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FUSION OF THE FIVE ELEMENTS: MEDITATIONS FOR TRANSFORMING NEGATIVE EMOTIONS



Inner Traditions Bear and Company. Paperback. Book Condition: new. BRAND NEW, Fusion of the Five Elements: Meditations for Transforming Negative Emotions, Mantak Chia, 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...

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- Authored by Mantak Chia
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