inner knowing, liberate the imagination, and live a mystical, creative, and truly inspired life.