


Five Elements, Six Conditions: A Taoist Approach to Emotional Healing, Psychology, and Internal Alchemy

By Gilles Marin

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Taoism and the use of the five elemental forces of nature for healing, says Gilles Marin, are esoteric, understandable only through daily experience with a knowledgeable mentor. Marin's 25 years of clinical practice teaching the ancient Taoist method of Chi Nei Tsang, which uses hands-on techniques and Taoist meditations to help clients heal, uniquely qualifies him for the task. *Five Elements, Six Conditions* shows how simple and practical the ancient Taoist healing principles are and how effectively they deepen all methods of healing, including modern medical approaches. Step-by-step, he shows how to work with instead of against the body, whereby healing becomes not only possible but inevitable. His clear language, along with color-coded maps and diagrams, enables readers to understand the alchemical principles formed and refined over hundreds of years. Each chapter includes specific exercises and meditations to help anyone integrate the essence of the teaching and develop at the physical, mental, emotional, and spiritual levels.

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Editorial Review

Review

"*Five Elements, Six Conditions* is a much-needed tool for practitioners of Traditional Chinese Medicine, Tai-Chi Ch'uan, and Chi-Kung. It will help them greatly in understanding the principles of Taoist internal alchemy and its modern applications. Thanks to Gilles Marin, a nearly extinct esoteric practice from the Far East has the chance of becoming an important healing discipline, helping readers to step into the mysterious world of healing, and creating a better and gentler world for future generations."— Mantak Chia, Director of The International Healing Tao, Thailand

About the Author

Gilles Marin is founder and director of the Chi Nei Tsang Institute (www.chineitsang.com). He studied Traditional Chinese Medicine with Dr. Stephen T. Chang and Taoist disciplines with Master Mantak Chia, and is certified by Master Chia to teach the International Healing Tao System and Chi Nei Tsang. Marin is the author of *Healing from Within with Chi Nei Tsang*. He lives in Richmond, California.

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