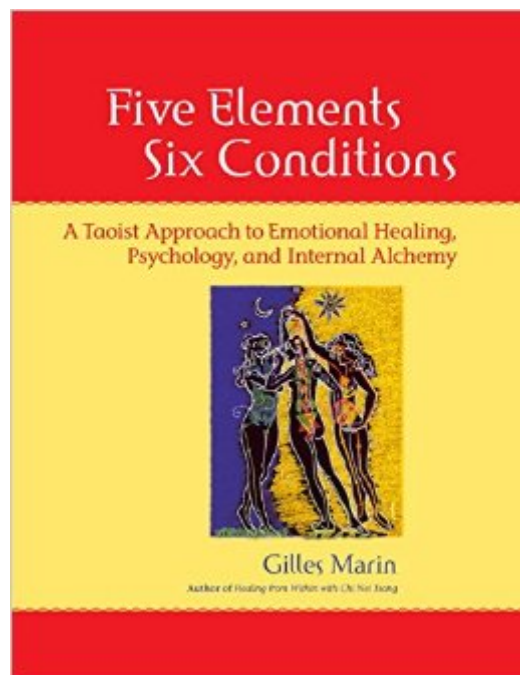


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# Five Elements, Six Conditions: A Taoist Approach To Emotional Healing, Psychology, And Internal Alchemy



## Synopsis

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.

## Book Information

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## Customer Reviews

I found it refreshing and compelling to read about 5 element theory from such a holistic perspective. This book combines 5 element theory with chi kung practices and meditations as well as creative truisms about the 6 conditions of healing. In addition, Gilles explains the correlations between different areas of the body and emotional patterns. He writes in a way that one can learn interesting, practical information without having to try too hard to understand. The practices included in this book are rare treasures. I highly recommend this book for any who is wanting more self

awareness. Sharon Esdale, LAc, OMD[...]

This book is a great introduction into emotional healing and its association with the different parts of your body, with great emphasis on the digestive system and "digesting" emotions. It helps you understand your body from the inside out and the effects of stress, negative energy, bad eating habits, etc. Designed like a workbook, with informative diagrams and helpful breathing and meditation exercises.

Five Elements, Six Conditions: A Taoist Approach to Emotional Healing, Psychology, and Internal Alchemy Gilles Marin the author of this book knows what he is talking about. His format is well laid out and the progression of the book is logical. There are many beautiful charts and visual guides throughout the book. At no point does Mr. Marin come from his ego--he always stays true to the subject and presents the material in a compassionate manner. Although, the book is recommended for practitioners of Chinese Medicine I think it can be of great help to the lay person that is seeking to have a deeper understanding of what has caused disease in them and methods that could be used to help them truly heal. Hopefully this would give them the discernment needed to find a professional that could help them facilitate true healing versus one that would just apply another bandage.

Not bad as an introduction to five elements..too much of the book is about their own system of healing..if you are looking for more unadulterated info but aren't ready for "web that has no weaver" read "water becomes wood " instead...

I actually don't know whether to give the book 3 or four stars. I like the poetical way how it is written, but in case you never read something about Chinese medicine, I guess, you will be lost. It is unclear whether the book is written for the layperson and home use or not. There are some very interesting meditations, but actually this is where the book lacks most. First the meditations contain A LOT of steps, I tried the first one (easy) but yet the second one is hard to remember. A CD is really missing. Then there is no introduction to every meditation, there is a general very short introduction at the very beginning, but not for each meditation. I would like to know how long to practice, how often, how long until I go to the next one etc. And most of all I would like to know what is the meditation for? What does it do to me? There is no explanation where does it come from, is it the author's own invention, is it an adapted meditation, what is the background of each meditation? A chart where the

organs actually are would be helpful too, and the energy pathways? Were are they? Will I feel this "correctly"? All in all a great book with a lot missing - especially the CD!

I bought this book to learn more on my own, I am not a student or professional. There were some new perspectives I thoroughly enjoyed. The wording was easy to digest, and I would feel comfortable recommending this book to people who are skeptical on such things. It makes logical sense. I bought 4 more copies of the book to give as gifts. I believe this information can improve our daily lives.

I love this book! It is written very clearly with descriptive language and concepts that make sense. The quality of colored drawings and visual presentations is exceptional. This is one of the rare books I intend to keep to return to in the future. This is a great addition for anyone on a self healing path. I highly recommend this book.

I took this book out of the package as soon as it arrived in the mail and could not put it down until I was finished. It contains a lot of easy-to-understand information relating to the five elements and the conditions associated with the elements and helped me to gain a better understanding of the subject in general. I would recommend this book to student's of TCM and professionals alike.

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