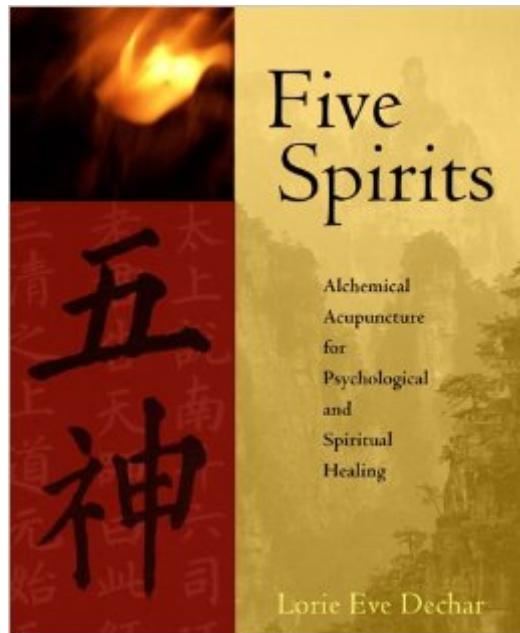


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Five Spirits: Alchemical Acupuncture For Psychological And Spiritual Healing



Synopsis

The Five Spirits are the Taoist map of the human psyche. The system provides a view of the nervous system and forms the basis of Chinese medical psychology. It also describes a precise and efficient technology for spiritual transformation, the process through which a human being rediscovers their essential wholeness and innate connection to the divine. The Five Spirits themselves can be understood as the Taoist version of the chakra system of Vedic India. Like the chakras, the spirits exist as centers of consciousness in the subtle body rather than as structures in the physical body. Just as each chakra relates to a particular level of consciousness, each spirit relates to a particular aspect of human awareness, a particular vibration or frequency of psychic energy. An understanding of the Five Spirits is the key that opens the doorway to the mysteries of Taoist psycho-spiritual alchemy. By taking advantage of the discoveries of Western archetypal psychology and new discoveries about the mind and nervous system, we can decipher the Five Spirits and reorganize the system in a way that has proven to be clinically invaluable in treating psychosomatic, emotional, and psychospiritual distress.

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Customer Reviews

This definitely ranks as one of the top books I have read all year. The author has unique and fascinating insights into humanity and how we can heal physically, emotionally, and spiritually. She is an acupuncturist and a teacher/trainer in New York City. Her basic philosophy is a blend of traditional Chinese medicine (TCM), archetypal psychology, gestalt, focus-oriented psychotherapy

and Taoism. Alchemical acupuncture uses all of these systems mentioned above and takes the "lead" of life such as life threatening diseases, irritating symptoms, alcohol and drug addiction, child abuse, chronic pain, obsessions and compulsions and turns them into the "gold" of transformation and healing. It is a creative process in which the practitioner and the patient are actively involved and is more of a work of art than science. This book is about a lot more than acupuncture because she is delving into the essence of what life is all about and seeing what you would normally think of as irritating, terrible or catastrophic situations as fodder for growth and healing. She also gives specific and beneficial advice so you can turn your own lead into gold. The five spirits are: Shen: The Spirit of Fire--Inspiration, Insight, Awareness and Compassion Hun: The Spirit of Wood--Vision, Imagination, Direction and Benevolence Yi: The Spirit of Earth--Integrity, Intention, Clear Thought and Devotion Po: The Spirit of Metal--Animal Wit, Embodied Knowing, Receptivity, and Appreciation Zhi: The Spirit of Water--Instinctual Power, Courage, Will and Wisdom I learned a great deal about myself by reading about these five spirits.

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